



**Extra Lesson® is a developmental movement program based on an understanding of sensory processing and the natural stages of child development.**

**It has become internationally known as a successful intervention for children and adolescents with learning and behavioural difficulties. It addresses underlying developmental issues to enhance learning outcomes in all areas.**

**All recognised Extra Lesson practitioners are members of Asia Pacific Extra Lesson Association & complete annual ongoing training.**

**For more information on the Extra Lesson program or to locate a qualified, registered practitioner please visit [www.extralesson.com.au](http://www.extralesson.com.au)**

**Registered Extra Lesson Practitioner**

**For more information on the Extra Lesson Training course please visit: [www.theextralesson.com](http://www.theextralesson.com)**

## Literacy and Numeracy skills

- performing below age level academically, or in other areas appears to be bright
- skips lines when reading, loses place
- confuses signs in maths
- reversals in handwriting/reading

## Motivation

- easily distracted
- short attention span
- difficulty learning or performing new tasks
- difficulty completing school work
- homework is rarely completed

## Concentration and Memory

- difficulty remembering or following instructions
- appears not to listen (no hearing problem)
- needs things repeated
- disorganised &/or loses things

## Sense of self

- over emotional
- hypersensitive
- mood swings
- low self esteem
- difficulties with sensory processing

## Behaviour and social skills

- difficulty with social relationships
- easily frustrated or blames others
- anger attacks or outbursts
- behaviour problems at home &/or school

## Handwriting skills

- awkward or tight pencil grip
- poor handwriting
- avoids writing tasks

## Co-ordination and Balance

- clumsy or accident prone
- poor balance
- lack of co-ordination
- low muscle tone
- prone to car sickness
- ambidextrous or mixed dominance for various tasks
- retained primitive reflexes
- finds gross &/or fine motor activities challenging