



Sensorcises: Active Enrichment for the Out-of-Step Learner

Laurie Glazener

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Get moving to prime the body for learning!

All young students sometimes need a little extra help developing their senses. And many kids who are labeled as “problem students” simply lack the physical skills necessary to sit still, pay attention or even hold a pencil. *Sensorcises* helps students develop the very basic sensory skills needed for learning. Learn how to address the needs of these learners and help them develop the sensory motor skills they need to succeed.

In this invigorating book, the author explores the REAL technique-Relax, Energize, Activate and Lead. By providing clear, step-by-step instructions, this book shows you how to design activity sequences to help students with sensory dysfunction as well as all the other learners in your K-5 classes. The author makes it incredibly easy to incorporate these exercises into any curriculum. Each research-based activity is fully described and illustrated with photographs to assist with classroom implementation.

You AND your whole class will benefit from *Sensorcises*! They are the perfect way to boost energy levels while helping students focus their mind, body, and senses on achieving success.

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