



COGNITION

- Strengthens attentive listening skills & auditory processing
- Promotes memory, recall & problem solving
- Reinforces logic
- Encourages the development of inhibitory control
- Develops & expands neural pathways



SOCIAL & EMOTIONAL

- Develops a sense of community & encourages social interaction
- Establishes rituals & routines
- Promotes self-control
- Encourages sharing & turn-taking
- Provides opportunities to explore emotions



PHYSICAL

- Develops body awareness & proprioceptive sense
- Develops eye-hand coordination
- Strengthens fine & gross motor skills & encourages locomotor movements
- Supports coordination & balance



LITERACY & LANGUAGE

- Promotes literacy, language & pre-reading skills
- Encourages conversation & simple responses to aural cues & questions
- Supports vocal play, word play & rhyming
- Develops rhythmic speech & breath control



MATH & LOGIC

- Promotes counting & shape-recognition skills
- Develops prediction & pattern-finding skills
- Reinforces spatial concepts & visual perception skills
- Encourages steady-beat & rhythm awareness

