

GROWING MY BODY ALONG WITH MY ABCs!

Since young children's body muscles move and learn in tandem with their minds, muscle tensions influence both mental and physical capacities. Children who initially learn language skills through a balance of large and small muscle activities will be better equipped to prevent alphabet-related learning difficulties caused by excess stress on fine-motor trained, audio-visual language learning systems.



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SawBones®

Alphabet Fitness®

<http://www.wholechildeducation.org/assets/content/mx-resources/WholeChild-MakingTheCase.pdf>