



Our FUN brain-based approach is research-backed and beneficial to the brain and body to support physical and emotional growth in children. Come hang out with us!



Emotional

Cognitive

Physical

Sensory

BALANCES High/Low Energy Levels	INCREASES Imagination Creativity	INCREASES Strength Motor Skills Coordination Visual Motor Coordination	TEACHES Weight Shifting
ENHANCES Impulse Control Self Awareness Resiliency	IMPROVES Executive function Cognitive flexibility Neuroplasticity	ENHANCES Balance Flexibility Body Awareness	TEACHES Self-regulation related to Sensory Seeking
REDUCES Externalizing Problems Stress Anxiety	REDUCES Academic Problems Reactivity	REDUCES Tension Stress Hormones Injury	REDUCES Visual Stimulation Auditory Stimulation
IMPROVES Self-Confidence Social Interactions Cooperative Play	IMPROVES Rhythm and Timing Listening Communication skills	ASSISTS Neuromuscular Development	IMPROVES Auditory Comprehension
DEVELOPS Self-Regulation Social skills Kindness Gratitude	DEVELOPS Reflection (ability to be less reactive and more mindful of thoughts)	STRENGTHENS Immune system Digestion Elimination Sports Performance	STRENGTHENS Integration of Sensory Systems
INCREASES Attention Focus Concentration	IMPROVES Ideation Working Memory Cognitive Processing Planning & Organization	INCREASES Circulation Functioning of Hormones Neurotransmitters Respiratory Capacity	PROVIDES Sensory Input *Proprioception *Vestibular *Tactile
BOOSTS Happiness and Overall Well-Being	TEACHES Grow Mindset	PROMOTES Better Sleep	TEACHES Sensory Awareness

