

# The Learning Quotient – Ten Step Plan for Enhancing Learning Ability in the Classroom

Step	Activity	Method	Rationale
1.	<b>Increase movement – classroom (or hallways).</b>	Treadmills, exercise bikes, stair climbers, rowing machines, wobble boards, chin up bars slam balls.	Improves attention, learning, behavior; reduces obesity and anger outbursts.
2.	<b>Increase movement – gym.</b>	Climbing walls/ropes, TRX training, rotate thru stations, anytime basketball; <b>bring back the PE teacher!</b>	Improves attention, learning, behavior; reduces obesity and anger outbursts.
3.	<b>Increase movement – recess.</b>	Build “sensational” playgrounds with improved access to vestibular, proprioceptive and tactile input; Barstarz equipment for youth.	Improved core stability and motor coordination necessary for achieving printing and reading literacy.
4.	<b>Teach printing; measure printing output speeds.</b>	K – 3 curriculum-based printing instruction with standardized teaching and evaluation methodology; > grade 3 if output baselines low.	Consistent motor planning for letter production, improves visual letter recognition for improved reading and printing output speed.
5.	<b>Reduce technology use – classroom.</b>	Prohibit entertainment based technology use on school grounds, determine performance specific technology guidelines for each student; ensure age appropriate literacy (printing, reading, math) prior to use of education technology.	Technology use prohibits learning; not evidence based; may be harmful for some children.
6.	<b>Reduce technology use – home.</b>	Provide technology awareness training for all students; literature sent home to parents; parent conferences.	Child becomes the motivator for change.
7.	<b>Eliminate use of restraints (safe/seclusion rooms, psychotropic meds).</b>	Implementation of Steps 1-6 will result in reduced need for physical or chemical restraints.	Not evidence-based, limited protocols, may cause irreversible harm.
8.	<b>Increase use of appropriate touch techniques.</b>	Deep Pressure Touch techniques (shoulder, arm or hand sustained squeeze), weight (lap or shoulder bags), Body Sock.	Reduces anxiety, improves body awareness and praxis, enhances learning.
9.	<b>Increase use of connection techniques.</b>	“I see/hear” statements, positive affirmations, active listening, ask questions, don’t act or react.	Promotes healthy attachment, improves socialization and interpersonal relationships.
10.	<b>Increase access to nature.</b>	20 min. per day outside or in solarium/conservatory, park field trips, school camping trips.	Attention restoration, sensory calming, enhances learning.