

LearningManagement.ca - Learning and Vision Therapy

eLVT Program Planning Guide

See Also:

- [Planning Activities](#)
- [Approaching Therapy](#)

In general, you should try to cover a variety of exercises with clients at each session. You can pick exercises from the general categories outlined in 'Planning Activities'. There are a variety of exercises to choose from in each category, with more being added all the time. Do not feel that you have to do all activities, but you should try them all.

You might be able to cover all categories over the course of an entire week, even though you will not be able to cover all categories in one sitting. As a general rule, your long-term sequencing should follow these guidelines:

- Months 0-2: Emphasize gross motor skills, VSA skills.
- Months 3-4: Emphasize VSA and VSP skills.
- Months 5-6: Emphasize VMI, VSA, VSP skills.
- Months 7-8: Emphasize low-level and high-level reading skills.

Use the following table to select appropriate activities and to track which activities you've done.

Key:

GM & SA	Gross Motor & Self-Awareness
L & D	Laterality & Directionality
Reading	
SC&F	Self-control and Focus
VSA	Visual Signal Acquisition
VSP	Visual Signal Processing
VMI	Visual Motor Integration
A&M	Auditory & Memory

This assumes 6h/wk of training or so, with some activities being repeated to make them harder (See 'Loading'). Again, you must ensure that you integrate activities from a variety of skill areas (See 'Planning Activities') at each session, but you are encouraged to emphasize skills as indicated above. Bear in mind, this is a guideline only. If a child is finding gross motor activities too simple or trivial, then move on. Likewise, if an activity is too hard, then un-load it, or simply forego the activity for the time being.

Short-term (lesson) sequencing, that is, what you do in any one session/sitting, should follow these guidelines:

1. Begin with focusing exercises, that is, activities to focus attention and regain self-control. This time is necessary to set the stage for therapy.
2. Work on paper-pencil exercises (VSA/VSP).
3. VSA exercises in free space (non-pencil-paper type exercises)
4. Gross motor activities.

	Activity Number	Activity Name	Video	GM & SA	L&D	SC&F	VSA	VMI	VSP	A&M	Reading
# of items>				12	7	7	19	9	14	5	9
	295	Egg Box Toss		GM & SA			VSA	VMI			
	312	Nielsen Fixations		GM & SA		SC&F	VSA		VSP		
	323	Shape Touch 1		GM & SA			VSA	VMI			Reading
	325	Shape Touch 2		GM & SA			VSA	VMI			Reading
	327	Star Tracing		GM & SA			VSA				
	192	Randolf Shuffle		GM & SA	L&D	SC&F					
		Directional Arrows		GM & SA	L&D		VSA				
		Stickman Figures		GM & SA	L&D						
	159	VA Verbal Program									Reading
	340	Apell Reading		GM & SA							Reading
	381	Spelling With Touch and Visualization									Reading
	308	Model Making				SC&F	VSA	VMI			
	344	Auditory Span				SC&F				A&M	
	362	I Went On A Safari				SC&F				A&M	
		X and O 14/20				SC&F	VSA	VMI			
		Haptic Writing		GM & SA				VMI			
	136	Letter Chart					VSA				
	137	Letter Chart					VSA				
		Continuous Motion					VSA				
		Groffman Visual Tracing					VSA		VSP		
		Hart Chart					VSA				
		Letter Find					VSA		VSP		
		Michigan Tracking					VSA				
	128	Experience Reader									Reading
	139	Neurologic Impress									Reading
	149	Rehearsal Reading									Reading
	222	Memory							VSP	A&M	
	346	Battleship							VSP	A&M	
	354	Hidden Words					VSA		VSP		
	384	3D Tic Tac Toe							VSP		
		Coding							VSP		
		Flip Forms							VSP		
		Ideal Forms							VSP		
		pd bq					VSA	VMI			
		Perceptual Speed Letters					VSA				
		Rosner Patterns / Forms						VMI	VSP		
		Three In A Row							VSP		
		Mental Gymnastics		GM & SA		SC&F				A&M	
	154	Suggestions For Language Development									Reading
		Brock String	Y				VSA				
		Directional Maze			L&D				VSP		
		Directional Triangle			L&D						
		Visualization Directionality			L&D						
		Visualization Golf							VSP		
	392b	Kirshner Arrows		GM & SA	L&D			VMI			