



Brain Highways Spelling Sample Pages

To ensure that spelling words are registered and filed efficiently in long-term memory, participants do one activity at each of the five Spelling Stops. Note that the average time to complete a Spelling Stop activity ranges between 20-60 seconds.

Participants use the Spelling Stop Checkpoint sheet to mark which activities they completed before attempting the Final Destination Challenge.

Name: _____

Spelling Stop Checkpoint

Spelling Word (s)

Spelling Stop 1: Vestibular Processing

<input type="checkbox"/> Aerobic Spelling	<input type="checkbox"/> Chin Spelling	<input type="checkbox"/> To the Beat Spelling
<input type="checkbox"/> Dancin' Spelling	<input type="checkbox"/> Hop, Hop, Switch Spelling	

Spelling Stop 2: Proprioceptive Processing

<input type="checkbox"/> Chair Push-Up Spelling	<input type="checkbox"/> Poisoned Letter Spelling	<input type="checkbox"/> Rope Pull Spelling
<input type="checkbox"/> Opera Singer Spelling	<input type="checkbox"/> Jack and Jill Spelling	

Spelling Stop 3: Tactile Processing

<input type="checkbox"/> Slop, Goo, and Re-Do Spelling	<input type="checkbox"/> Building Spelling	<input type="checkbox"/> Pop-and-Roll Spelling
<input type="checkbox"/> Hide-and-Seek Spelling	<input type="checkbox"/> Two-Into-One Spelling	


Spelling Stop 4: Midline Crossing and Bilateral Coordination

<input type="checkbox"/> Waterball Spelling	<input type="checkbox"/> Polka-Dot Spelling	<input type="checkbox"/> Creative Cross-Over Spelling
<input type="checkbox"/> Drum Spelling	<input type="checkbox"/> Drive Along Spelling	

Spelling Stop 5: Long-term Memory

<input type="checkbox"/> Sammy Whammy Spelling	<input type="checkbox"/> Snapshot Spelling	<input type="checkbox"/> Alarming Spelling
<input type="checkbox"/> Target Spelling	<input type="checkbox"/> Make-Over Spelling	<input type="checkbox"/> Louie Ludoosky Spelling
<input type="checkbox"/> Ten-Second Spelling Stories	<input type="checkbox"/> Money Bags Spelling	

Final Destination Challenge



Spelling Activity Page

Polka-Dot Spelling

How can polka-dotted letters help you spell?

1. Choose a very large, wide font (e.g. Arial Black/170) to input your spelling word on the computer. Print out the word.
2. Cut the paper so that the word appears in a strip.
3. Say the first letter aloud. Then use a hole-puncher to punch holes through the middle of that letter. If the hole-puncher cannot reach part of the letter, fold the paper down the middle of that letter.
4. Continue saying each letter aloud and punching holes through it for each remaining letter of your word.
5. Cut a piece of colored fluorescent paper the exact same size as the word strip. Glue this behind the word strip.
6. Tape your spelling word to a window. On a sunny day, the sun will shine through the polka-dots to make your word really stand out.

Example



The Brain Enhancement

Polka-Dot Spelling gives you chances to improve . . .

- Bilateral coordination skills (your hands have to work together as one hand moves the strip in different directions while the other hand punches the holes)
- Hand-eye coordination skills (your hands and eyes have to work together to make sure that the punched holes stay within the area of the bubble letters)
- Proprioceptive skills (you have to use the right amount of force to successfully punch holes through the paper without tearing it)

Polka-Dot Spelling Activity, cont.

As a variation, you might want to punch holes through just those letters that you think are difficult to recall when spelling the word. If you do this variation, then only those letters will stand out when the sun shines through the polka-dots.

Example



How and Why It Works

- Posting the polka-dotted word on your window gives you daily opportunities to note the spelling without officially "studying" it.
- The "polka-dotted" look of the word gives your brain a new mental image of it. This different image is more easily stored in your brain than if you had just written the word in pencil.
- The act of deciding whether some letters are more difficult than others to recall (in the variation) actually helps you to remember the letters of the word.
- When the sun shines through selected letters (in the variation), your brain pays more attention to them. That "spotlight" then makes it easier to remember difficult letters.

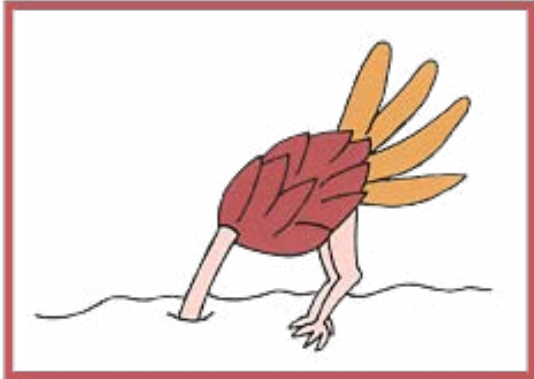
Each spelling activity page includes:

1. A question to create initial interest in the upcoming activity
2. Simple, step-by-step directions for doing the activity
3. Margin notes on how the sensory system or brain-processing skill is enhanced by the activity
4. Margin notes on how and why the activity makes it easy to spell a word

Spelling Support Pages 1



Ostrich A Ten-Second Spelling Story



Uncle **Os** told his nephew, **T**, that he could become really **rich** one day—if he would just stop acting like an **ostrich** with his head in the sand.

Bulls-Eye Record Sheet

Target Practice One

○	○	○	○	○	○	○	○
□	□	□	□	□	□	□	□
🎯	🎯	🎯	🎯	🎯	🎯	🎯	🎯
□	□	□	□	□	□	□	□

Number of Bulls-Eyes in Round 1 _____

Target Practice Two

○	○	○	○	○	○	○	○
□	□	□	□	□	□	□	□
🎯	🎯	🎯	🎯	🎯	🎯	🎯	🎯
□	□	□	□	□	□	□	□

Number of Bulls-Eyes in Round 2 _____

Support pages provide examples to trigger participants' imagination.

Support pages make it easy to quickly implement activities.

Spelling Support Pages 2

Alarming Sentences, cont.



In the middle of the **night**, the **knight** left the castle.



Homophones in Action

Alice's face turned bright **red** when she **read** Sam's love note to her.

Did I **write** this word **right**?

You should have **seen** the **scene** that Kirby made at the toy store.

Is Ron just going to **stare** at the broken **stair**, or is he going to fix it?

Jake's **son** loves to rise with the **sun**.

Since Tilda is leaving on a cruise tomorrow, she'll have to **wait** to lose more **weight**.

They're not going because **their** dog—the one over **there**—is really sick.

Two other boys went **to** the soccer game, **too**.

Which witch frightened you the most?

Would you bring some more **wood** for the fire?

You're not being fair to **your** friend.

Helping An Over-Active Tactile System

The following suggestions help temporarily turn off pain receptors stimulated by an over-active protective tactile system. When such receptors are calmed, you're more likely to tolerate and enjoy touch sensations.

Note that if you do the following suggestions daily for an extended period of time, you'll probably discover that the positive "effect" gradually lasts longer and longer. Such signs are indications that your over-protective system is beginning to take a back seat and allowing your discriminatory system to take charge.

Deep Pressure Massage

Have someone apply deep pressure massage (the person must press hard, not lightly) along your arms. Have that person also apply deep pressure massage to your hands and fingers. In cases where the massager's touch still bugs you, do your own massage. Use one hand to squeeze along the opposite arm, hand, and fingers.

Pile On

Invite friends or siblings to pile on top of you. Make sure that you are on the bottom. Or, you can ask someone to put sofa cushions on top of your back while you lie on the floor.

Wall Push-Away

Stand about a foot away from a wall. Place the palms of your hand on the wall. Lean toward the wall and push against it—as hard as you can—almost as if you were trying to push the wall away. Continue by pushing away that wall with each shoulder, and then with your entire back.

Proprioceptive Movements

Since proprioceptive movements (the focus of Stop 2) calm down an over-protective system, you may choose to do multiple activities at Stop 2 before trying a tactile activity at Stop 3.

Support pages provide kid-friendly references.

Support pages provide additional information to ensure success with various activities.