

Term	Quick Definition	Why we care/Definition
Attention & concentration	<p>Attention: The ability to actively process specific information in the environment while tuning out other details</p> <p>Concentration: the action or power of focusing one's attention or mental effort.</p>	<p>Attention: The ability to take in and process necessary information.</p> <p>Concentration: The ability to focus on a given task.</p>
Auditory processing	The ability to interpret the sounds one hears	The ability to process what you are hearing. This is NOT your ability to hear...just your ability to understand what you hear.
BDNF (Brain-Derived Neurotrophic Factor)	A neuro protein that promotes growth, maturation and maintenance of neurons.	Miracle Grow for your brain!
Bilateral coordination & sequencing	<p>Bilateral Coordination - the ability to coordinate both sides of the body at the same time in a controlled, organized manner</p> <p>Sequencing - predictive processing that results in the anticipation of each component of a sequence of actions</p>	<p>Bilateral Coordination - the ability to use both sides of your body at the same time.</p> <p>Sequencing - looking ahead and being able to do what you see you need to do. (walking on a sidewalk and you see someone riding their bike toward you so you scoot out of their way.)</p>
Bilateral integration	Having or relating to two sides; affecting two sides	The ability for both right and left to work independently of each other. Example: pat your head and rub your belly
Body awareness	The ability to notice a particular sensory signal coming from within your body.	Children learn to motor plan and coordinate in relationship to others and to perform a specific task.
Core strength	Strength of the underlying muscles of the torso	Strength through the middle part of your body...front and back
Crossing the midline	Moving your arms and legs across the middle of your body	Crossing the vertical or horizontal middle of your body to perform a task
Directional and Prepositional concepts	Understanding concepts of left/right, up/down, in/out, top/bottom, front/back	Knowing right from left, top from bottom, up from down, in from out, top from bottom, etc.
Eye-Hand Coordination	The way one's hands and eyes work together to be able to do things that require speed and accuracy	Hands and eyes working together to catch an object, hit an object
Eye-Head Coordination	The various mechanisms which contribute to orienting movements or to stabilization of the line of sight in space	The ability of the eyes to stabilize when your head moves. Example: when you are running or jumping on a trampoline
Fine motor	Movements of the smaller muscles in your hands and wrist for more precise movements	Muscles that allow you to color, write, play with playdough, etc.
Golgi tendon	A spindle-shaped sensory organ within a tendon that provides information about muscle tension	When lifting or using muscles, this tells how much tension the muscle needs to exert.
Gross motor	Movements of the large muscles in your arms, legs and torso	Muscles that allow you to run, jump and move fluidly
Higher Brain Center	Any part of the cerebrum associated with cognitive processes, such as learning and memory	The part of the brain that is responsible for higher level thinking, learning, and memory.
Interhemispheric communication	The communication between both hemispheres of the brain via the corpus callosum.	Both hemispheres of the brain communicating back and forth through the corpus callosum. The original information superhighway

Kinesthetic classroom	One's awareness of the position and movement of the parts of the body by means of sensory organs (proprioceptors) in the muscles and joints.	Having a hands-on learning experience
Language development	The process by which children come to understand and communicate language during early childhood	Children learning how to express their thoughts and feelings using spoken and written words
Laterality	Dominance of one side of the brain in controlling functions.	You are very strong on one side of your body but not the other.
Lower Brain Center	Where the brain meets the spinal cord, the medulla, that regulates heart rhythm, breathing, blood flow, and oxygen/carbon dioxide levels	The regulatory part of the brain that is responsible for all the automatic things that happen that keep us alive...breathing, blinking, digestion, reflexes, and all things survival
Motor memory	Improvement of motor skills through practice, which result in the ability to repeat the movement over a long period of time.	Practice makes permanent. Examples: riding a bike, throwing a ball, shooting a basketball, playing an instrument
Motor plan	A skill that allows us to remember and perform steps to make movement happen	Your body's ability to perform the necessary steps to complete a movement correctly. Example: jumping backward is very different than jumping forward
Muscle tone vs muscle strength	Tone is the total tension that is collected in the muscle tissue of a child during relaxation. Strength is the ability to collect power of the muscle tissue by different forces of push, pull, lift, and move continuously.	Tone - Changes in muscle tone allow us to move. It also contributes to the control, speed, and amount of movement we can achieve. Strength - builds healthy muscles and bones. Provides more stability and better balance.
Neural pathways	A series of connected nerves in which electrical impulses travel in the body.	Neurons wiring together as kids learn new things. Information and movement
Playing to learn	Children play to make sense of the world around them and to find meaning in an experience by connecting it to something they already know.	Through play, children can develop social and cognitive skills, mature emotionally, and gain the self-confidence required to engage in new experiences and environments.
Posture	The position in which one holds their body when sitting or standing.	The ability of one's body to hold a certain position
Proprioceptive system	The sense of self-movement and body position	How your brain understands where your body is in space.
RAS	Reticular Activating System	Regulates sleep-wake transition and helps keep you awake and alert
Self regulation	Regulating oneself without intervention of external bodies	The ability to respond appropriately (actions, emotions, impulse) and maintain that appropriateness in a given situation
Spatial awareness	An organized awareness of objects around us as well as an awareness of our body's position in that space	The ability to know where you are in relation to other people and objects in a given space. Also, the ability to space numbers and letters correctly on a page.
Vestibular sense	Involved with balance and equilibrium, awareness of the orientation of the head and body, and awareness of movement	Movement, gravity, and balance sense that allows us to move smoothly
Visual tracking	A visual processing skill occurs when the eyes focus on an object as it moves through the field of vision.	The ability of your eyes to follow an object left to right, top to bottom, in a circular manner, as an object gets closer or further away.