



# 前庭觉 *The Vestibular System*



聆听能力

Listening Skills

理解 Understanding

反应 Reaction



眼球追踪能力

Eye-Tracking Capability

阅读 Reading

抄写 Writing

让孩子轻松学习的关键在于—

视觉的灵活性 & 听觉的灵敏度

*The Key to Successful Learning -*

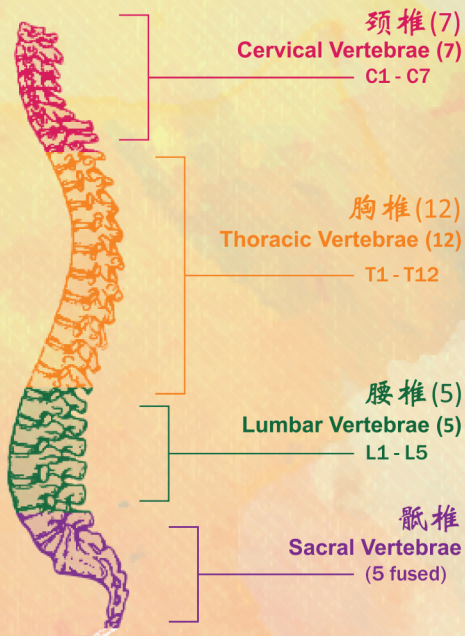
*Keen Sense of Vision & Good Hearing*



# 为何孩子在学习时无法专心？ Why Can't Children Concentrate on Learning?

## 脊椎支配了左右脑的均衡发展

专注能力主要考量于视觉焦距的成熟与否。想要改善孩子的专注能力？首先，必须稳定他们的视觉焦点。借助感统活动锻炼七节颈椎的颈部张力活动，能够快速且有效地复苏颈椎神经，解决孩子上课不专心的烦恼。



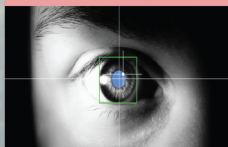
Vertebra supports the balanced development of the left and right brain

The ability of focusing depends on the maturity of visual focal length. If you want to improve your child's ability to focus, first of all, we must stabilize their visual focus. Through a lot of neck extension activities in the sensory integration, the seven cervical vertebrae in the neck will recover quickly and efficiently, meanwhile, the children's concentration problems will be solved.



思考  
Thinking

聆听  
Listening



专注  
Concentration





## 学习的构架之手眼协调能力



### 手指活动激发孩子的大脑

手眼协调是指人通过眼睛接收到的信息来控制手执行某任务的能力。手部精细动作的协调性影响我们彩色、画画、解决迷宫、书写、接球、拼图、绑鞋带、扣纽扣、玩积木、穿针和使用剪刀等能力。

### 儿童的智力发展体现在指尖上

精细动作主要是控制小肌肉运动的能力。手指关节发育不良将导致手和眼睛的协调功能失调。写字需要具备良好的精细运动技能，因此缺乏此技能的孩子会觉得写字很吃力，需要花较长的时间来做功课，因为他们的手缺乏灵活性。在书写过程中，他们需要有意识地指示自己去注意那些书写线索（例如空间大小、间架结构）等。它影响了写字速度、书写的空间估计能力（即写字常出格或出线）以及字体的端正性而形成书写障碍。



### 视觉对焦能力是手眼协调发展的基础

孩子如果没有视觉焦距的能力不仅对眼球追踪发展不利，更间接影响了手和眼睛的协调性，严重的案例将引发学习困难以及专注力失调等现象。在日常生活中，家长们也会发现孩子的灵活性有待改善。例如：拿物品不稳导致时常摔或掉东西的情况。





# 卓越感统训练室创立的目的

## The Objectives of Setting Up Intelligent Sensation Station

### 脊椎训练 Spinal Training

视觉记忆  
Visual  
Memory

听觉记忆  
Auditory  
Memory



### 感觉统合运动训练 (简称感统训练)

透过一系列有计划性的脊椎活动,促使身体各种感觉讯息透过中枢神经将它输入大脑,大脑再将传来的感觉信息进行思绪方面的分析、判断并处理以做出正确的反应使整个肢体和谐有效地配搭,借此解决孩子视而不见;听而不闻的状态而引发学习上的困难。

如:动作反应迟钝、抄写缓慢、上课分心不能集中、记性不好、经常写漏、写错、写倒反字等。



Sensory Integration Training is a series of well-planned vertebral training activities. It helps the limbs and body send sensory information to the brain through central nerves and the brain will process, analyze the information and make adjustments in body coordination. Thus, it can solve the children's unfocused and inattentive problems that result in learning difficulties.

For example: movement not agile, slow copying, have difficulty concentrating in class, poor memory, omission of words, copying words incorrectly, word reversals and etc.





## 人体七节颈椎

## The Seven Cervical Vertebrae of Human Body

颈部支撑力良好将促使感官发展顺畅

Good neck support will promote smooth sensory development



视觉神经  
Optic Nerve



平衡能力  
Balance Ability



听觉神经  
Auditory Nerve

呈 C 状的颈部姿态能够刺激颈椎神经的发育。颈部神经发育不良将导致专注力失调，视觉与听觉发育不良。

The cervical curve in the neck is supposed to be a "C" shape. Only the normal curve can stimulate the development of cervical nerves. The immaturity of cervical nerves will result in attention deficit maturation of visual and auditory processing.



颈椎神经根  
Cervical Nerve Roots



C状  
Normal Curve



直状  
Military Neck



反C状  
Reversed Curve





# 肢体的协调性对孩子身体智慧的发展极为重要

## Body Coordination is Important for Developing Body Wisdom

左右脑必须经过统一协调的工作，才能完成人类高级、复杂的认知及思考活动，包括注意力、分析、想象、判断和理解能力等。当大脑无法同时处理来自身体各处的感觉信息时，它就会呈现消化不良的现象因而导致肢体不能有效地运作，严重的案例会导致语言、学习与社交障碍。这种现象称为感觉统合失调，主要分为平衡统合、触觉统合、本体感统合、前庭统合（视觉和听觉）等四大部分。

Left and right brain must be coordinated in order to complete a series of advanced, complex cognitive and thinking activities of humans, which includes concentration, analysis, imagination, judgment, understanding and etc. When the brains are unable to process sensory information throughout the body simultaneously, it will appear a phenomenon of indigestion and result in body parts are unable to function effectively, and seriously would lead to language, learning and social obstacles. This phenomenon is called Sensory Integration Dysfunction. It can be divided into four parts: balanced integration, tactile integration, proprioceptive integration, vestibular integration (visual and auditory system).



平衡统合  
Balanced Integration



前庭统合  
Vestibular Integration



触觉统合  
Tactile Integration



本体感统合  
Proprioceptive Integration