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Dear Administrator,

You may have asked yourself, why have we been seeing more students coming to school “not ready?” Or, do you notice an increase in your Special Education referrals? More ADHD/ADD type behaviors? Do you have students struggling to read even though they are bright? If so, you are not alone and it is not just your school, community, or state seeing dramatic shifts in how students come to school due to societal changes beyond our control.

The fact that you are reading this means you have taken a positive step towards helping these young students be more successful in school and life. I commend you for seeking out more information and possible training for your teachers that could result in your school becoming one of hundreds of schools across the nation experiencing increased readiness skills through S.M.A.R.T.’s success.

S.M.A.R.T. stands for Stimulating Maturity through Accelerated Readiness Training. It is a program that helps children’s brains and bodies get ready to learn. The program consists of fun physical activities for developing and/or enhancing large and fine motor skills, balance and coordination, visual efficiency, eye-hand coordination, attention and much more. S.M.A.R.T. focuses on the development of learning readiness, the prerequisite for school readiness.

Learning readiness is concerned with the brain and bodies ability to handle learning, and is achieved through sensory/brain stimulation, thereby maturing critical sensory systems. What are examples of learning readiness? These are just a few examples, and there are MANY more!

- Mature eye movements so the eyes move smoothly across a page while reading, critical for fluency
- Mature balance and body coordination in order to sit upright (and comfortably) in a chair
- Mature auditory discrimination to be able to hear the subtle difference between similar sounds in language, critical for recognizing short vowel sounds

Children who have Learning readiness skill deficits have a hard time sitting still, cannot follow multi-set directions, seem to guess at phonetic sounds, skip words or lines when reading, and even avoid seated work entirely. Once these readiness skills are in place children have the necessary tools to be able to attend and learn, making them reading for school and to become life long learners.

If you have questions about the S.M.A.R.T. workshop or program please feel free to contact me. Thank you!

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