

The **Extra Lesson** is an assessment and intervention program created in the 1970s by Steiner teacher Audrey McAllen in the UK.

Audrey developed a curriculum of movement, speech, drawing and painting exercises for children with learning barriers.

Extra Lesson Assessments help to develop a comprehensive picture of the individual child.

The focus is on the developmental steps needed learning readiness.



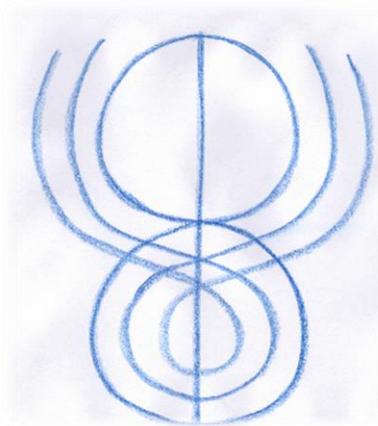
Extra Lesson remedial work:

- ❖ Weekly sessions of about 40 minutes during or after school hours.
- ❖ Exercises developing co-ordination, balance, concentration and memory, motivation and sense of self.
- ❖ Supporting confidence, self-esteem and joy in learning.

Elexis

Kerstin offers support and advice to families and teachers, working with children between 6 and 13 years, who experience learning difficulties and/or behavioural challenges.

- ❖ Extra Lesson Assessments
- ❖ Extra Lesson Remedial Work
- ❖ Educational consultancy
- ❖ Talks and Workshops



Kerstin Eva Andersson
0449 680 748

Call to arrange a free first meeting!

For more information:
www.extralesson.com.au

Elexis



Extra Lesson
&

Educational Consultancy

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The Extra Lesson intervention programme

The Extra Lesson has grown out of Steiner Education and may help children with

- Learning difficulties
- Fine and gross motor problems
- Social or behavioural difficulties
- ADHD
- Dyspraxia, dyslexia, dysgraphia
- Sensory integration issues

The intervention programme is based on an assessment and includes movement, coordination, speech, drawing and painting exercises.

The duration of the programme varies with each child and the ability of their parents to support the exercises at home.



Testimonials

“It was amazing to see how our son progressed through the Extra Lesson exercises. He was very dedicated and loved going to his weekly sessions, where he felt truly understood.”

Sylvia C. Nairne, SA

“After one term of intensive Extra Lesson work, the student is visibly more focussed in class. She was able to complete a form drawing which was not possible before. Her writing has also become a little neater, with more spatial awareness on the page.

Helen R., Adelaide, SA

The Extra Lesson Assessment

Learning and behaviour challenges are often related to developmental and sensory integration issues. With the assessment we gather information about the following aspects:

- ❖ Developmental history
- ❖ Spatial orientation
- ❖ Body geography
- ❖ Balance
- ❖ Laterality and dominance
- ❖ Fine and gross motor skills
- ❖ Coordination
- ❖ Visual perception skills
- ❖ Neuro-developmental maturity
- ❖ Integration of early reflexes



Kerstin studied Steiner Education in Germany and came to Australia with her husband and four children in 2007.

Australian Qualifications:

- ❖ Extra Lesson practitioner
- ❖ Graduate Certificate in Neuroscience
- ❖ Master of Disability Studies
- ❖ Bachelor of Special Education

Kerstin operates her private Extra Lesson practice in Mount Barker.

She works in in central and regional Adelaide as an independent Educational Consultant, Developmental Educator and Extra Lesson practitioner.