

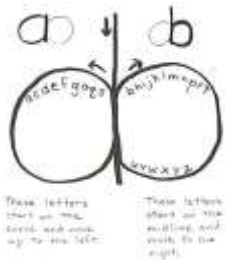
Brain Gym Movements Reminders

Midline Movements



Lazy 8's

- Always start in the middle of the 8 and go up to the left first, slower is better
- Middle of 8 in front of nose
- 3 times each hand, 3 times with both together
 - Either with thumb in front of face at arms length, or with a pen/pencil onto a large bit of paper



Alphabet 8's

- Start in the middle with letter a, and go through the alphabet up to letter u with a Lazy 8 in between each letter
- Smooth continuous movement from letter to letter, don't lift pen/finger
- Follow pen tip/finger with eyes. Keep head as still as possible.
- Have middle of 8 in line with your nose



The Elephant

- Ear glued to shoulder to make your trunk
- Create Lazy 8 with Whole body movement, bending from waist, with knees relaxed and flexible
- Eyes looking beyond finger tip to wall
- 3 times to each side, always starting in middle of 8 and going up to the left first



Belly Breathing

- First breath, breath out in puffs, keeping up a feather
- Subsequent breaths, breath in for count of 2, out for count of 4
- Relax shoulders and neck



Cross Crawl situps

- Arms behind head, relaxed neck
- Feet flat on floor, knees bent
- Elbow to opposite knee, alternate elbows
- Pause between sides, don't flop

The Energizer



- Begin with forehead down on table/desk
- Inhale while raising head, exhale while lowering head
- Forehead up first, then neck, then spine. Follow snail along floor & up wall. Keep eyes up.
- Mimics developmental movement of baby raising itself up off floor



Neck Rolls

- Head feels like a bowling ball
- Turn head to one side, allow head to fall down onto chest, and turn head from side to side whilst breathing out
- Stop at areas of tension and breath in and out
- 3 times each direction



The Rocker

- Rock gently on sitting bones, using hands to support
- Make small circles on each side and figure 8 with both sides
- Can be done on chair – sit well forward and lean back



Double Doodle

- Nose at midline of drawing
- Start with big movements, have fun
- Continue with mirror imaging and draw pictures
- Move hands 'up', 'down', 'in' and 'out'



Cross Crawl

- Hand to opposite knee as if walking
- Slower is better, no counting
- Use music, do front, back, sides

Energy Exercises



Water

- Clear, room temperature, no added flavourings
- 8+ cups per day
- Twice as much when stressed
- Little and often



Brain Buttons

- Points just below clavicle and either side of breast bone with one hand, other hand on the belly button
- Massage the points firmly, 15-30 seconds, then swap hands and repeat
- At same time move eyes around and keep head still



Balance Buttons

- Four fingers behind ear, little finger behind ear
- Hold for 15 seconds and think balance
- Hold tummy button with other hand
- Swap hands and repeat



Earth Buttons

- Rub under bottom lip
- Other hand on tummy button, pointing down, hold
- Move eyes floor to ceiling (earth to sky) three times keeping head still, then switch hands and repeat

Space Buttons



- Rub above top lip
- Other hand on base of spine, hold
- Move eyes ceiling to floor (sky to earth) three times keeping heads still, then switch hands and repeat

Energy Yawn



- Rub muscles firmly over upper and lower molars
- Yawn at same time, making sound like a bear!

Thinking Cap



- Unravel ear folds towards back from top to bottom
- Gentle massage
- 3 times
- 100s of acupressure point = whole body massage

Deepening Attitudes

Positive Points



- If possible, have someone else hold the points as in the picture, and sit in hookups
- Very light pressure with 3 fingers directly above irises of eyes.
- Feel pulses come into line together
- Think through negative aspects and collect them up and discard them
- Then think positively of the situation, visualize it going well



Hookups

- Deep breathing – shoulders relaxed
- Tongue on roof of mouth on in-breath, drops on out-breath
- “be” in your favourite place
- Part 2 – tips of fingers together (tap) as if holding ball

Lengthening Activities



Arm Activation

- Reach up from ribcage with one arm. Other hand should rest just below elbow of reaching hand.
- Breathe in, then as you breathe out, push in 4 directions, front, back, in, out, 8 counts in each way. Use opposite hand to oppose pushing.
- Compare length of arms after doing one side
- Repeat to other side



Calf Pump

- Feet parallel, one in front of other. Back leg straight, front leg bent
- On out-breath, move front knee forwards, feeling stretch in the back leg calf. Hold for count of 8
- Relax between breaths
- 3 times each side



Footflex

- Hold tendons behind knee and ankle
- Flex foot (toes up) on outbreath for count of 8, relax (toes down) on inbreath.
- Feel tendons loosening
- Hold any points on calf muscle that feel tense and repeat.



Gravity Glider

- Sit on edge of chair
- Reach forward from waist
- Ankles crossed and relaxed
- Breathe out as reach forward and hold for count of 8, relax for in-breath
- 3 times, then switch legs and repeat



The Grounder

- Feet at right angles to each other, heel of turned foot opposite instep of other
- Breathe in and push bent knee to side whilst breathing out for count of 8.
- Hips facing forwards, head turned to side
- 3 times each side
- Bent knee does not go beyond instep of foot
- Lengthening inner thigh and hip



The Owl

- Keep firm grasp of shoulder muscle throughout, even between breaths
- Start with head facing over shoulder. Breath in.
- Turn head while breathing out and hooting like an owl!
- Repeat for 6 breaths then change to hold other shoulder and repeat