

Brain Gym Listening Balance

Aimed at helping any activity that requires listening, thinking or remembering.

Step 1 : PACE – drink water, Brain Buttons, Cross Crawl, Hookups

Step 2 : Noticing : Give yourself a number between 1 (low) and 10 (high) as to how ready your vision feels to support your task

Noticing : Perform a listening task e.g. listening to music – how clear is it, can you decipher words, are both ears hearing well

Noticing : Turn your head to each side and listen. Notice how well you can hear, and whether there is tension in your neck and shoulders. Also notice how far you can see round when you turn your head

Noticing : Listen to someone calling your name inside your head – is it clear

Noticing : Perform a tricky calculation in your head e.g. 19×7 ; was it easy

Noticing : Remember something easy like what you had for lunch yesterday – can you do it?

Step 3 : Do the following movements to improve listening skills :

(please refer to 'All Movement Reminders' for how to do them)

- The Thinking Cap
- The Owl
- The Elephant
- The Rocker
- Cross Crawl Situps
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Step 4 : Noticing : Repeat step 2 in **reverse order** and notice how much they have improved especially the listening task.

Step 5 : Think about which movements worked well for you and continue to do PACE and those movements daily for up to 3 weeks