

Movements that aid the ability to focus by supporting areas such as:

- Listening skills
- Thinking skills
- Ability to feel centred and peaceful

Relevant movements include:

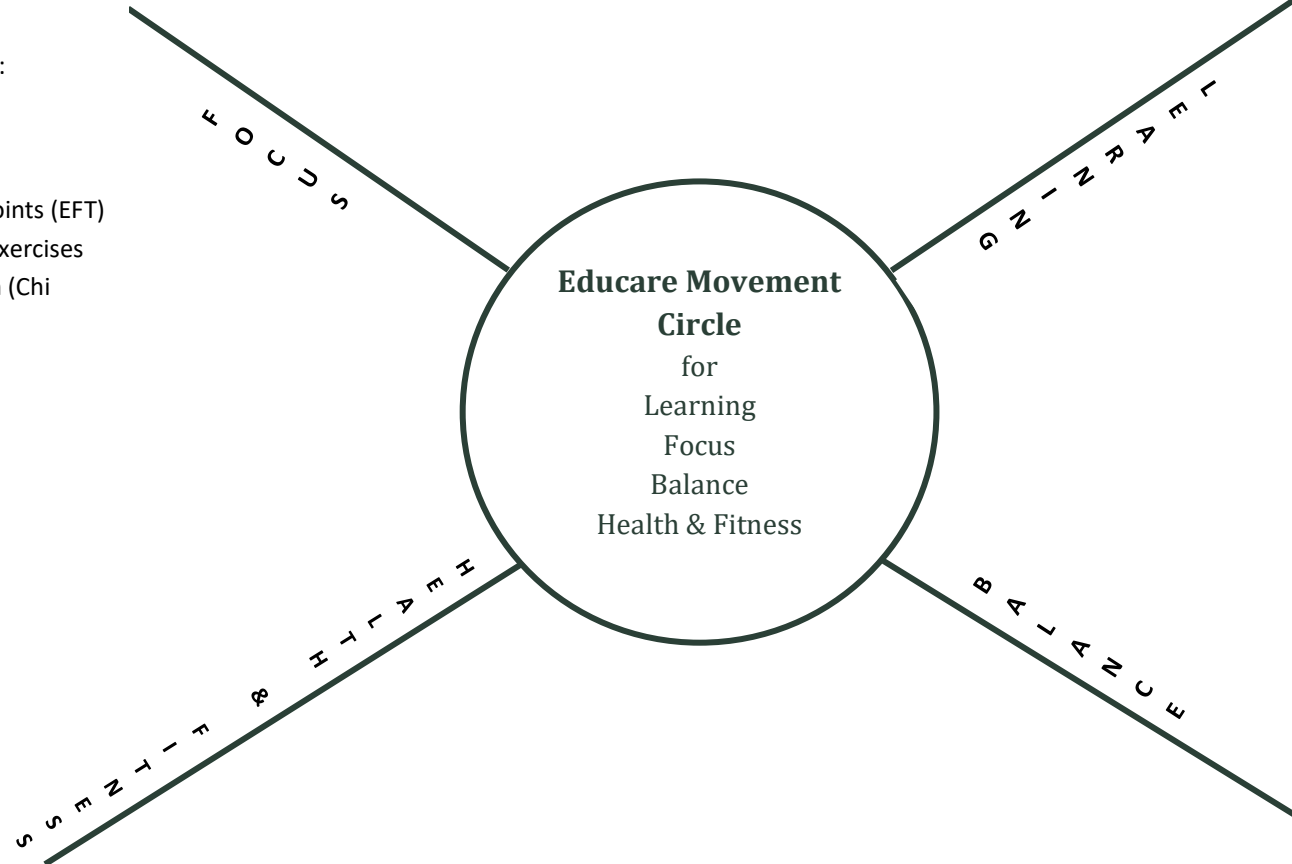
- Hook-ups
- Brain Buttons
- Tapping Meridian Points (EFT)
- Centred Breathing exercises
- Standing Meditation (Chi Gong)
- Lazy 8 exercises
- Crown Pull
- Neck Rolls

Movements that support the learning process by exercising areas such as:

- Thinking skills
- Comprehension
- Listening & Hearing
- Speech & Language skills
- Gross and Fine Motor Control
- Memory

Relevant movements include:

- Cross Crawl
- Brain Buttons
- Energy Yawn
- Zip Up
- Lazy 8 exercises
- The Elephant
- Crown Pull
- Thinking Cap
- Arm Activation
- Neck Rolls



Movements that support:

- Flexibility and strength
- Immune system function

Relevant movements include:

- Neuro-Lymphatic Flush
- 3 Thumps
- Tai Chi
- Various stretches
- Cross Crawl

Movements that support physical and emotional balance:

- Cross Crawl (especially done slowly)
- Hook-ups
- The Elephant
- Tapping Meridian Points (EFT)
- Tai Chi & Chi Gong
- Various balance exercises (e.g. standing on one leg)