

SAMPLE BRAIN GYM EXERCISES

The Thinking Cap: Helps to focus on the important sounds while ignoring distracting sounds. It will help with listening skills, silent speech and thinking.

- Gently massage and unroll your ears
- Begin at the top and gently massage down and around the curve to the ear lobes
- Repeat 3 or more times

The Cross Crawl: Synchronizes both sides of the body. May improve concentration and comprehension.

- You can do this either sitting or standing
- Touch your left elbow to your right knee
- Then touch your right elbow to your left knee
- Continue to shift rhythmically back and forth between the two positions for approximately one minute

Lazy 8s: Good warm-up for creativity and writing

- Draw a figure 8 lying on its side moving up and to the left first, either in the air with your thumb or on a piece of paper
- Draw the figure 8s slowly so your eyes are tracking the movement
- Use on hand, then the other, and then both together (about three 8s per hand)

Brain Buttons: Help to reduce stress and relax eye muscles

- Put one hand in the shape of a “U.” Place your index and thumb into the slight indentations below the collar bone on each side of the sternum
- Gently rub for 30 seconds while moving your eyes slowly to the left and right
- At the same time put the other hand over the navel
- Switch hands and repeat