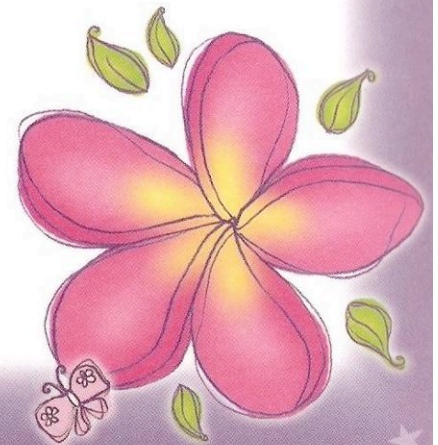


BRAIN GYM



WATER



We have a sip of water before we begin brain gym.

Water gives us energy.

BRAIN BUTTONS



Place one hand across your belly button and rub your brain buttons with the other hand. Now move your eyes left and right.

Wakes up our body and brain.

UNLOCKING EARS



Place your hands at the top of both your ears. Gently unroll your ears from the top to the bottom.

Switches on our ears.

CROSS CRAWL



As you walk or march on the spot, touch your right knee with your left hand, then touch your left knee with your right hand.

Switches on both sides of our brain.

HOOK UPS



Cross your legs. Extend your arms, cross them over at your wrists, link up fingers and bring your hands upwards to your chest. Close your eyes, hold, and focus on your breathing.

Helps us to relax, focus and concentrate.

MORE HOOK UPS



Join your finger tips together to make a tent. One at a time, tap each finger pair together.

Helps us to relax, focus and concentrate.

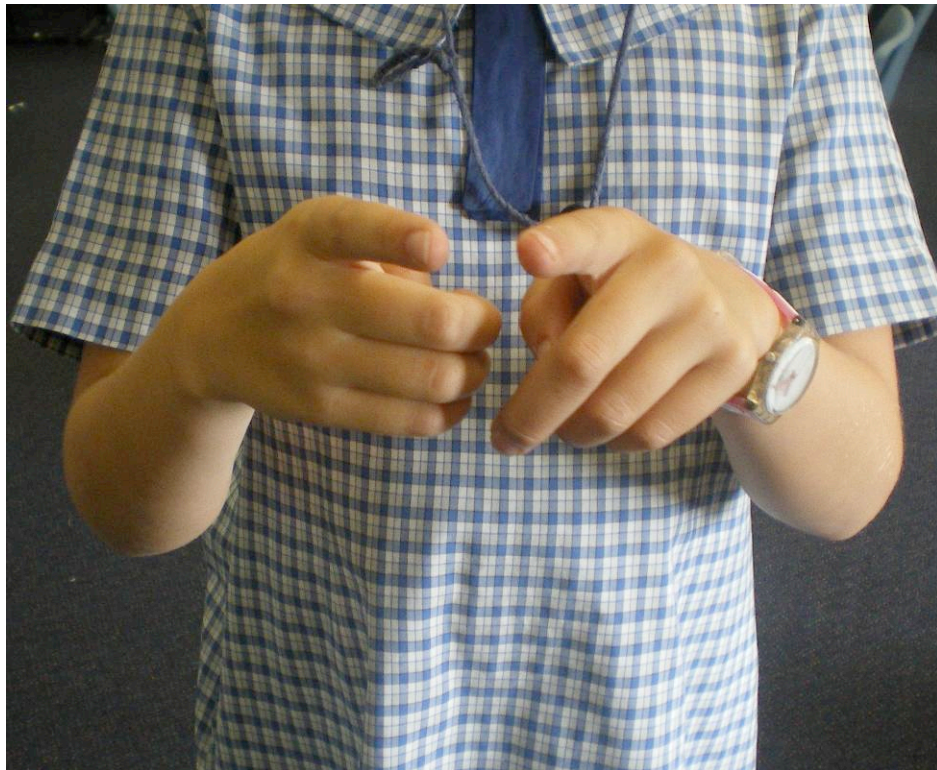
FIGURE EIGHTS

Point your finger and draw huge figure eights sideways in the air. Make sure you cross over both sides of your body and take turns with both hands.



Makes sure the left side of our brain is connecting with the right side of our body and vice versa.

SYMMETRICAL AIR DRAWING



Pointing with both fingers, draw in the air, making sure right and left fingers are in symmetry with each other.

Helps our co-ordination and multi-tasking.