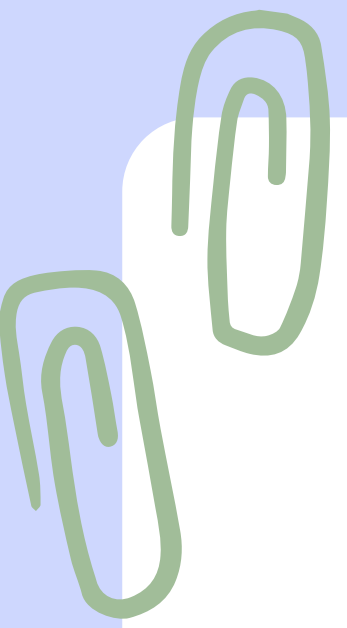
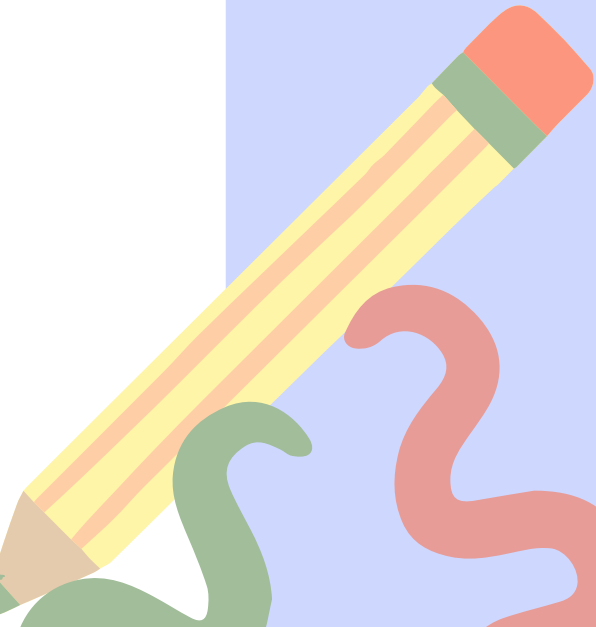


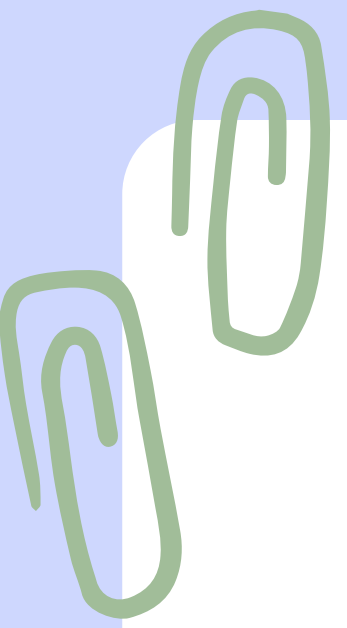


BRAIN GYM

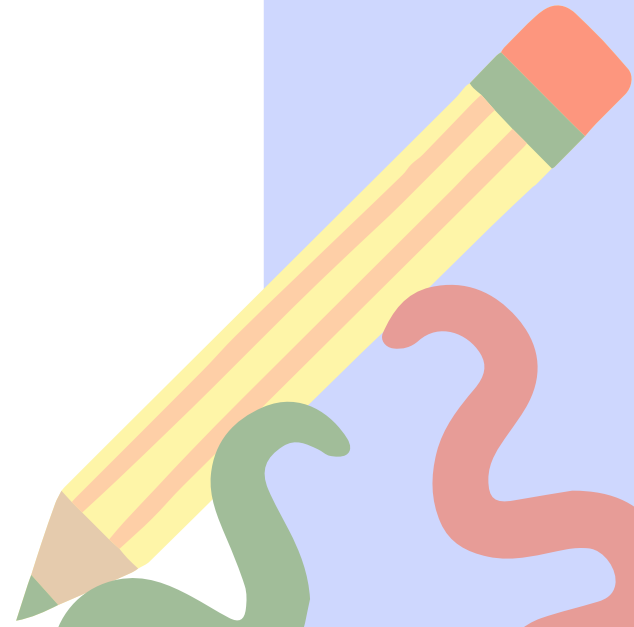
introduction



Made by Vrinda



WHY SHOULD
YOU LISTEN TO
THIS ?





OLD



NEW





OLD



NEW



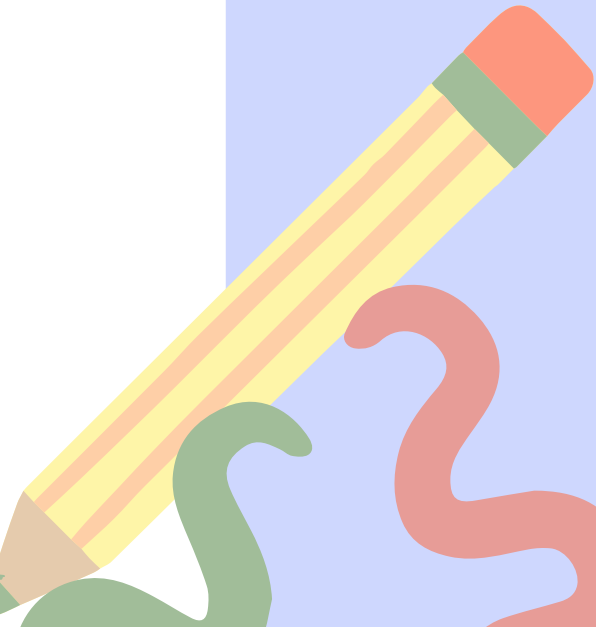
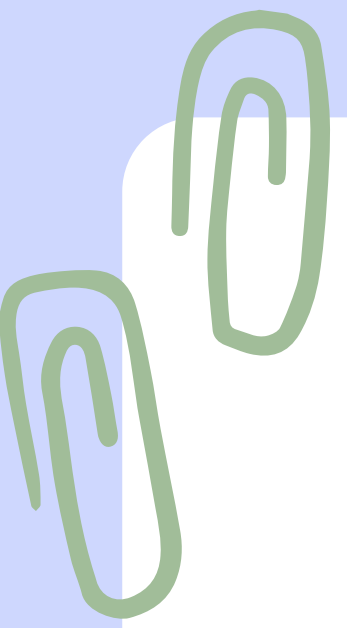
TAKE A SECOND TO NOTICE THE DIFFERENCE BETWEEN THE TWO

OLD



NEW





BASiC Bio OVERviEW

Made by Vrinda



Learning can be quite a strain
If we don't understand our brain
It's made in parts, one two and three
Each making up what's you and me

The first, deep down, is very old
Been there since dinosaurs we're told
It's there to guarantee survival
Breathing, hunting, flee from rivals
Only if we're safe and sound
Will our thoughts shift to higher ground

The second, wrapped around the first
Controls emotions, best and worst
Happy, sad, upset or calm
If too disturbed our learning's harmed

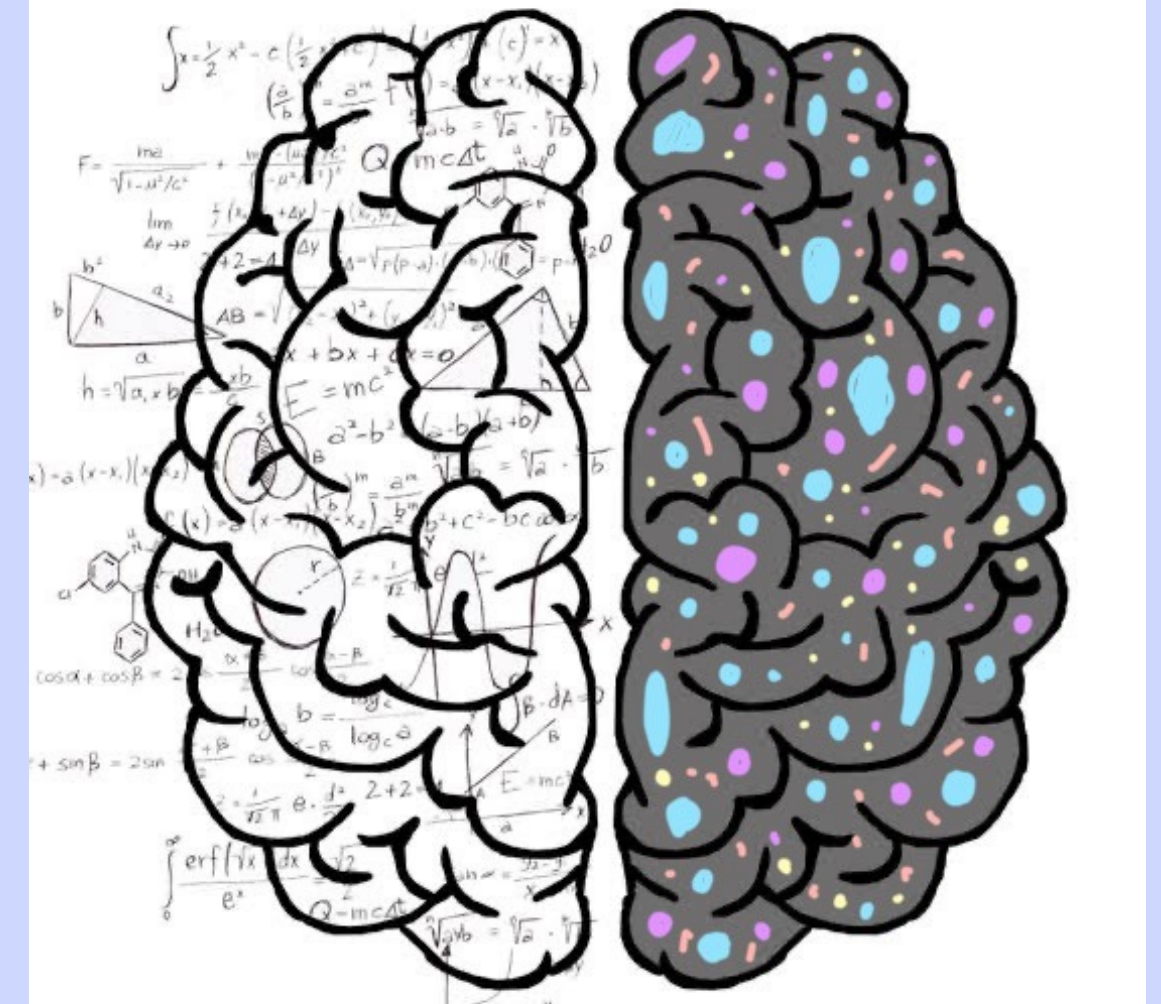
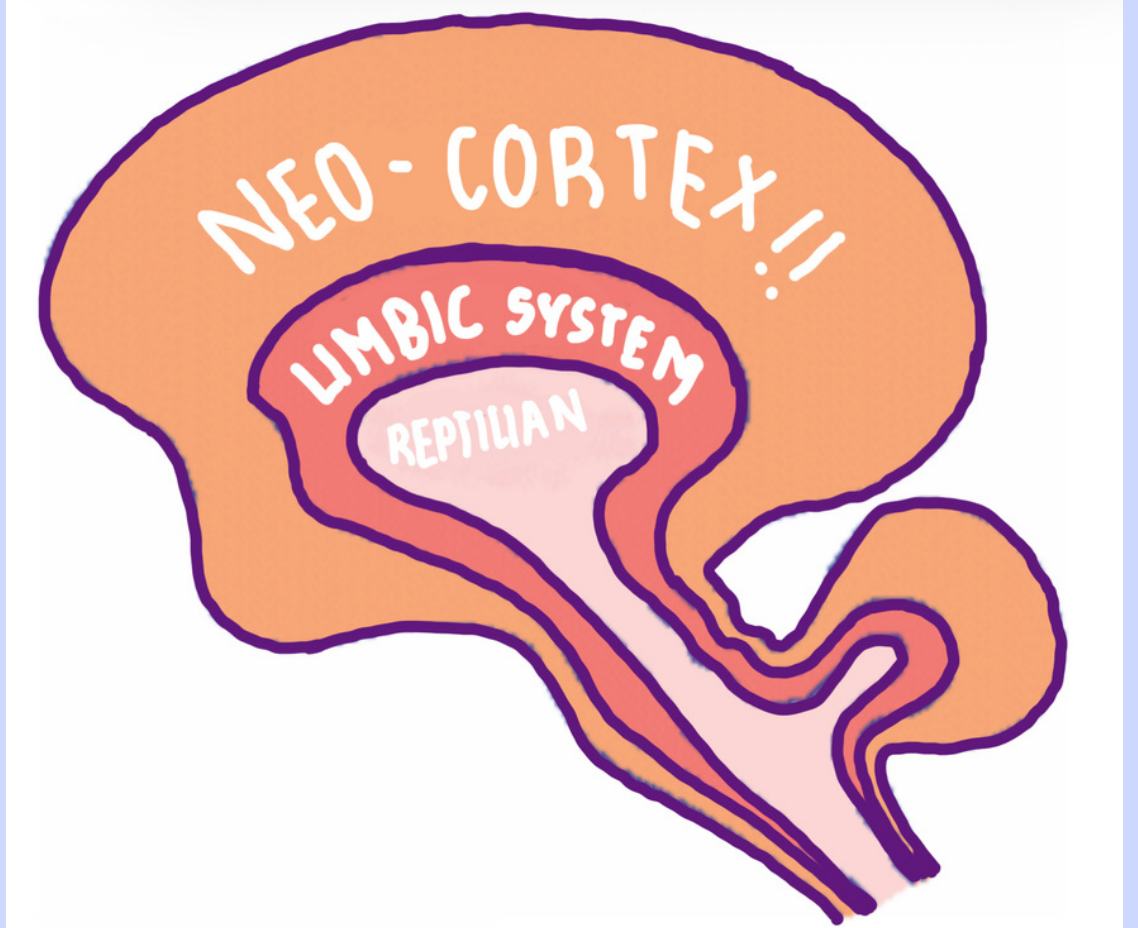
The third part runs our higher thoughts
It's where we process what we're taught
Cells link up, memories created
Tricky problems negotiated
This bit's divided into two

Strong left, strong right, which one are you?
The left likes words and smaller bites
The right – whole picture, patterns, sights
If all goes well both halves are used
The cells connect, no one's confused
And then while we are fast asleep
The memories are passed down deep

To sum up – this fantastic tool
Will serve us well at home or school
To keep it at its best we oughta
Give it exercise and rest and water

© Bryn Evans 2001

OUR
BRAIN



PROBLEM STUDENTS OR JUST SOSOH ??

S O S O H
↓ ↓ ↓ ↓ ↓
stressed out survival oriented humans

ITS EASY TO GET OVERWHELMED WITH THE LAODS OF
ASSIGNMENTS AND TESTS YOU HAVE TO COMPLETE So.. A
GOOD PLACE TO START IS TO IDENTIFY WHERE YOU ARE
STRUGGLING AND GO FROM THERE



WELCOME TO THE PROBLEM TICKET

Performance anxiety	Lack of communication	Feelings of self doubt
Lack of confidence	skills	Poor athletic performance
Poor memory	Poor balance	Poor coordination
Lack of focus	Giving up	Feelings of intimidation
Lack of energy	Fear of failure	Feelings of pressure:
Feelings of frustration	Critical of others	from others, from home,
Over-analysis	Fear of success	from work
Feelings of anger	Critical of self	Poor comprehension
Bothered by distractions	Lack of concentration	Overly concerned about
Lack of organization skills	Poor physical performance	others

IF YOU FACE ANY OF THESE BRAIN GYM CAN HELP

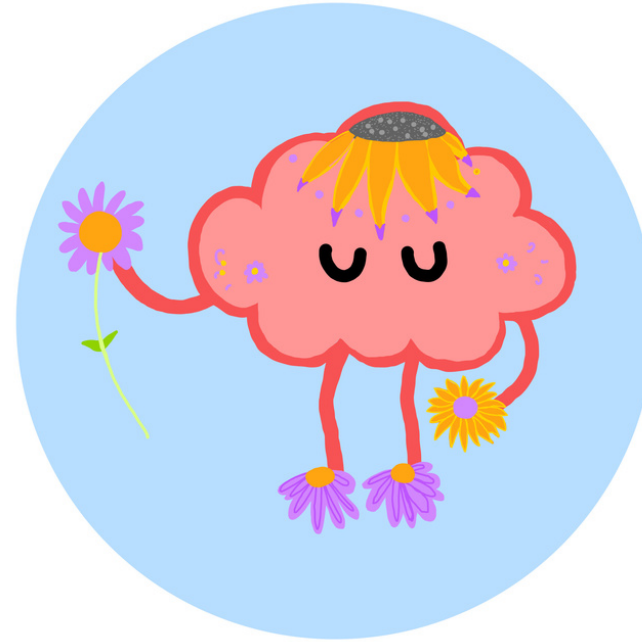
BRAIN GYM



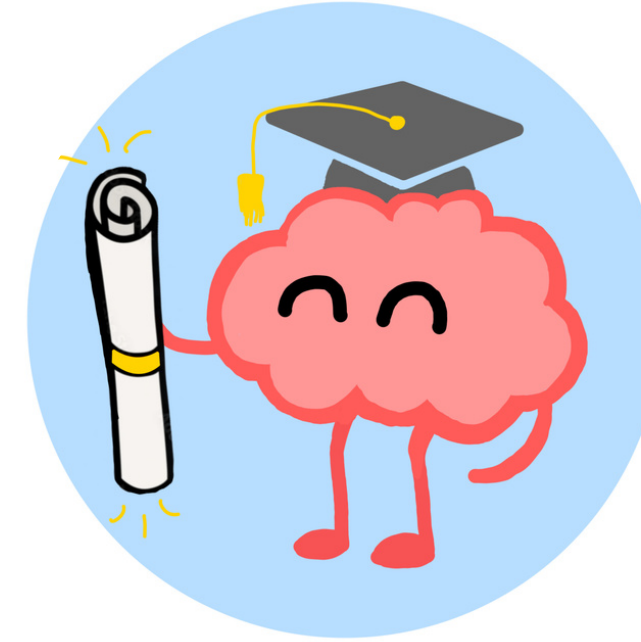
THE GUIDE TO A LIFE THAT IS



Healthy



Balanced



Sucessfull

LIST OF CONTENT

1

Introduction to BG

2

Background of BG

3

26 movements guide

4

P.A.C.E

5

26 movements

6

Application of BG



INTRODUCTION

Educational Kinesiology

The term "Educational Kinesiology" refers to utilizing movement to draw out a learner's innate potential.

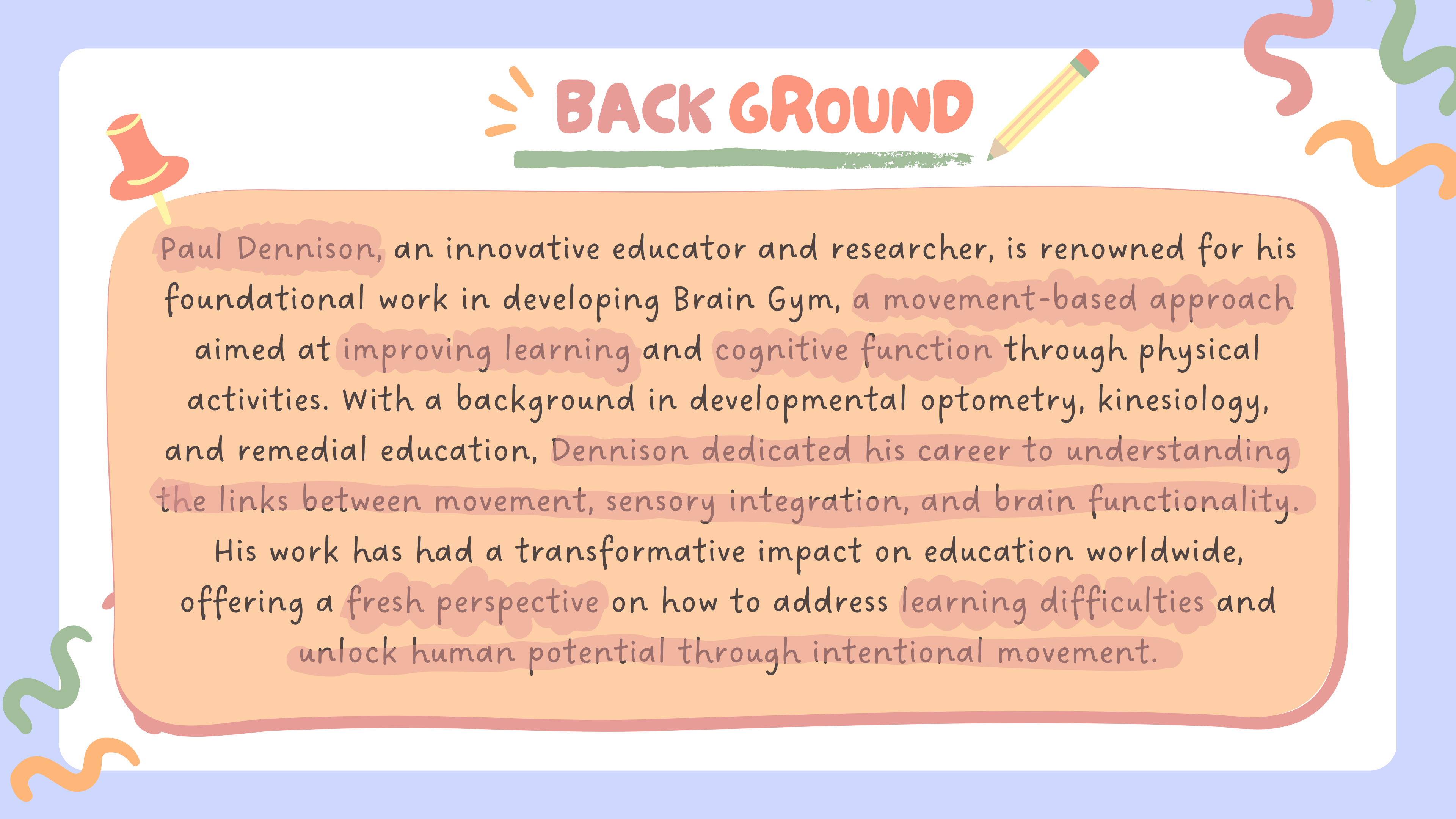
The system emphasizes physical skills, self-regulation, structured play, symbolic thinking, and aesthetic appreciation to create optimal learning conditions.

The Role of Movement in Learning

Movement aids in creating neural patterns that support cognitive functions, especially among struggling learners.

The 26 Brain Gym activities address sensorimotor skills essential for academic tasks, supporting children's natural learning processes.

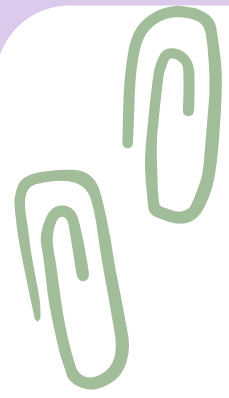




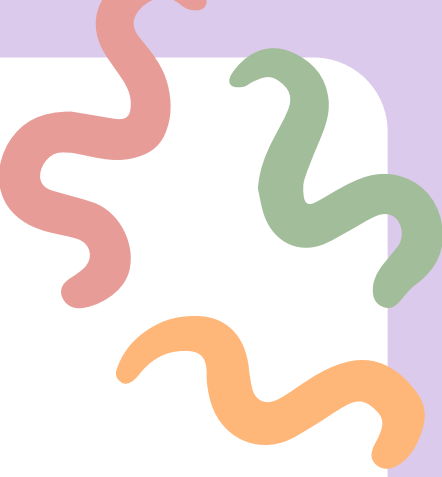
BACK GROUND

Paul Dennison, an innovative educator and researcher, is renowned for his foundational work in developing Brain Gym, a movement-based approach aimed at improving learning and cognitive function through physical activities. With a background in developmental optometry, kinesiology, and remedial education, Dennison dedicated his career to understanding the links between movement, sensory integration, and brain functionality.

His work has had a transformative impact on education worldwide, offering a fresh perspective on how to address learning difficulties and unlock human potential through intentional movement.



WHAT IS BRAIN GYM



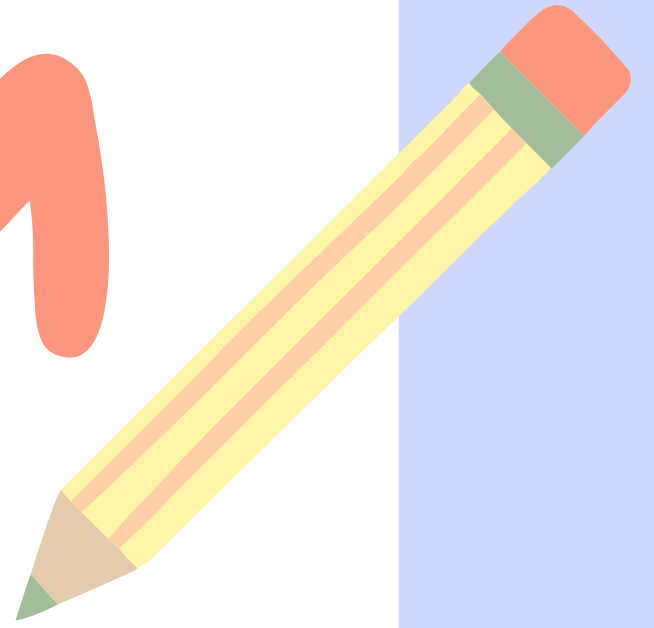
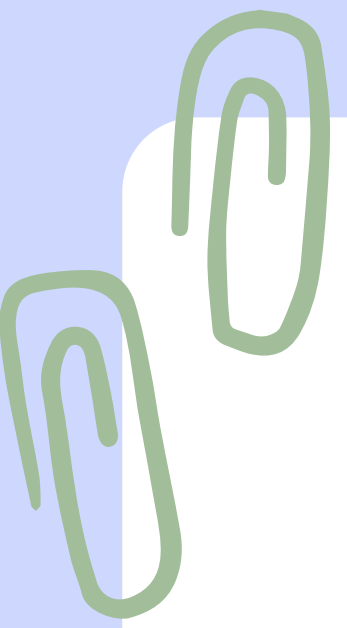
Brain Gym is a system of 26 simple movements that relieve stress naturally and quickly enhance brain function. Simply put, "Brain Gym is moving your body to wake up your brain." Brain Gym was developed by Paul Dennison, Ph.D in the early 1970s. It is practiced in over 88 countries, with courses translated into 15 languages. Brain Gym movements can be done occasionally, routinely, or even daily. They are safe, simple, and only take a few minutes to complete. Individuals need no special space or equipment.



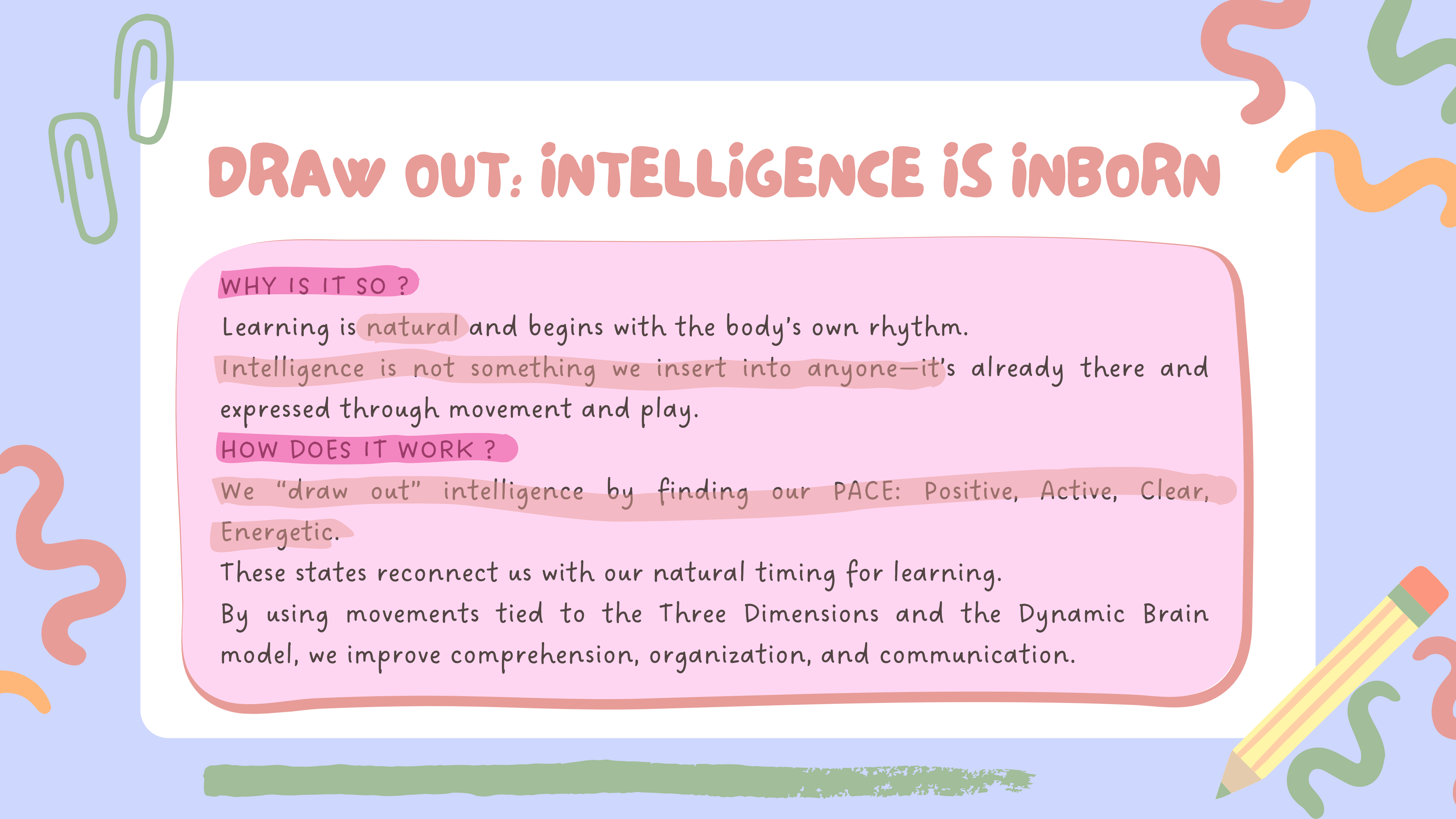


HOW DOES BRAIN GYM FACILITATE LEARNING

- Brain Gym integrates the left and right hemispheric functions of the brain.
- It draws out innate gifts and talents and brings about "whole-brain" learning.
- It controls emotional stress that is so often created in new learning situations.
- Brain Gym addresses the physical components of learning -- the auditory, visual, fine motor and postural skills.



5 CORE PRINCIPALS OF BRAIN GYM



DRAW OUT: INTELLIGENCE IS INBORN

WHY IS IT SO ?

Learning is natural and begins with the body's own rhythm.

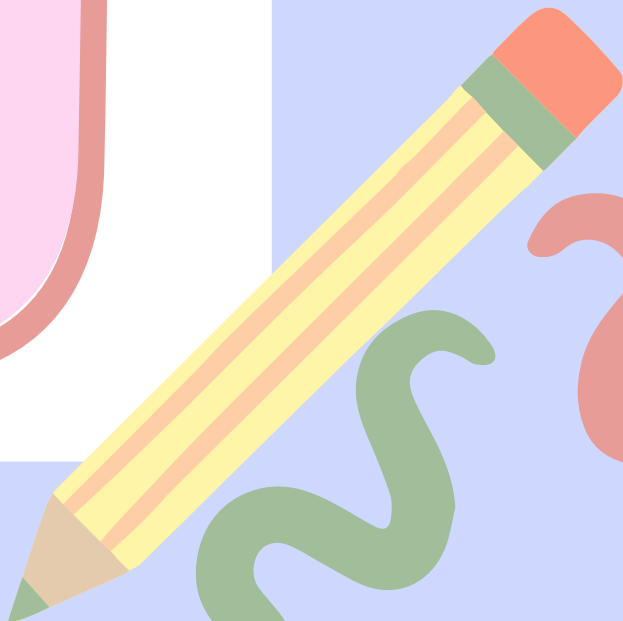
Intelligence is not something we insert into anyone—it's already there and expressed through movement and play.

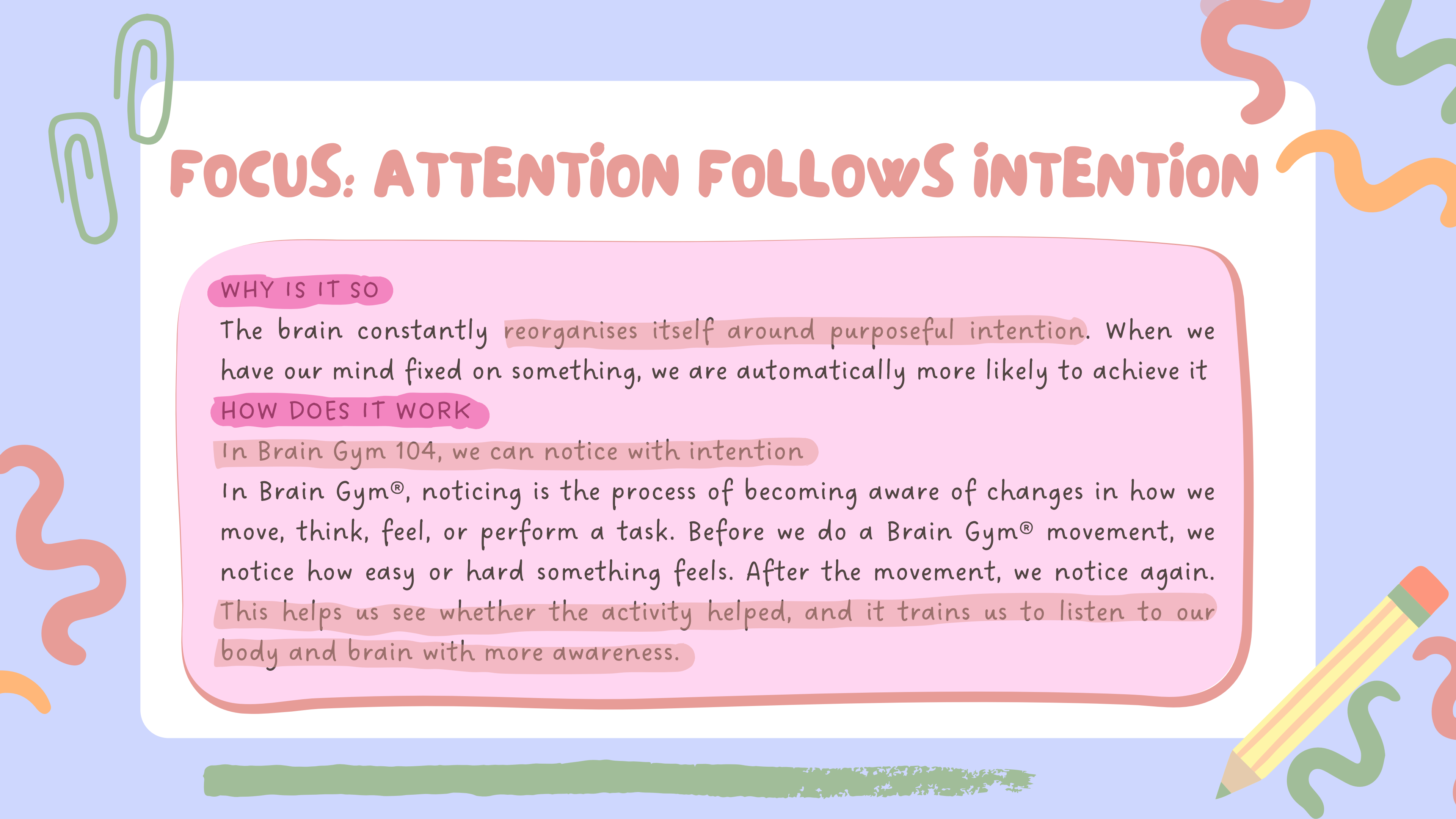
HOW DOES IT WORK ?

We "draw out" intelligence by finding our PACE: Positive, Active, Clear, Energetic.

These states reconnect us with our natural timing for learning.

By using movements tied to the Three Dimensions and the Dynamic Brain model, we improve comprehension, organization, and communication.





FOCUS: ATTENTION FOLLOWS INTENTION

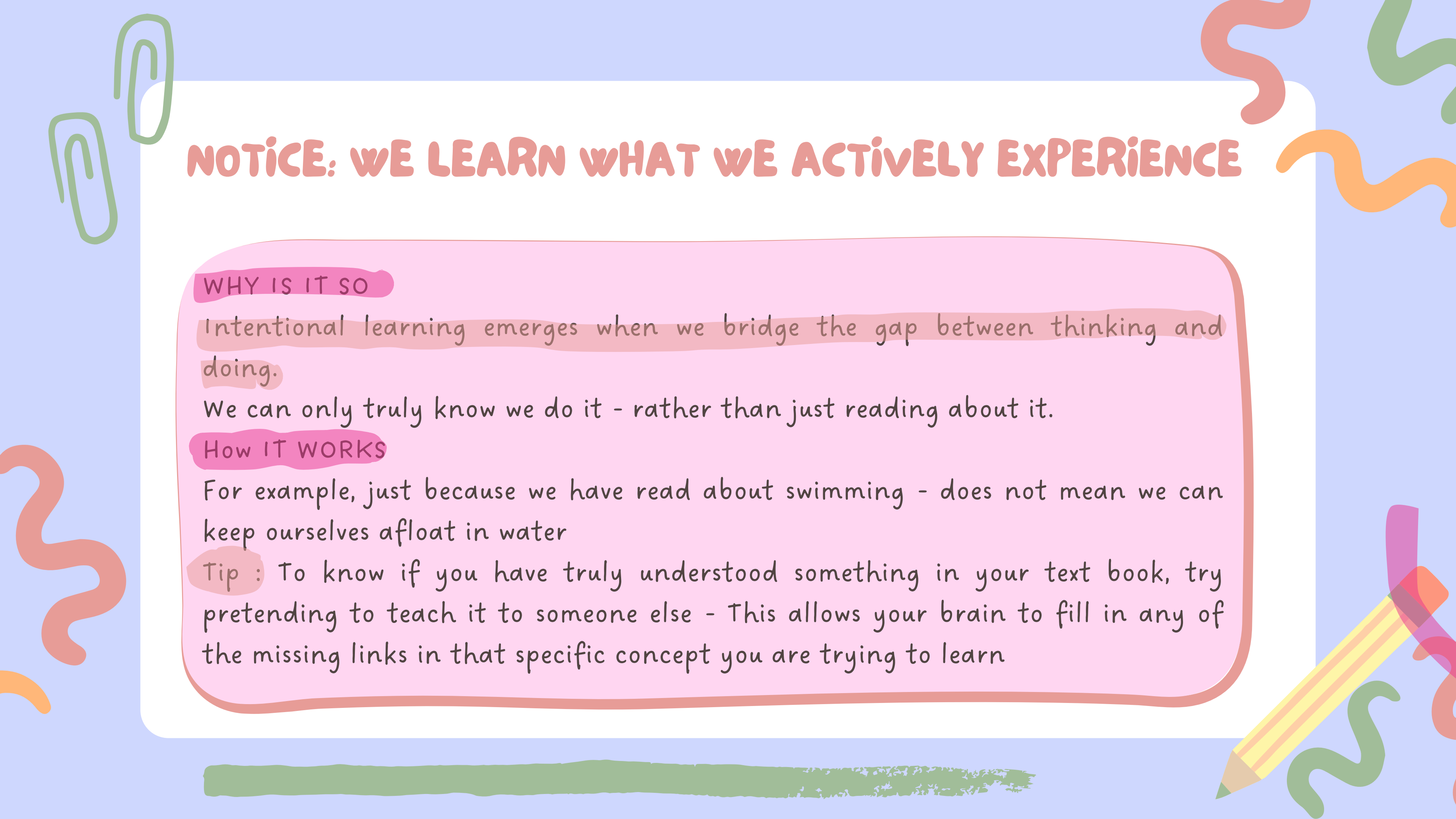
WHY IS IT SO

The brain constantly reorganises itself around purposeful intention. When we have our mind fixed on something, we are automatically more likely to achieve it

HOW DOES IT WORK

In Brain Gym 104, we can notice with intention

In Brain Gym®, noticing is the process of becoming aware of changes in how we move, think, feel, or perform a task. Before we do a Brain Gym® movement, we notice how easy or hard something feels. After the movement, we notice again. This helps us see whether the activity helped, and it trains us to listen to our body and brain with more awareness.



NOTICE: WE LEARN WHAT WE ACTIVELY EXPERIENCE

WHY IS IT SO

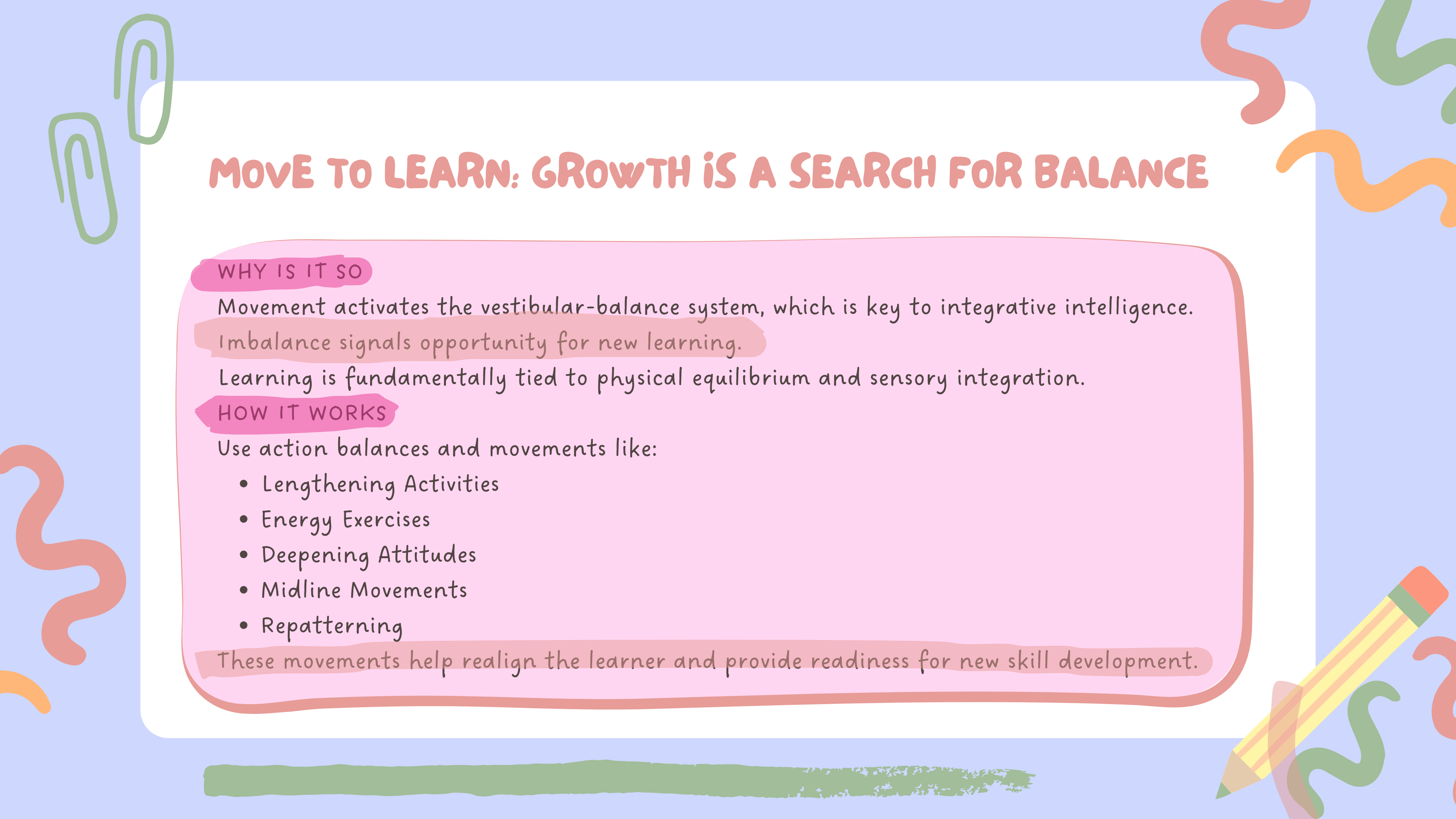
Intentional learning emerges when we bridge the gap between thinking and doing.

We can only truly know we do it - rather than just reading about it.

How IT WORKS

For example, just because we have read about swimming - does not mean we can keep ourselves afloat in water

Tip : To know if you have truly understood something in your text book, try pretending to teach it to someone else - This allows your brain to fill in any of the missing links in that specific concept you are trying to learn



MOVE TO LEARN: GROWTH IS A SEARCH FOR BALANCE

WHY IS IT SO

Movement activates the vestibular-balance system, which is key to integrative intelligence.

Imbalance signals opportunity for new learning.

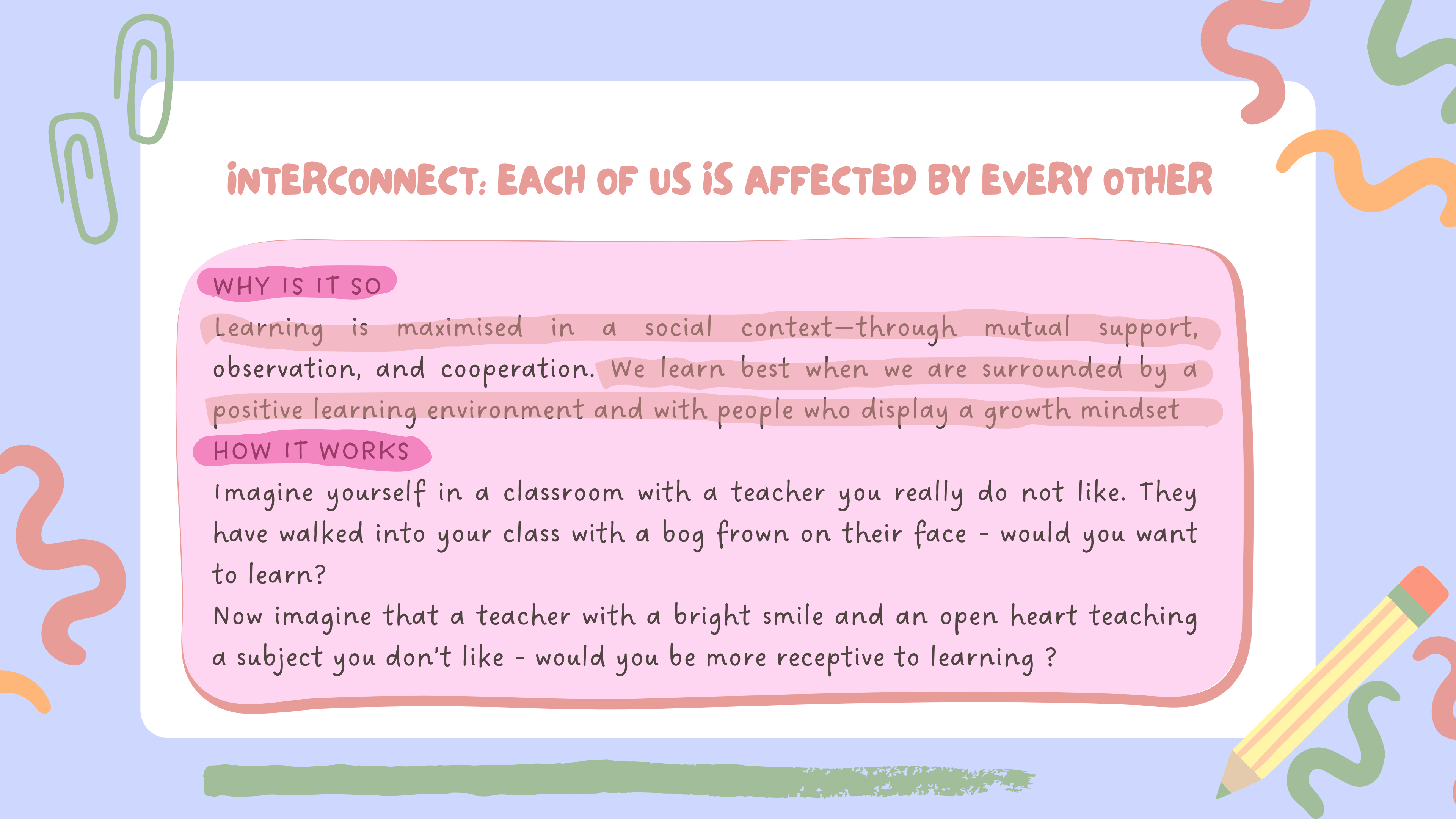
Learning is fundamentally tied to physical equilibrium and sensory integration.

HOW IT WORKS

Use action balances and movements like:

- Lengthening Activities
- Energy Exercises
- Deepening Attitudes
- Midline Movements
- Repatterning

These movements help realign the learner and provide readiness for new skill development.



INTERCONNECT: EACH OF US IS AFFECTED BY EVERY OTHER

WHY IS IT SO

Learning is maximised in a social context—through mutual support, observation, and cooperation. We learn best when we are surrounded by a positive learning environment and with people who display a growth mindset

HOW IT WORKS

Imagine yourself in a classroom with a teacher you really do not like. They have walked into your class with a bog frown on their face - would you want to learn?

Now imagine that a teacher with a bright smile and an open heart teaching a subject you don't like - would you be more receptive to learning ?

IS BRAIN GYM A PSEUDOSCIENCE

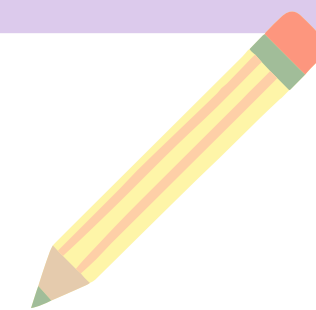
GRAB A GLASS OF WATER AND LETS NOTICE

We drink our water in small sips to
allow the maximum absorption and
we don't stand while we drink water
for the same reason

DO YOU FEEL A DIFFERENCE



BRAIN GYM OVERALL



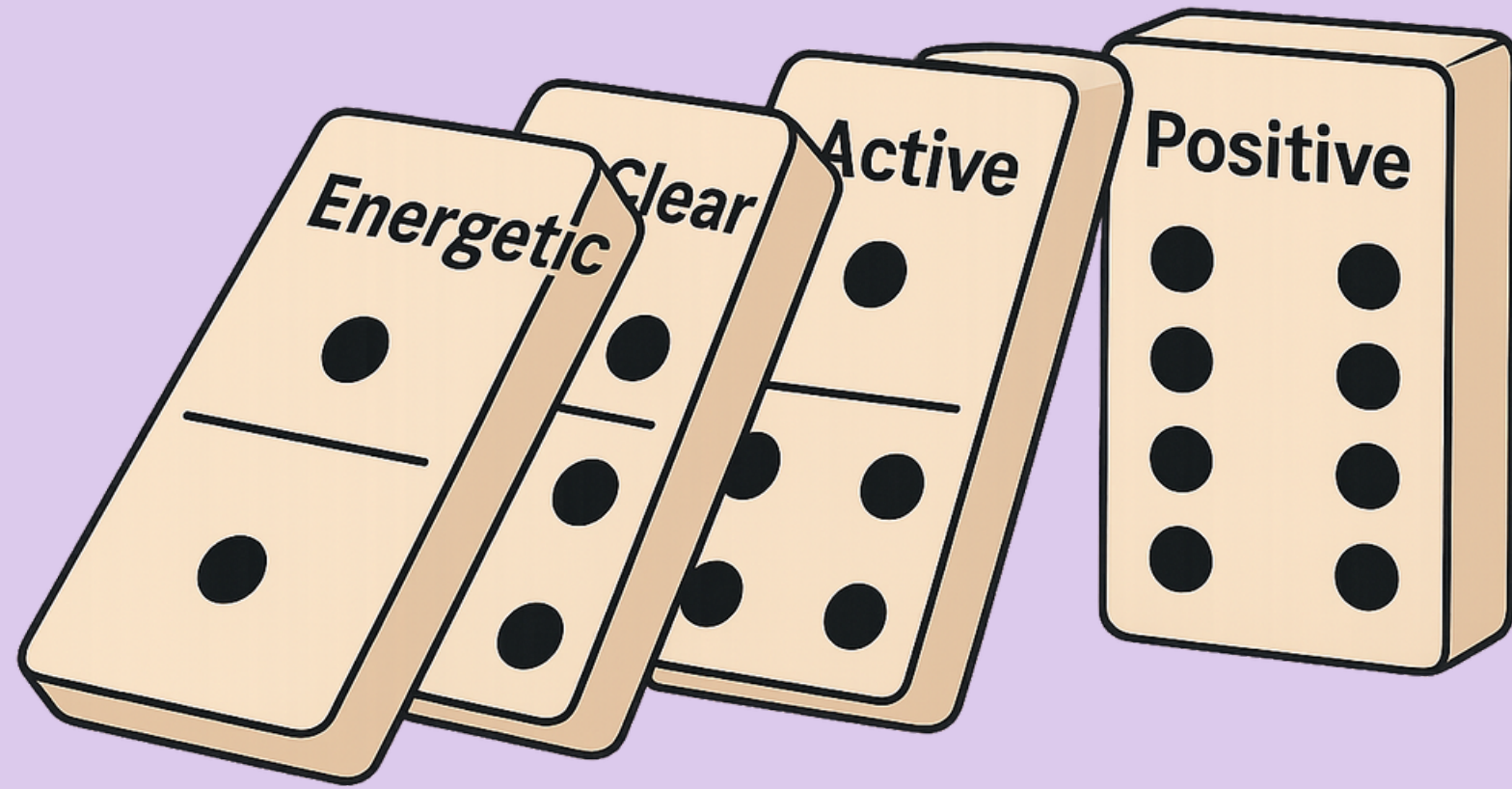
The Body-Mind Connection: Dennison believed that the brain is not an isolated organ but part of a dynamic system interconnected with bodily movements. He emphasized that when the body moves, it activates the brain, enhancing neural pathways linked to attention, memory, and creativity.

Whole-Brain Integration: Brain Gym activities are structured to stimulate cooperation between the left and right brain hemispheres, improving tasks that require coordination and problem solving

Stress Reduction and Emotional Balance: Dennison recognized that stress inhibits learning by disrupting the body's natural flow of movement. Many Brain Gym activities, such as deep breathing and lengthening, are designed to release physical tension, reduce anxiety, and create an optimal state of relaxation for absorbing new information.

Engaging the Senses: Effective learning involves processing information through multiple senses, such as vision, hearing, and touch. This helps us respond more effectively to auditory and visual stimuli while fostering spatial awareness and fine motor coordination.

PACE ACTS LIKE A DOMINO EFFECT FOR YOUR SYSTEM



Sipping Water prepares us to benefit from doing Brain Buttons, which activates our electrical system. Doing Brain Buttons prepares us to benefit from doing the Cross Crawl, which requires our crossing the midline. PACE moves us from the whole-body activity of the Cross Crawl to the whole-body relaxation of Hook-ups.

Water

💧 Drink Water to hydrate and support electrical signalling in the brain. Water improves brain function and prepares the body to learn

Brain Buttons

👁️ Brain Buttons are massaged to improve blood flow to the brain and help with visual focus, coordination, and crossing the midline.

The Cross Crawl

🧑🏻‍🦿 Cross Crawl activates both sides of the brain and body. Builds coordination, balance, and prepares the whole body for learning.

Hook Ups

🧑🏻‍🦿 ♀ Hook Ups calm the nervous system and reduce stress. Helps us feel grounded, emotionally balanced, and ready to engage.

AHHHHHHHHH

LOTS OF TEXT AHEAD

LETS STOP

AND DO A BRAIN GYM MOVEMENT

LETS DO THE THINKING CAP



THERE ARE 4
CATEGORIES OF
MOVEMENT



LENGHENING AVTivitiES

LENGTHNING ACTIVITIES

The Lengthening Activities are a specific set of Brain Gym® movements designed to release chronic muscle tension, integrate the body's proprioceptive feedback, and support postural alignment.

The Lengthening Activities restore movement and ease developmental responses necessary for development of the inner-ear mechanism and its relationship to gravity.

These activities are especially effective when used to release reflexes related to specific language disabilities.

The Lengthening Activities help to restore the focus, fluidity, and resilience that are possible through natural learning. They support the restoration of movement, activating those pathways that lead out of "fight or flight" or "fight or freeze" responses and enable reconnection with the ability to process sensory input and express it through language. They ideally describe reaching, lengthening, expanding, or opening, rather than just stretching



MIDLINE MOVEMENTS

MIDLINE MOVEMENTS

Midline Movements are activities designed to build the internal awareness of the two sides of the body and their differences (laterality), helping learners cross the central midline and access the midfield—the area where the two hemispheres of the brain and body overlap and coordinate. These movements correspond to important milestones of motor development and provide critical readiness for the coordination of hands, eyes, ears ... everything that makes up the left and right sides of the body.

When steps of early motor development have been missed, the Midline Movements help to fill in these gaps. The activities also help learners reconnect with their natural ability to move and learn following illness or injury. Additionally, they also help release visual stress and create eye teaming skills.

**ENERGY
EXERCISES
AND DEEPENING
ATTITUDES**

ENERGY EXERCISES AND DEEPENING ATTITUDES

Energy Exercises overall

The Energy Exercises enable learners to cross the body's horizontal midline and experience the relationship between physical stability and the emotional stability centered in the limbic centre and cerebral cortex. They help learners reconnect with the body's midline as a central locus for directionality.

Deepening attitudes overall

Irrational fears and the fight-or-flight response result in an inability to cross the body's upper/lower midline for vestibular balance, affecting the ability to discern emotions or express them in a rational way. The Energy Exercises enhance awareness, while the Deepening Attitudes activities restore a calm, thoughtful demeanor

HOW WE LEARN

THE DEVELOPEMENT OF OUR NEURAL PATHWAYS



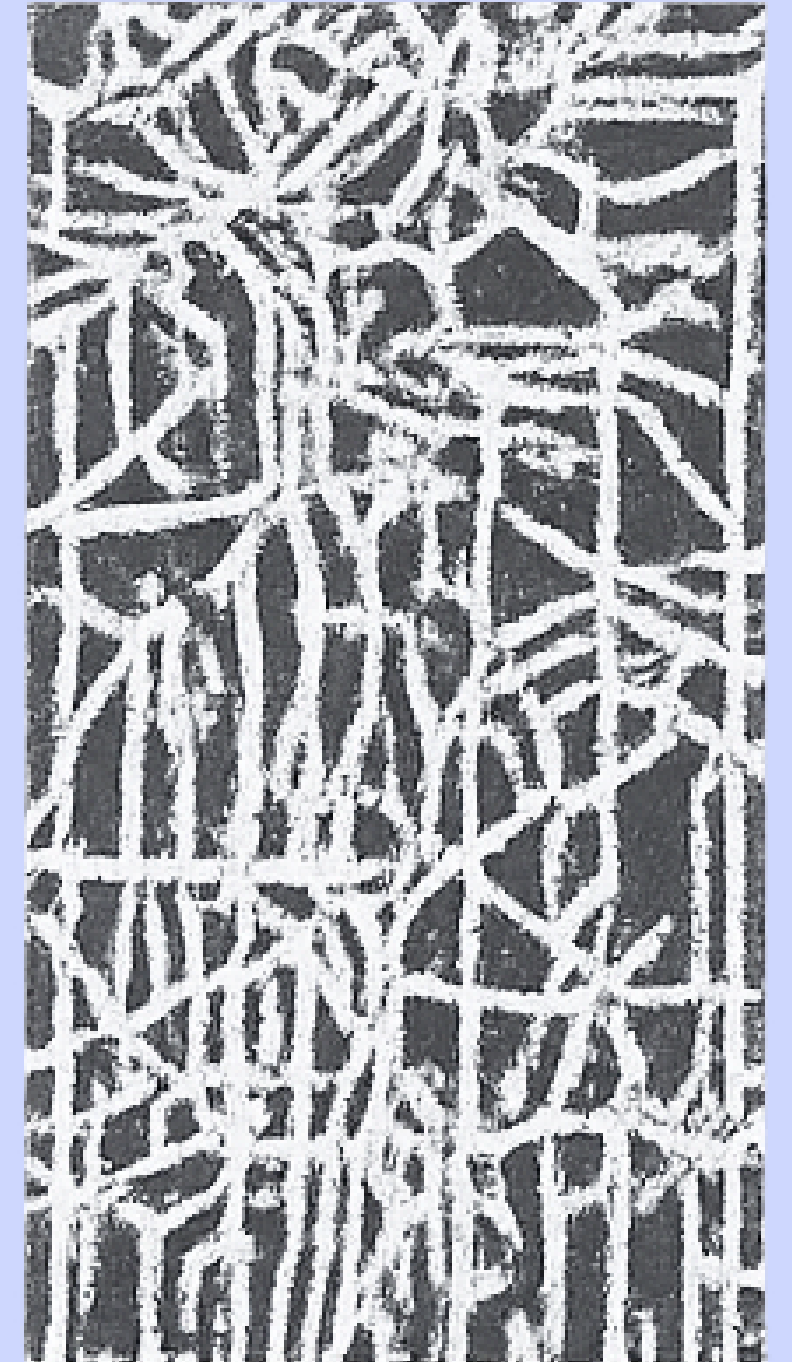
Brand New



I'm Learning ...

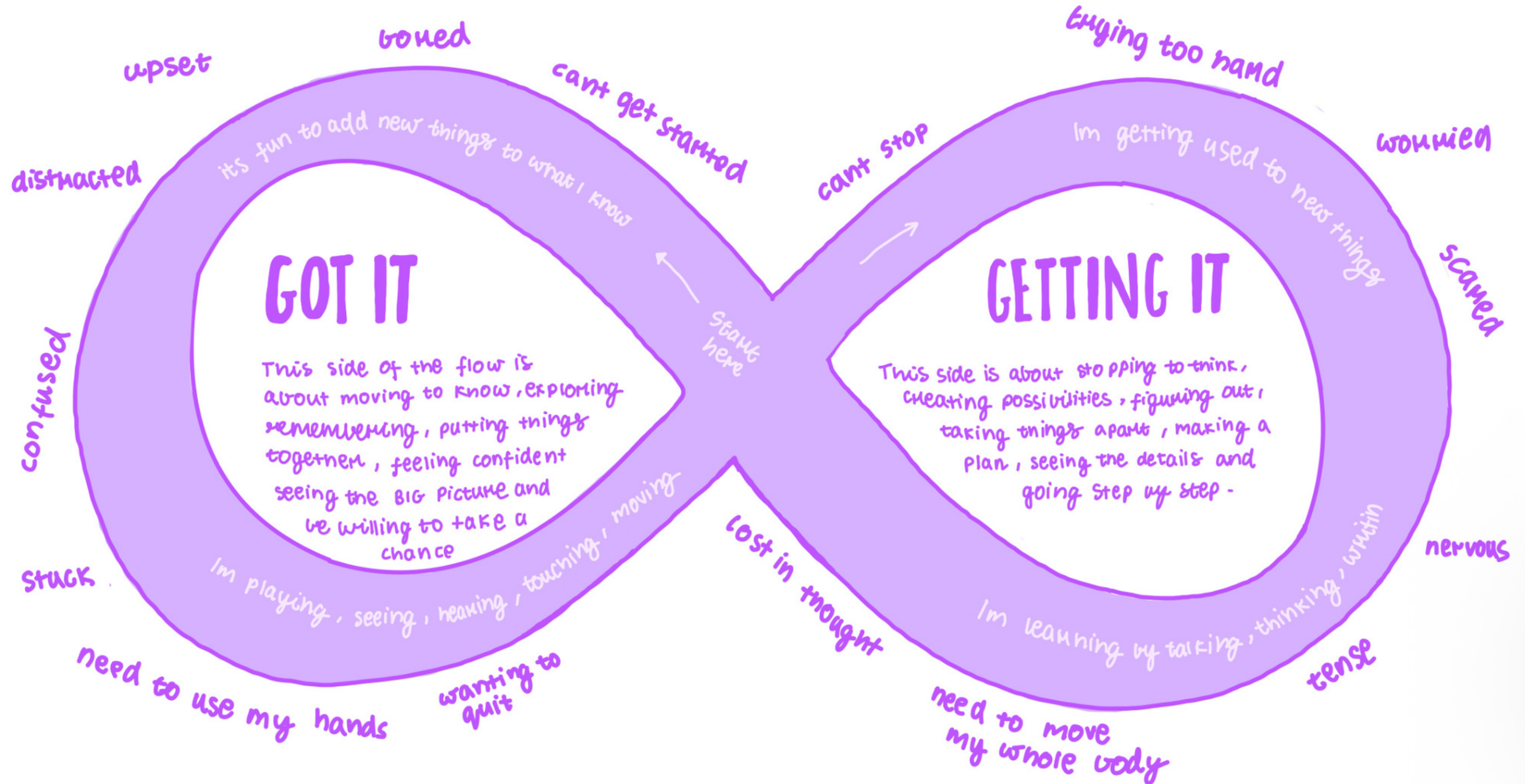


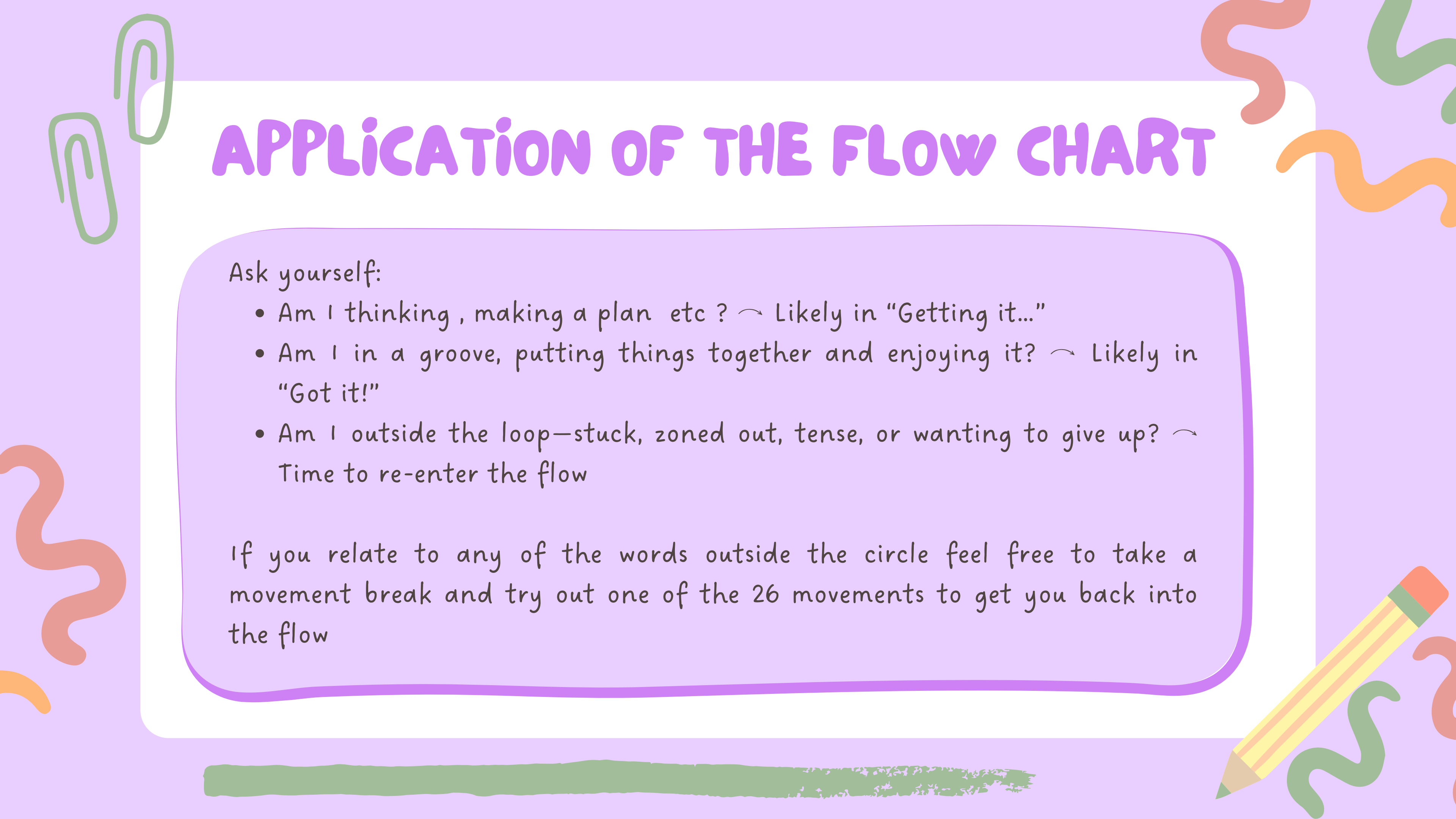
Getting Better



I.Know How!

LEARNING FLOW CHART





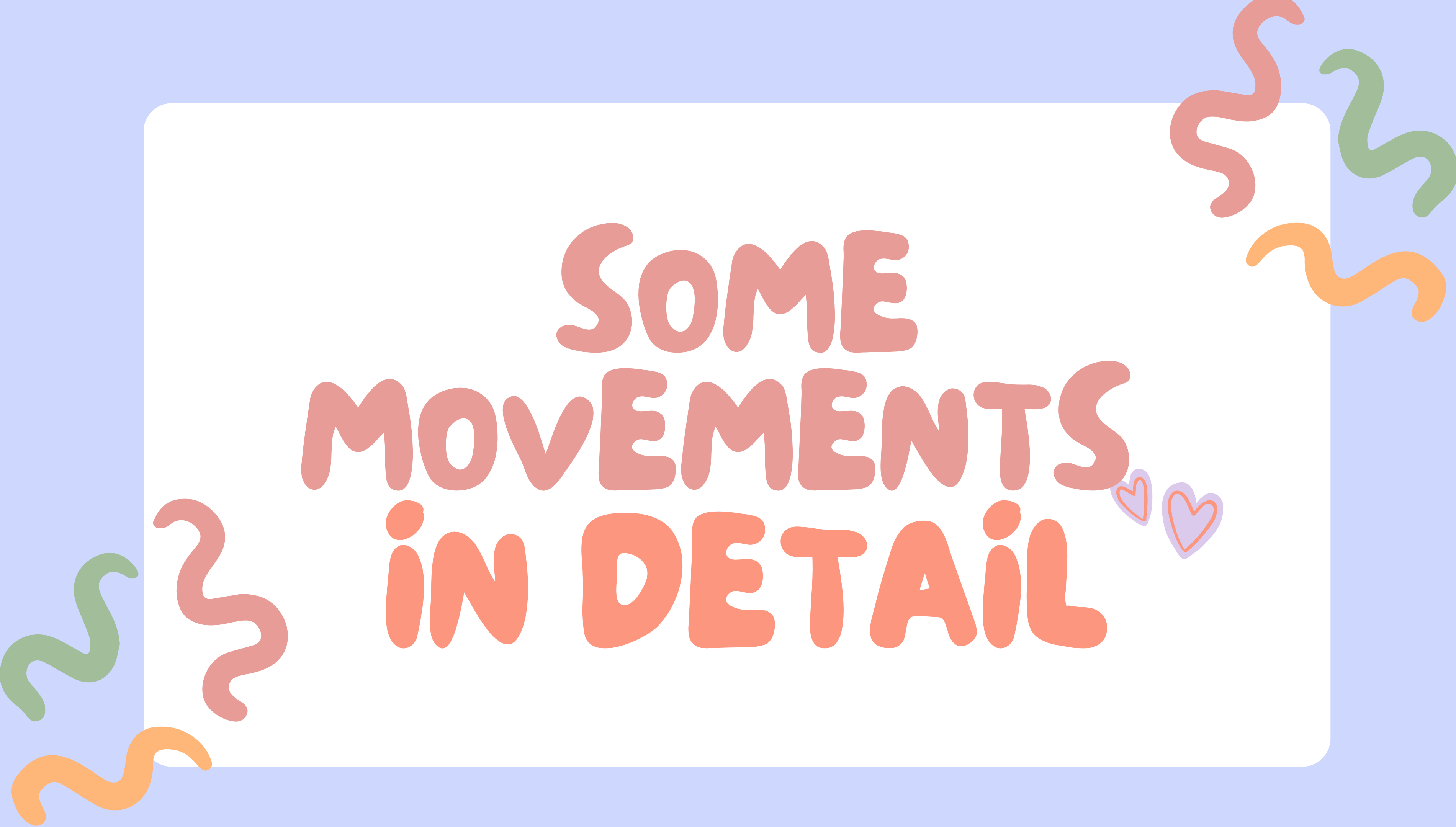
APPLICATION OF THE FLOW CHART

Ask yourself:

- Am I thinking, making a plan etc? → Likely in "Getting it..."
- Am I in a groove, putting things together and enjoying it? → Likely in "Got it!"
- Am I outside the loop—stuck, zoned out, tense, or wanting to give up? → Time to re-enter the flow

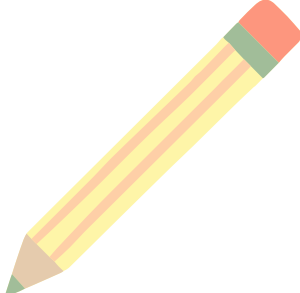
If you relate to any of the words outside the circle feel free to take a movement break and try out one of the 26 movements to get you back into the flow

SOME
MOVEMENTS
in DETAIL





THE FOOTFLEX



The Footflex is a movement reeducation process intended to restore the natural length of the muscles in the feet, ankles, and lower legs.

HOW IT WORKS

When we are in a stressed, an involuntary reflex to hold back our tendon called the guard reflex occurs

This is because our tendons tighten to protect our muscles from any danger

By holding your calf in a lengthened position while simultaneously activating your foot you can relax this reflex

This helps in returning the standing weight to the heels and the backs of the legs and hips, taking pressure of the ball of your foot



TIME FOR OUR PRE ACTIVITY

STRAIGHTEN YOUR LEGS
TAKE A MINUTE TO NOTICE
HOW YOU FEEL AT THIS TIME

HOW TO PERFORM THE MOVEMENT

Sit with one ankle resting on the other knee (or straighten your leg out in front of you as much as possible, as in the photo on the right).



Place your fingertips below your knee (at the top of your calf-muscle area



slowly point and flex your foot



You might visualize the tendons and muscles that run from below and behind your knee to the ankle as bands of clay.

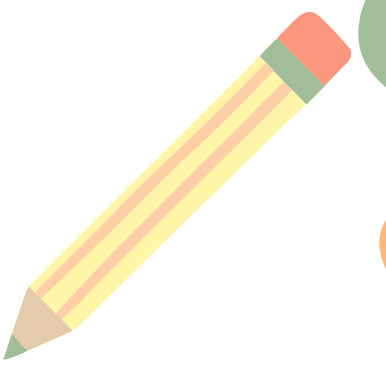


Search for tight spots at the beginning and end of these bands, and gently hold the muscles apart until they seem to soften and "melt."



continue lengthening the muscles in the front of the leg. Then repeat the process on the other leg.





COACHING VARIATIONS

If you are flexible....

Instead of bending at the knee, one can extend one leg in front of him as they do the Footflex, still holding it below the knee and above the ankle as they flex that foot.

To work the small muscles of the feet....

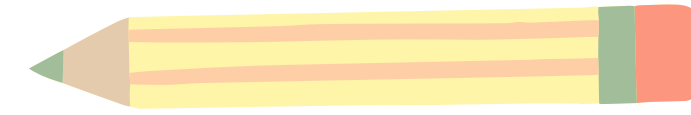
Hold the top and bottom of one shoe-less foot under the ball and toe box and above the heel, while continuing the flexing motion. Repeat with the other foot.



TIME FOR OUR POST ACTIVITY

STRAIGHTEN YOUR LEGS AGAIN
CAN YOU DO SO WITHOUT LOCKING
YOUR KNEES ? TAKE A MINUTE TO
NOTICE HOW YOU FEEL AT THIS TIME

BENiFITS



Perceptual/Cognitive Functions This Activity May Access

- expressive speech and other language skills
- attention span
- ability to communicate and respond

Possible Academic benifits

- reading comprehension
- mental calculation and composition
- visual memory
- visual construct (reorganizing memories for creative expression, for example, for planning or writing, or project design)
- abstract thinking in content areas

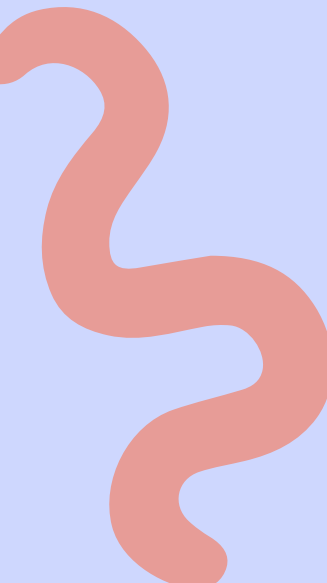
Possible Behavioral/Postural corelates

- improved grounding, stability, vestibular balance, and physical coordination
- deeper respiration and increased energy
- an aligned base and center of gravity that calls appropriate muscles into action
- the upper and lower body move as a unified whole
- self-assuredness, confidence, and self-expression
- focus, ease, and a more active posture during extended periods of sitting



HISTORY BEHIND THE FOOTFLEX

WHILE WORKING WITH LANGUAGE-DELAYED CHILDREN, PAUL DISCOVERED THE RELATIONSHIP OF THE TENDONS IN THE CALF TO SELF-EXPRESSION, SPEECH, AND LANGUAGE DEVELOPMENT. HYPERACTIVE CHILDREN WHO WERE NOT YET TALKING WERE OFTEN ABLE TO LISTEN, LEARN, PAY BETTER ATTENTION, AND DEVELOP THEIR LANGUAGE ABILITIES AFTER RELEASING THEIR CALF MUSCLES.





**WHILE A MACHINE NEEDS OIL TO
FUNCTION, WATER IS ESSENTIAL
FOR OUR BODY !!!**

WHY WE NEED WATER ?

- 1- helps with proper lymphatic function that allows our body to remove waste and cell nourishment
- 2- Helps with function of organs
- 3- Helps with transport of substances
- 4- Electrical transmissions within the body help us sense, think and act - without water these cant happen

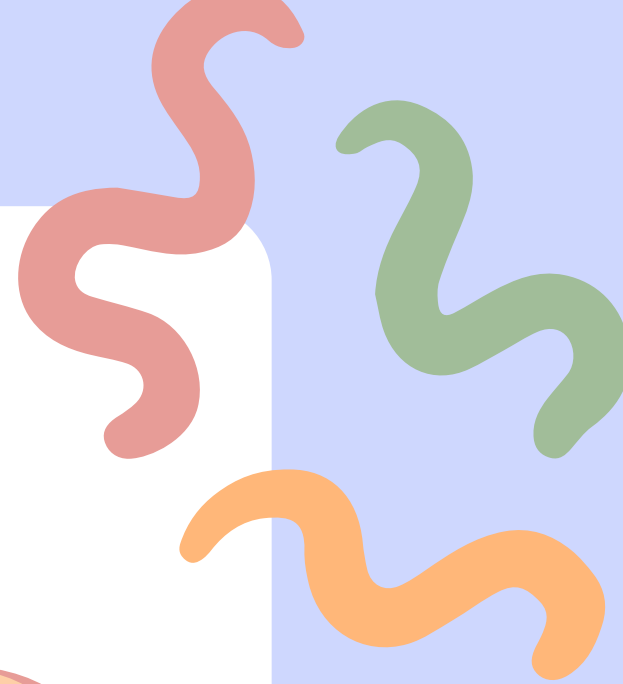
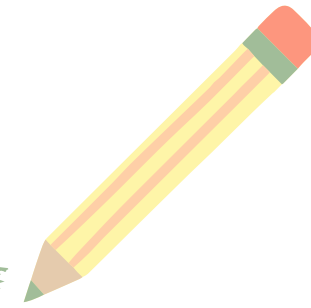


TIME FOR OUR PRE ACTIVITY

ENERGY LEVEL CHECK - LETS WALK
AROUND OUR ROOMS AND SEE HOW
ENERGETIC WE FEEL ON THE SCALE
OF 1 TO 10



SIPPING WATER



HOW IT WORKS AND WHY DO WE DRINK WATER THE WAY WE DO

We drink our water in small sips to allow the maximum absorption and we don't stand while we drink water for the same reason



HOW TO PERFORM THE MOVEMENT

Take small, frequent sips of water

close your eyes and notice how the water goes down the midline of your throat

VARIATION

If you don't have access to water even the act of swallowing can really help

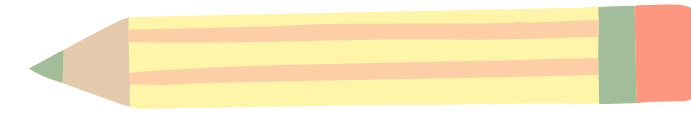




TIME FOR OUR POST ACTIVITY

ENERGY LEVEL CHECK - LETS WALK
AROUND OUR ROOMS AND SEE HOW
ENERGETIC WE FEEL ON THE SCALE
OF 1 TO 10

BENiFITS



Perceptual/Cognitive Functions This Activity May Access

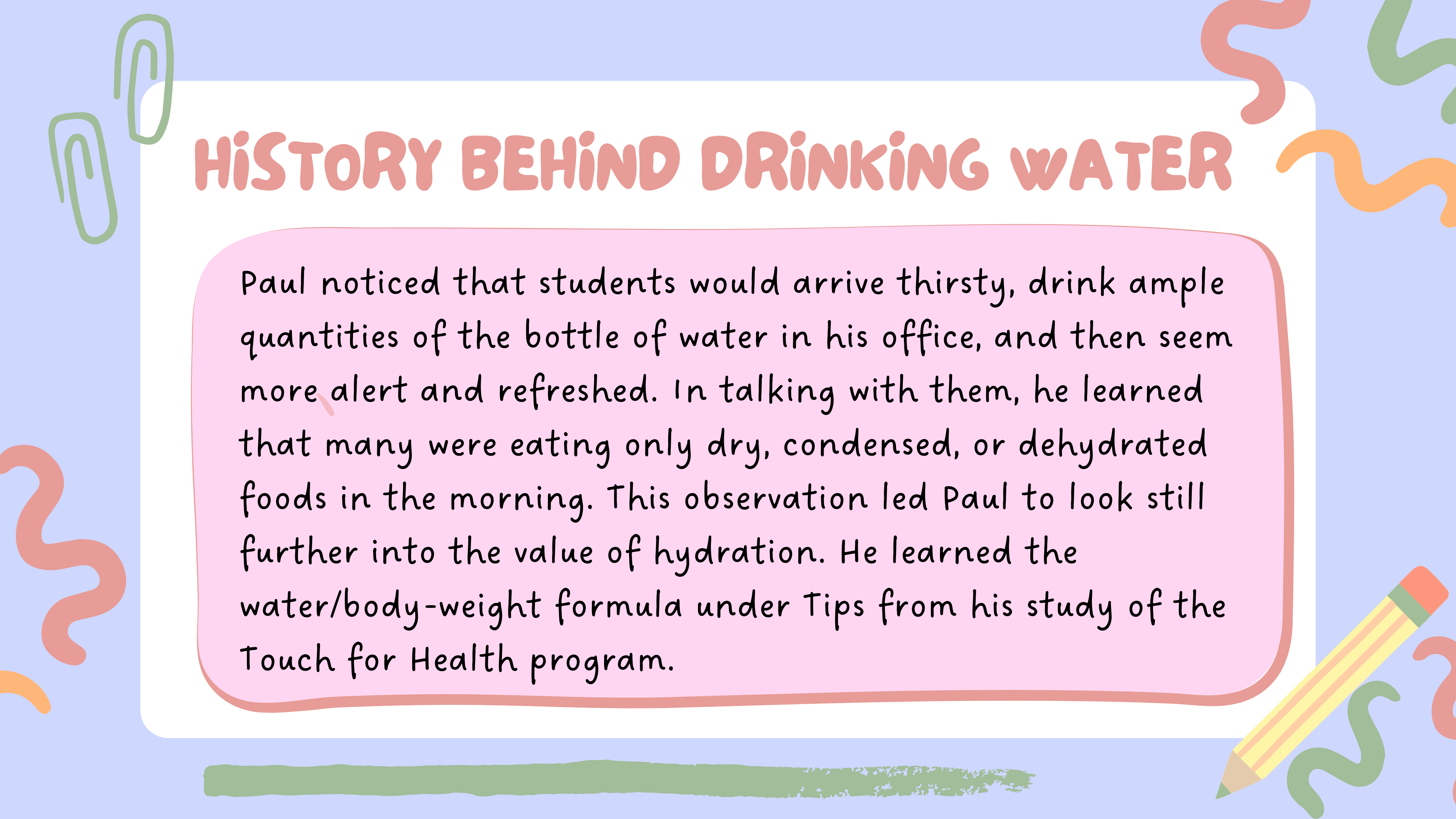
- efficient electrical and chemical action between the brain and the nervous system
- efficient storage and retrieval of information

Academic Skills the Activity May Enhance

- all academic skills are improved by adequate hydration
- water intake is vital before test-taking or at other times that possible stress is anticipated

Behavioral/Postural Correlates

- improved concentration (alleviates mental fatigue)
- a heightened ability to move and participate
- improved mental and physical coordination
- stress release, enhancing communication and social skills



HISTORY BEHIND DRINKING WATER

Paul noticed that students would arrive thirsty, drink ample quantities of the bottle of water in his office, and then seem more alert and refreshed. In talking with them, he learned that many were eating only dry, condensed, or dehydrated foods in the morning. This observation led Paul to look still further into the value of hydration. He learned the water/body-weight formula under Tips from his study of the Touch for Health program.



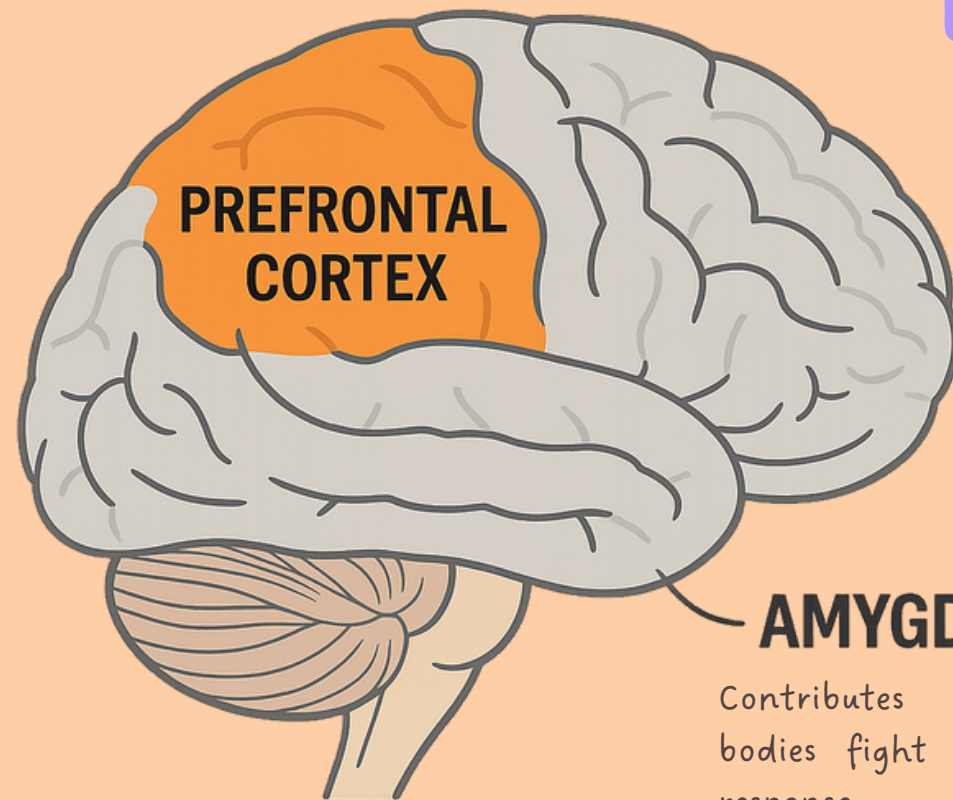


POSITIVE POINTS



Positive points is a movement used to teach the skill of complex decision making and intentional social behaviour initiated by our pre frontal cortex

HOW IT WORKS



AMYGDALA
Contributes to our
bodies fight or flight
response

**IN ESSENCE, BY DOING THE POSITIVE
POINTS, WE CALM OUR AMYGDALA
DOWN WHICH ALLOWS US TO
FUNCTION BETTER**

TIME FOR OUR PRE ACTIVITY

CHOOSE YOUR FAVOURITE ONE !!!

Close your eyes and see how calm you feel - Rate it on a scale of 1-10. Don't forget to recognise where you feel the tension in your body

Think of someone or something you want to remember and try remembering your chosen thought before while doing positive points

Think of a really stressful moment. While doing positive points think of that same moment and see if you see any difference

SOME MORE OPTIONS ...

If you love screens
use positive points
to allivate your
visual stress. Notice
how your eyes feel
before and after

Plan a task thats
on your mind
before and after
doing positive
points - notice any
difference

Positive Points is
a really versatile
activity that
can be used
anywhere

NOW, LETS DO OUR CHOOSSEN PRE ACTIVITY TOGETHER

HOW TO PERFORM THE MOVEMENT

To do this activity, think of something that ordinarily causes you stress.

While doing so, lightly hold the two points halfway between your hairline and your eyebrows with the fingertips of your two hands- above the center of each eye.

Use only enough pressure to pull taut any slackness of the skin.

After a pulse has been felt on both sides it shows that your mind is integrated

You can hold the points until you feel better for up to 20 seconds or even 10 minutes



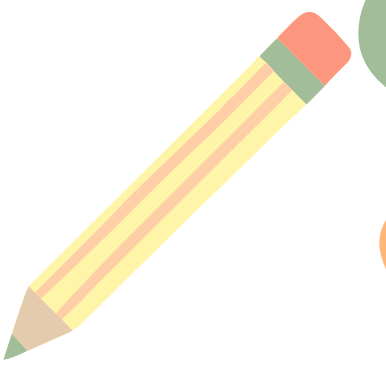


TIME FOR OUR POST ACTIVITY

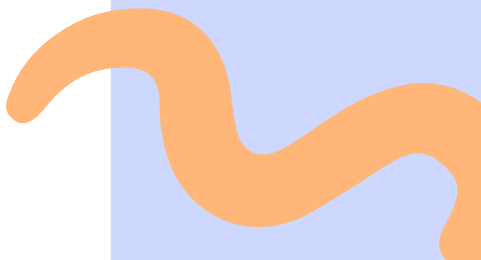
NOTICE HOW YOU FEEL
NOW AND SHARE YOUR
EXPERIENCE



COACHING VARIATIONS



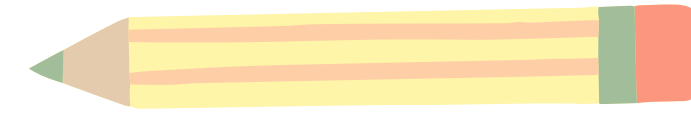
- The Positive Points can be done in pairs, one learner seated and the other standing behind to hold the points for the seated learner.
- When resolving conflicts, students can use the Positive Points to self-calm as they reflect on the experience.



HISTORY BEHIND POSITIVE POINTS

When students felt anxious, Paul and the teachers at his centers would stop the lesson and hold the students' Positive Points. When the students did the activity on their own, they reported improved test scores and performance levels. In the Touch for Health, program it's taught that people tend to hold stress in the stomach, resulting in stomachaches and nervous "butterflies" —a pattern often established in early childhood.

BENEFITS



Academic Skills This Activity May Enhance

- the release of temporary memory blocks
- the memorization of facts for spelling, mathematics, and social studies

Related Skills

- athletic performance
- public speaking and oral reading
- stage performance

Behavioral/Postural Correlates

- study and memorization skills
 - test performance
 - the ability to hear other points of view during conflict resolution
- 

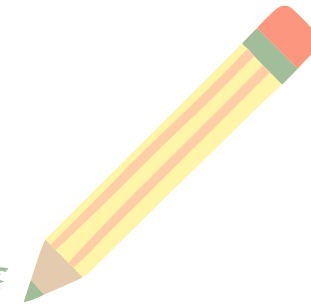
**A SCANNER
SCANS FROM
LEFT TO RIGHT
(VISE VERSA)
JUST NECK ROLLS
HELP OUR BODY
SCAN**

- It relaxes our neck
- Helps with Binocular Vision
- Helps with Binaural Hedring

hence its used before we
read and write

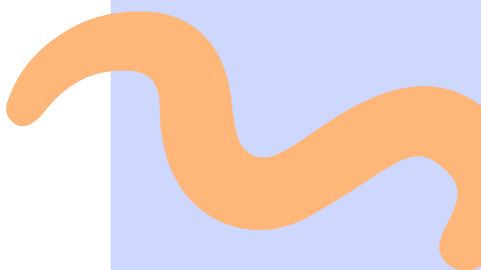


NECK ROLLS



WHY DO WE ONLY MOVE OUR NECK FROM THE
LEFT TO RIGHT (VISE VERSA) AND NOT ROTATE IT
COMPLETELY ?

It puts a strain on our spinal discs
and nerves and it puts stress on
ligaments and joints



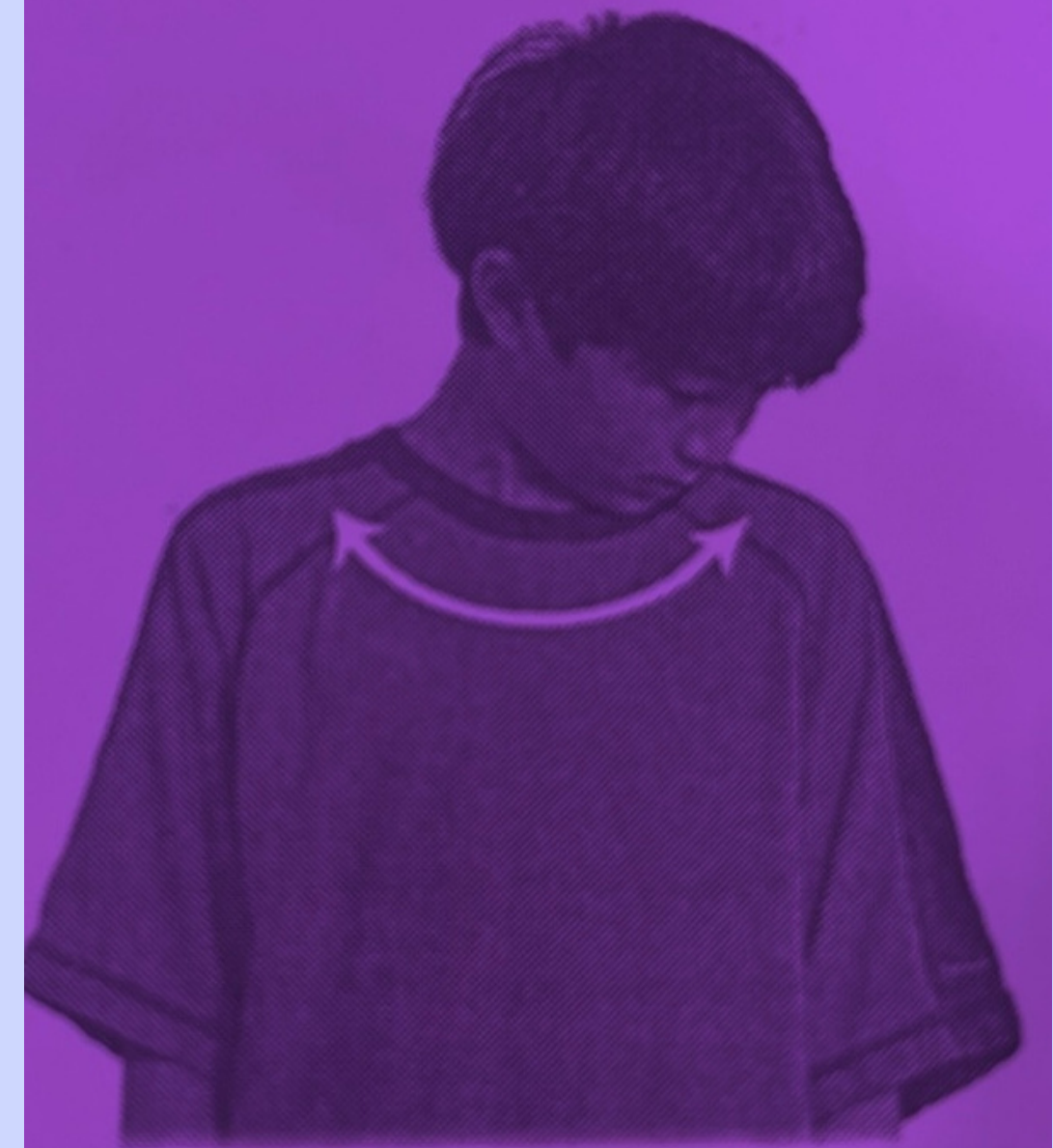
TIME FOR OUR PRE ACTIVITY

RESONANCE OF VOICE TEST - LETS MUTE
OURSELVES AND READ THE NEXT SLIDE
OUT LOUD. LETS NOTICE HOW LOUD WE
ARE, OUR POSTURE AND ANY TENSION
WE FEEL IN OUR BODY

1. sit with sternum lifted
2. feet parallel and shoulder width apart
3. inhale and exhale deeply
4. relax your shoulders
5. Drop your head forward
6. tuck your chin in
7. allow your head to roll from one side to the other
8. let your chin graze your chest as you do so

LETS
DO THIS

!!!





TIME FOR OUR POST ACTIVITY

RESONANCE OF VOICE TEST - LETS MUTE
OURSELVES AND READ THE NEXT SLIDE
OUT LOUD. LETS NOTICE HOW LOUD WE
ARE, OUR POSTURE AND ANY TENSION
WE FEEL IN OUR BODY

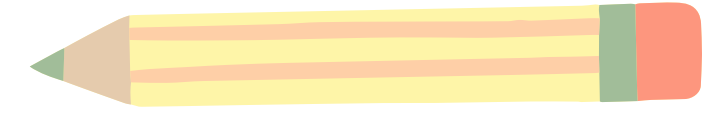


SOME COACHING VARIATIONS



- The student begins with eyes closed, taking several deep, complete breaths. Let him complete the Neck Rolls by imagining a warm waterfall flowing down the back of his neck.
- He can move his head into a position that feels tense and make tiny circles with his chin.
- To further relax tension, he can do Lazy 8s or make more small circles from side to side, moving out in ever-larger 8s or circles.

POTENTIAL BENEFITS



Perceptual/Cognitive Functions This Activity May Access

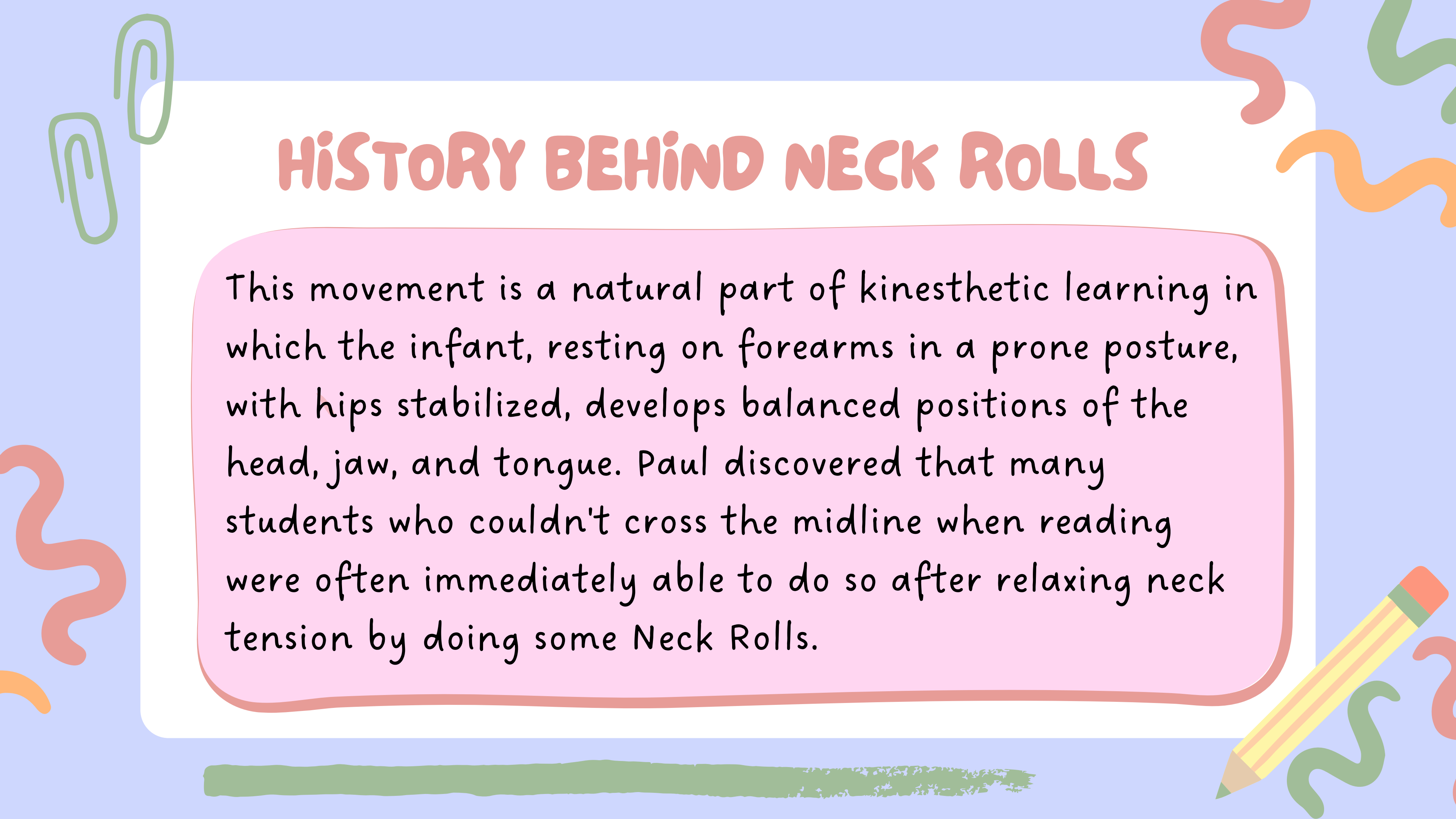
- Listening to ones own speaking voice
- auditory and language processing
- skimming and scanning
- coordination of visual and auditory skills

Academic Skills the Activity May Enhance

- Reading aloud
- silent reading for study
- language and speech

Behavioral/Postural Correlates

- Improved breathing
- Increased relaxation of the neck and muscles behind the eye
- settling of shoulders
- emotional grouping and centring

The background is a light blue color. In the top left corner, there are two green paper clips. In the top right corner, there are several wavy lines in red, orange, and green. In the bottom right corner, there is a yellow pencil with a green eraser and a green wavy line. In the bottom left corner, there is a green wavy line.

HISTORY BEHIND NECK ROLLS

This movement is a natural part of kinesthetic learning in which the infant, resting on forearms in a prone posture, with hips stabilized, develops balanced positions of the head, jaw, and tongue. Paul discovered that many students who couldn't cross the midline when reading were often immediately able to do so after relaxing neck tension by doing some Neck Rolls.

THE BENEFITS OF BRAIN GYM

ENHANCES
CRITICAL THINKING

BETTER
STRESS
MANAGEMENT

EASIER
TO GRASP
CONCEPTS

FLEXIBILITY

BETTER
HAND EYE COORDINATION

ENHANCED
CREATIVITY

EASIER
EMOTIONAL
REGULATION

INCREASED FLUENCY

BETTER
COMPREHENSION

SYMBOLIC THINKING

BETTER
ORGANISATIONAL
SKILLS

INTEGRATING BRAIN GYM IN YOUR LIFE

MORNING ROUTINE:

START YOUR DAY WITH PACE (POSITIVE, ACTIVE, CLEAR, AND ENERGETIC) - A COMBINATION OF SIPPING WATER, BRAIN BUTTONS, HOOK-UPS, AND CROSS CRAWL. THIS CAN SET A POSITIVE TONE FOR THE DAY.

WORK OR STUDY BREAKS:

DURING BREAKS, DO THE OWL AND NECK ROLLS TO RELIEVE TENSION FROM SITTING AT A DESK. USE BRAIN BUTTONS AND SIPPING WATER TO MAINTAIN FOCUS AND HYDRATION. BEFORE OR AFTER PHYSICAL ACTIVITY: ENGAGE IN LENGTHENING ACTIVITIES LIKE THE CALF PUMP AND FOOTFLEX TO IMPROVE FLEXIBILITY AND PREVENT INJURIES. USE THE CROSS CRAWL TO INTEGRATE MOVEMENTS.

STRESSFUL SITUATIONS:

USE POSITIVE POINTS TO CALM ANXIETY BEFORE PRESENTATIONS OR IMPORTANT MEETINGS. PRACTICE BELLY BREATHING TO REDUCE STRESS AND CENTER YOURSELF

EVENING ROUTINE:

END YOUR DAY WITH GENTLE MOVEMENTS LIKE THE GRAVITY GLIDER AND THE ROCKER TO RELEASE TENSION AND PREPARE FOR RESTFUL SLEEP.

CREATIVE ACTIVITIES:

USE DOUBLE DOODLE OR ALPHABET 8S TO BOOST CREATIVITY BEFORE WRITING OR ART PROJECTS.



THANK YOU