

Brain Gym Mini Menu

Water – Drink a glass of water.

- Increased energy; improves production and concentration (alleviates mental fatigue); improves test taking ability and all academic skills.

Brain Buttons – While holding navel area with one hand, rub with thumb and finger of other hand in hollow areas (1-2 inches apart) just below the collar bone on each side of the sternum (breastbone).

- Increases clarity for any visual activity (especially reading) or thinking skill; beneficial when doing writing, typing, computer work; increases overall relaxation.

Cross Crawl – Touch hand to opposite knee; alternate moving one arm and opposite leg. Do for 1 to 2 minutes. Variation – touch opposite elbow to knee.

- Improves reading, writing, spelling, listening comprehension; improves left/right coordination.

Hook-ups – 1. While sitting or standing, cross one ankle over the other. Cross the same-side wrist over the other and touch palms together. Interlace fingers and draw hands up toward chest. Sit this way for one minute, eyes closed, breathing deeply. 2. Uncross legs and put fingertips together, breathing deeply for another minute.

- Diffuses stress; improves self-esteem, establishes a positive orientation; promotes clear listening and speaking; aids in ability to function calmly in test taking; improves typing and computer work; helps reading, writing and spelling.
(NOTE: The first four Brain Gym movements are called “PACE” and get the mind and body ready to learn).

Positive Points – The points are just above the eyeballs, halfway between hairline and eyebrows. Lightly place three fingers of each hand together on those areas. Hold for 30-60 seconds. Alternative method – lightly hold hand across forehead.

- Decreases worrying; increases creative, constructive thinking; releases “tip of the tongue” memory blockages; helpful for spelling and math; benefits organizational abilities test performance. (Can do after Hook-ups to diffuse the energy from a negative situation.)

The Thinking Cap – Using both hands simultaneously, start at top of each ear and “unroll” the curved part of the edge of the ear. Continue all the way to the bottom of the ear lobes. Do three times.

- Increases listening comprehension; improves public speaking ability, singing, short-term memory, thinking abilities, spelling; increases concentration while working on computer.

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