

## Brain Gym Mini Menu

The Owl – While squeezing top of shoulder, turn head and look over shoulder being squeezed. Slowly move head from side to side three times, breathing long, slow breaths. Come back to center, slowly drop head to chest and breathe twice. Repeat for other shoulder.

- Improves listening comprehension, speaking abilities, thinking, spelling, math, typing, computer work; helps with short and long-term memory.

Lazy 8s – Starting counterclockwise with the left hand in front of the nose, thumb pointing up, draw an infinity sign while keeping your focus on your thumb, head facing straight ahead. After at least three repetitions, switch hands and do at least three Lazy 8s with the right hand. Then do Lazy 8s with both hands. Always be sure to start with an upward motion around the Lazy 8.

- Integrates the left and right visual fields, which increases left and right hemispheric integration, resulting in improved balance and coordination. Helps with the mechanics of reading (left to right movement across the page), reading comprehension, eye muscle relaxation during reading. Aids in relaxing eyes, neck and shoulders, improves depth perception, centering, balance and coordination.

The Rocker – Sitting on a padded or wooden surface, use your hands or forearms for support as you gently rock and release first one hip, then the other by rocking in small circles.

- Releases the sacrum by massaging the hamstring and gluteus muscle groups, stimulating reflexes in the hips which are dulled by excessive sitting. Circulation of the cerebrospinal fluid within the spinal column is stimulated and the system works more efficiently.

Neck Rolls – Drop head forward. Gently roll the neck from side to side in front. Complete rotations are not recommended.

- Relaxes the neck and releases blocks resulting from the inability to cross the midline. When done before reading and writing, encourages integrated performance.

Earth Buttons – Hold one hand touching below the lower lip and the other hand touching the upper edge of the pubic bone. Reverse hands.

- Activates the brain's ability to work in the midfield; enhances centering, grounding, basic metabolism, and visual accommodation.

Space Buttons – Hold one hand touching above the upper lip and the other hand touching just above the tailbone. Reverse hands.

- Space Buttons activates the brain's ability to work in the midfield; enhances centering, grounding, relaxation of the central nervous system, depth perception, eye contact, and near to far visual transitions.

Copyright ©1993. Educational Kinesiology Foundation

January 1997

Brain Gym® is a registered trademark of the Educational Kinesiology Foundation.