

## Brain Gym Mini Menu

The Calf Pump – Place hands shoulder width apart against a wall; lean into wall at 45° angle; place right foot in front of body and extend left leg straight out behind; exhale, pushing against wall while also pressing left heel against the floor; inhale, while relaxing and raising the left heel. Do a total of three times, then switch legs.

- Releases feeling of being “stuck”, improves follow-through, listening, reading comprehension, writing; better attention span and ability to communicate and respond.

The Grounder – Start with you legs comfortably apart. Point your right foot toward the right. Keep the left foot pointed straight ahead. Now bend the right knee as you exhale, and then inhale as you straighten the right leg. Keep your hips tucked under.

- Improves posture, comprehension, long-term recall, short-term memory, self-concept, and self-expression.

Double Doodle – Imagine a line down the middle of the body, and then on each side of that line draw mirror (identical) images of doodles in the air, using both hands simultaneously. Draw a line down the middle of piece of paper and draw identical doodles on each side. Let your imagination flow, and enjoy!

- Develops writing skills, spelling, math; aids in following directions; improves hand-eye coordination, sports activities.

Balance Buttons – Hold four fingers to the indentation at the base of the skull just behind the ear. Rest the other hand on the navel. Breathe and relax. After a minute switch hands, holding behind the other ear.

- Enhances emotional connection, sense of well-being, open and receptive attitude; improves reflexes, decision making, sequential focus, sensory awareness, spelling, and math.
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To get ready to learn: Water, Brain Buttons, Cross Crawl, Hook-ups

For positive attitude: Water, Brain Buttons, Cross Crawl, Hook-ups, and Positive Points (May do just Hook-ups and Positive Points if pressed for time.)

For mental alertness: Water, Brain Buttons, Thinking Cap, Grounder, and Balance Buttons; add Calf Pump for better focus and Comprehension.

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