

Brain Gym Exercises

Appendix G

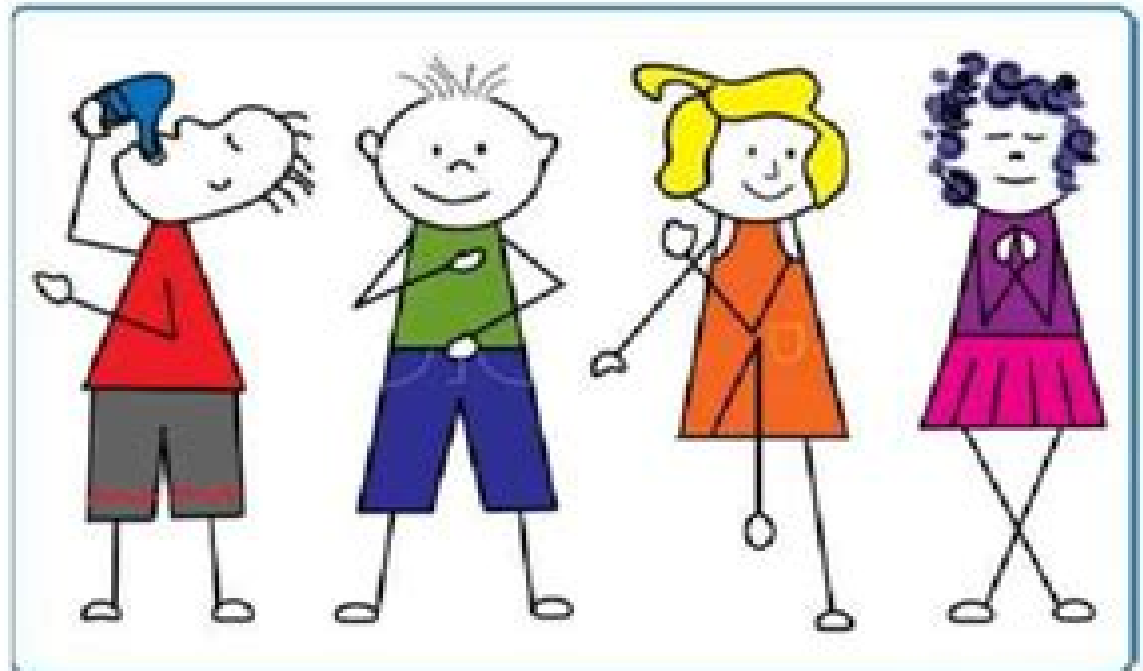
Brain Gym is a set of movement activities for the brain/body that moves a child from reacting to stress to being just right for learning.

Water – Alerts brain for learning, reduces stress, and clears thinking.

Brain Buttons – , increase attention and improves visual coordination.

Cross Crawls – activates both hemispheres in brain, improves balance, and helps with transitions

Hook-ups - improves alertness and improves attitude.



Exercises For Whole Brain

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