

Getting Ready to Learn - do this sequence of movements to prepare your brain for learning

Positive

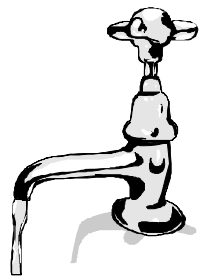
Active

Clear

Energetic

1. Water - begin by drinking water

The brain is 90% water, and it needs to be kept hydrated. Sip small amounts of water throughout the day for efficient electrical action between the brain and nervous system.



2. Brain Buttons

Massage the points directly under the collarbone and to the right and left of the breastbone, while holding the other hand over the navel



3. Cross Crawl

Move one arm and its opposite leg followed by the other arm and its opposite leg.

This movement accesses both brain hemispheres simultaneously. Think of an **X** as you cross crawl. It activates the brain for crossing the midline.



4. Hook Ups

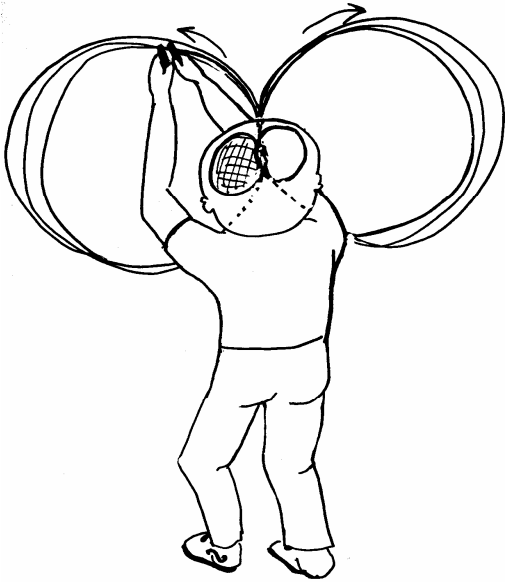
Part 1: Cross left ankle over right. Extend arms in front of you, left wrist over right and thumbs down, palms together. Interlace fingers and draw hands close to chest, elbows down. Breathe in and rest your tongue on the roof of your mouth behind your teeth. Breathe out and drop your tongue.

Part 2: Unhook feet and hands and place fingertips together and flat on the floor.

This has a calming and stress-relieving effect.



Lazy 8's - crossing the visual midline for increased hemispheric integration



The 8 is drawn on its side and includes a definite midpoint and separate left and right areas, joined by a continuous line.

Start on the midline and move counterclockwise first: up, over and around. Then from the waist move clockwise: up, over and around, and back to the beginning.

