

Brain Gym

- increase your ability to learn
- clear stress from your brain
- help overcome learning difficulties; and
- increase your confidence.

Brain Gym was created by Paul and Gail Dennison to support children to learn more easily, and has so many other benefits to the brain.

The 5 minute Brain Tune-up

1. Drink Water



2. Brain Buttons



Place fingers or thumbs on the two sensitive spots beneath your collar bone and massage. This stimulates carotid arteries to increase blood flow to the brain. Massage brain buttons for about one minute, changing hands halfway.

3. Cross crawl



Cross right arm to left knee and change repeatedly. By crossing the midline with opposing arms and legs, your right-brain and left-brain start talking to each other. The corpus callosum is activated, thus opening path-ways for whole brain learning. Encourage babies and children to crawl. Crawling naturally activates right and left hemispheres and develops pathways for smarter learning. Encourage children to play games like ‘which animal am I?’

4. Cooks Hook Up



This movement relaxes the brain. Step one foot across the other. Stretch arms out in front, inter-twine palms, clasp, turn hands under and up. Breathe deeply and relax. After one minute, release hands.

5. Breathe



Put thumbs and fingertips together and place over solar plexus. With feet apart, breathe deeply for one minute.

Your brain is now switched ON.

Practice Brain Gym every morning before work, school or when stressed