

# BRAIN GYM



## WATER



We have a sip of water before we begin brain gym.

**Water gives us energy.**

## BRAIN BUTTONS



Place one hand across your belly button and rub your brain buttons with the other hand. Move more your eyes left and right.

**Wakes up our body and brain.**

## UNLOCKING EARS



Place your hands at the top of both your ears. Gently unroll your ears from the top to the bottom.

**Switches on our ears.**

## CROSS CRAWL



As you walk or march on the spot, touch your right knee with your left hand, then touch your left knee with your right hand.

**Switches on both sides of our brain.**

## HOOK UPS



Cross your legs. Extend your arms, cross them over at your wrists, hook up fingers and bring your hands upwards to your chest. Close your eyes, hold, and focus on your breathing.

**Helps us to relax, focus and concentrate.**

## MORE HOOK UPS



Join your finger tips together to make a tent. One at a time, tap each finger pair together.

**Helps us to relax, focus and concentrate.**

## FIGURE EIGHTS



Point your finger and draw large figure eights sideways in the air. Make sure you cross over both sides of your body and take turns with both hands.

**Makes sure the left side of our brain is connecting with the right side of our body and vice versa.**

## SYMMETRICAL AIR DRAWING



Pointing with both fingers, draw in the air, making sure right and left fingers are in symmetry with each other.

**Helps our coordination and multi-tasking.**

# Hands On How To Use Brain Gym In The Classroom

**SB Merriam**



## **Hands On How To Use Brain Gym In The Classroom:**

## Reviewing **Hands On How To Use Brain Gym In The Classroom**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Hands On How To Use Brain Gym In The Classroom**," an enthralling opus penned by a highly acclaimed wordsmith, readers attempt an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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