



Brain Buttons,

A brief description of one of the 26 basic Brain Gym® movements

Why You Do It:

Many notice a boost in energy, visual and mental clarity, better balance, as well as improved muscle coordination after this activity. These points lie near the carotid artery, which supply freshly oxygenated blood to the brain. Massaging these points may stimulate blood flow to the brain and account for the many benefits.

How You Do It:

With your forefinger and thumb of one hand make a C shape. At your neck, find the round bones at the end of your collar bone. Place your finger and thumb on those bones, then move your fingers down to the first soft place. This point is between your first and second ribs.

Rub these points with a little pressure, while you place your other hand on your belly. Then move your eyes slowly from side to side. Continue for about 30 seconds. The points may be a little tender. As you rub the tenderness should lessen.

When Do You Do It:

- As a part of your morning routine to get the day off to a great start
- Before reading, writing, or computer work, and during breaks
- When eyes, neck or shoulders feel stressed or tight
- When you need an energy boost

When To Do It With Your kids:

- Before homework and during breaks
- When support needed for reading or writing
(keeping their place on the page, letter and number reversals)
- To support better eye/ hand coordination

Brain Gym® is a registered trademark of the Educational Kinesiology Foundation/Brain Gym International
See www.Braingym.org or [Brain Gym, Teacher's Edition](#) by Dennison and Dennison for more information



Cross Crawl

One of the 26 basic Brain Gym® movements. A brief description

Why You Do It:

It could be called a super walk. The cross crawl accesses both sides of your body and brain simultaneously. When done regularly, more nerve cells and nerve networks are made. These new networks connect different parts of your brain and enable you to use your entire brain and support high level reasoning.

How You Do It:

Touch one arm or elbow to the opposite knee. Then do the same with the other arm/elbow. Continue in a rhythmic and symmetrical manner. Twist your body as you move. Get your shoulders into the movement and raise your knees as much as you can. If at first you feel unsteady, it can be done sitting.

It is most effective when done slowly, which requires more involvement of your small muscles and encourages better balance. For more aerobic benefits, do more quickly or to fast music. Make your own variations and have fun with it.

When You Do It:

- As a part of your morning routine to get the day off to a good start
- When needing an energy boost, like after lunch.
- As a warm up for any activity that uses whole body movement
- When you feel stuck and cannot find a solution to a problem

When You Do It With Your Kids:

- Before homework and during breaks
- If they need to improve left and right coordination
- When tired and cranky
- During warm-ups for soccer practice or any other sport

Brain Gym is a registered trademark of the Educational Kinesiology Foundation/Brain Gym International
See www.Braingym.org or [Brain Gym, Teacher's Edition](#) by Dennison and Dennison for more information



Hook-Ups,

One of the 26 basic Brain Gym® movements. A brief description.

Why You Do It:

It relaxes your body and releases emotional stress. It helps you feel more balanced, emotionally centered and grounded.

How You Do It:

Part 1 - Can be down sitting, standing or lying down. Cross your feet at your ankles. Reach both arms straight out in front with thumbs pointed down. Now cross arms at your wrists so that your palms are together and interlace your fingers. Pull your hands toward yourself and rest them on your chest under chin. As you inhale, touch the tip of your tongue to the roof of your mouth, just behind your teeth. Relax tongue as you exhale. Take a few deep breaths and relax for a minute or as long as you wish.

Part 2 - Relax your arms, put both feet flat on the floor. Place the fingertips of both hands together. Continue deep breathing for about another minute.

When Do You Do It:

- As a part of your morning routine to get the day off to a good start
- When you feel upset, confused, or overwhelmed.
- Before bed to calm down nervous system so you can go to sleep.

When Do You Do It With Your Kids:

- Model Hook-ups for them during temper tantrums, upsets, and crying fits
- When everything seems too noisy and crazy
- Before tests
- When kids are arguing, invite them to sit in Hook-Ups before discussing the conflict

Brain Gym is a registered trademark of the Educational Kinesiology Foundation/Brain Gym International
See www.Braingym.org or [Brain Gym, Teacher's Edition](#) by Dennison and Dennison for more information