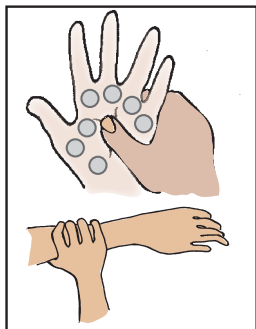


Why these neurodevelopmental moves work? If you want to change the brain. Change the body.



Neurodevelopment is the brain's ability to develop neurological pathways required for regulation, learning, focusing, and executive functions.

Calming Moves



Dots & Squeezies or 10/7s

Deep pressure sends messages from the joints, muscles, and tendons to the brain helping children know where they are in space while also quieting the nervous system.

Focusing Moves



Chair Lifts

Having strong postural stability creates more availability of energy for academics because the mind and body are working as a team. Weak posture is linked to reduced retention of academic information.

Yawn Buster Moves



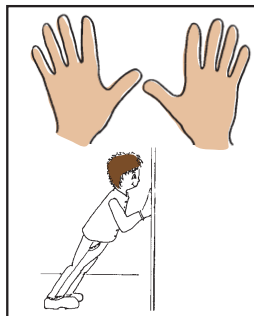
Cross Crawls

Standing gets 30% more blood flow to the brain which increases alertness levels. This cross lateral movement increases the communication between the two hemispheres of the brain and helps improve motor planning.



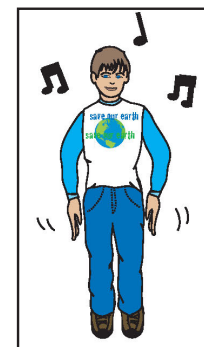
Pretzels & Heart to Home

These moves make the two hemispheres of the brain talk with one another. Each hemisphere has a unique processing style. Both hemispheres talking to one another is needed to learn with ease. Tongue at the roof of the mouth is an emotional regulating technique focusing on the amygdala (emotional center of the brain) and used in cognitive therapy.



Wall Push-ups

This heavy work activity is the best way to increase focus by sending messages from joints, muscles, and tendons to the brain. When the heel is down, the tendon guard reflex is integrated reducing the fight/flight response. Shoulders, fingers, and posture are also strengthened for writing and sitting upright at the desk.



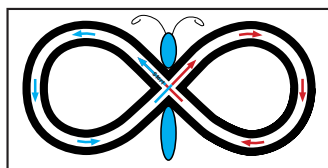
Rhythm Tapping

The firm tapping on the body increases alertness levels by sending messages from the body to the brain.



Listening Ears

Massaging the ears calls attention to the auditory system. Many acupressure points are located on the earlobes so this activity also helps with general well being.



Butterfly 8s

Figure 8s integrate the visual system so the eyes can work as a team and increase communication between the two hemispheres of the brain.



Mirror Me Moves

This activity activates mirror neurons in the brain and helps with co-regulation with others while also improving motor patterns, sequencing, and organizing the mind-body system.