

## Brain Dance – In the Classroom

The 'Brain Dance' stimulates the nervous system, increases blood flow to all areas of the body, and promotes optimal brain functioning. The whole 'Brain Dance' developmental pattern should be done each day to achieve full benefits of each pattern. Individual patterns can be done as quick breaks between periods of sitting. This increases concentration, critical thinking skills, oxygen and blood flow to the brain.

- 1.) Breath – Can be done either sitting or standing
  - Blowing up a balloon in the belly
  - Quick breaths and long breaths
  - Inhale blow up the balloon, exhale spin out, freeze balance on one leg.
- 2.) Tactile (touch) – Can be done either sitting or standing
  - Use different types of touch, squeezing, tapping, brushing, tickling and scratching. Cue students to touch all part of the body front and back.
- 3.) Core Distal – Can be done sitting or standing
  - Game of XO's – reach into a big X and curl into a little O.
  - Reaching out into space (sitting or standing) curling into a little ball. Reaching out with the finger tips into a one legged balance and curling right before you loose your balance.
  - Sparkles – Start with quickly opening and closing the hands. Take the sparkle into the whole body, jumping in and out.
- 4.) Head and Tail – Can be done either sitting or standing
  - The snake – Flexing and extending the spine using the 'sssss' sound in extension
  - The wiggle – whole body wiggling, can be done with parts of the body or the whole.
- 5.) Upper and Lower – Can be done sitting or standing (upper) should be done standing ( lower).
  - Arm circles – angel wings, making big circles both directions with the arms.
  - Opposite arm circles – one arm goes one way one goes the other way.
  - Thriller arms – Legs are stable, arms move side to side at the elbow.
  - Tracing figure of eight with the arms
  - Karate kicks – flick kicks front, side, and back.
  - Heel toe steps
  - Heel, toe, heel toe, bend the knee, moving in and out.
  - Walking with Thriller arms.
  - Elbows at the rib cage and knees tapping the hands.
- 6.) Body Half and Eye Tracking – Can be done sitting or standing
  - Standing –

- The book – knees and elbows bent, horizontally tracking the eyes watching the hand move.
  - Lizard – start in X, elbow and knee come together on the same side, track the thumb as you switch sides.
  - Monster walk – walking one side and then the other
  - Lizard II - vertically tracking the eyes from floor to the ceiling as you climb up a wall in front of you.
  - Sitting –
  - Root one side of the body and move the other.
  - Touch the nose with the index finger watch the finger moving away from you (horizontal eye tracking).
- 7.) Cross Lateral – Can be done sitting or standing.
- Standing –
  - Lizard III – start in X, elbow and knee come together on the opposite side, continue watching moving thumb.
  - Touching opposite elbow and knee together.
  - Touching bottom of foot to palm of opposite hand.
  - Skipping.
  - Any action crossing the centre of the body.
  - Sitting –
  - Crossing hands over the center of the body.
  - Pulling a rope across the body.
- 8.) Vestibular
- Spinning – standing and on the floor.
  - Swinging the torso.

#### The 'Wake Up!' series

- 1.) Tapping the sternum, brushing the belly and lower back, patting the shoulders.
- 2.) Tapping on the bones of the face.
- 3.) Sparkles with just the hands, sparkles with the whole body.
- 4.) The wiggle
- 5.) Touching the thumb to each finger, slow to fast.
- 6.) Tracking the eyes with the finger to nose.
- 7.) Double bounce swings.