

# Brain Dance

- 1.) **Breath** – Breath deeply, through the nose.
- 2.) **Tactile** – Squeeze, brush, tap, scratch, and press all body parts.
- 3.) **Core Distal** – Reach out with toes, fingers, head and tail and curl back to your core.
- 4.) **Head Tail** – Move head and tail separately and together in all planes.
- 5.) **Upper Lower** – Move all parts of the upper body and then all parts of the lower body.
- 6.) **Body Side** – Move all parts on the right side of the body, then all parts on the left side, do horizontal eye tracking.
- 7.) **Cross Lateral** – Move across the midline of the body and connect up and lower body quadrants, do vertical eye tracking.
- 8.) **Vestibular** – Move off balance with swings, spins, tips, rolls and rocks on all levels and in all directions.