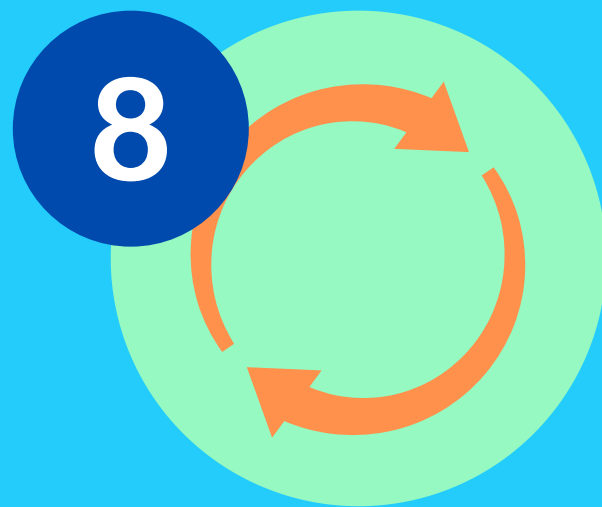


THE BRAIN DANCE

CREATED BY ANNE GREEN GILBERT © 2000



VESTIBULAR

Activate the balance system. Tip, sway, and bend. Spin in a circle several times in one direction, rebalance, then spin in the other direction.



BREATH

Draw a deep breath, filling the lungs, and expanding the diaphragm. Blow out gently as though blowing on a pinwheel, candle or balloon. Repeat 4-5 times.



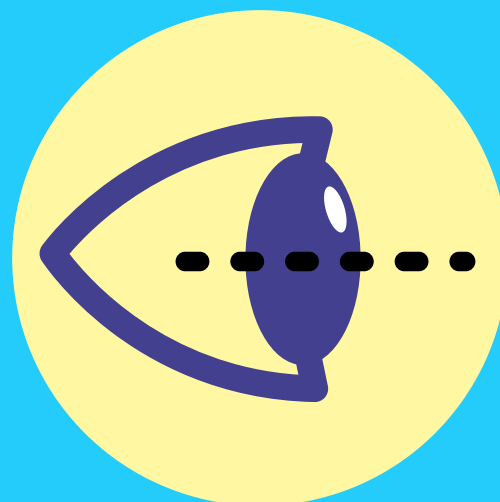
TACTILE

Tap fingers lightly (like raindrops) over limbs, head, and torso. Follow with patting or tapping with open palm over the whole body and finally brushing hands over limbs and torso (as though brushing off dust).



CROSS LATERAL

Explore movements that cross the midline, especially using opposite body parts, such as touching right hand to left knee, or reaching left hand behind to touch right foot.



EYE TRACKING

Incorporate eye tracking movements throughout or add these movements at the end. Track up/down, side to side, and cross laterally.



CORE-DISTAL

Curl into core then expand outward with arms and legs. Think of curling into a tiny rock (while staying on your feet) then expanding into a star.



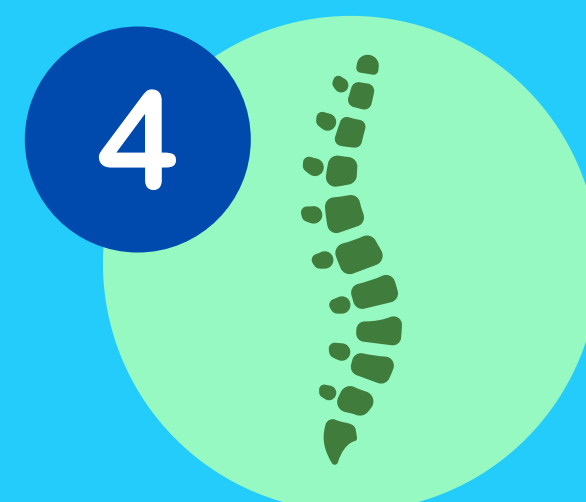
BODY HALF

Curl into core then expand outward with arms and legs/ Think of curling into a tiny rock (while staying on your feet) then expanding into a large star.



UPPER-LOWER

Move the upper half of the body, while holding the lower half still, then switch, moving only the feet and legs and holding the upper body as still as possible.



LIVELY SPINE

Bend, twist, and move your spine. Curling forward and backward and wiggling side to side like a snake.