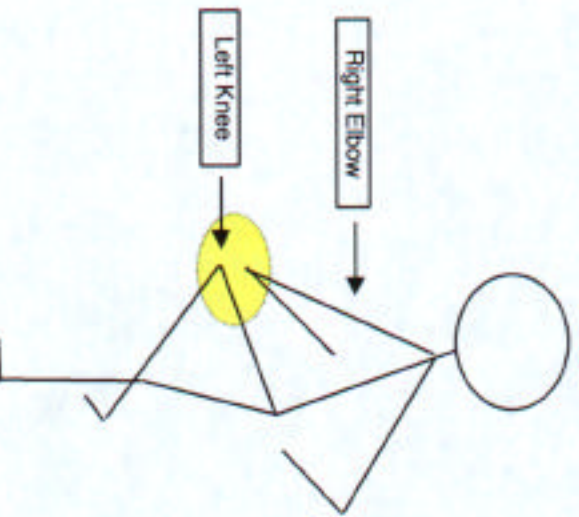




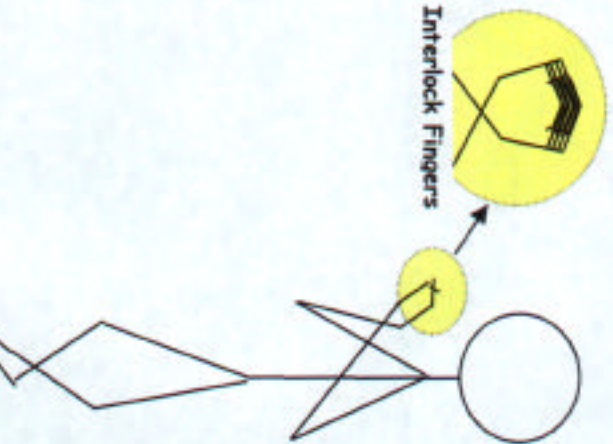
2009 Cedar Ave.  
 Manhattan Beach, CA 90286  
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The Learning Gym's Sensory Motor program increases the organization and integration of the body's sensory systems. Better efficient systems allow for more integrative brain functioning, better academic performance, and more control of body behavior. Paul Dennison's Brain Gym exercises are a great resource for parents and teachers to improve these systems. Here are three of these easy to implement exercises:



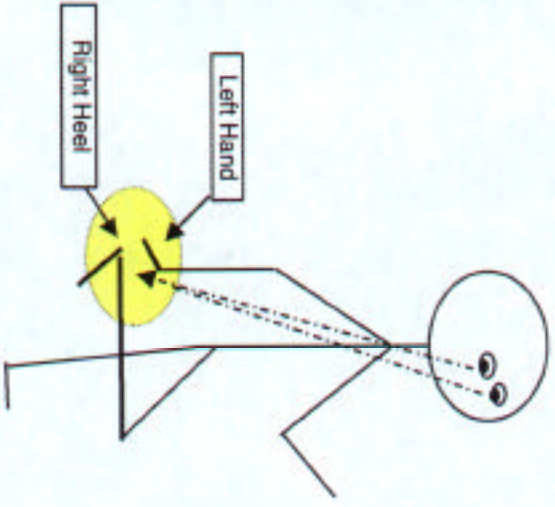
**Cross-Crawl**

- 1) Alternate touching left elbow to right knee, then right elbow to left knee.
  - 2) Make slow movements.
- \*Duration: 2 minutes



**Hook-up**

- 1) Stretch arms out in front of you.
  - 2) Hands back to back. (Palms out)
  - 3) One arm over the other so hands are now facing each other.
  - 4) Interlock fingers.
  - 5) Bring hands down & in towards stomach.
  - 6) Rest hands on chest.
  - 7) Cross one leg over the other making sure both feet are flat on ground.
- \*Hold pose for 1 minute then switch feet & arms & hold for another minute.  
 \*Attempt closing eyes if possible.



**Hand to Heel**

- 1) Touch hand behind back to opposite heel.
  - 2) Rotate your head towards the hand you are using and look at your heel each time you touch it.
  - 3) Make slow movements.
- \*Duration: 2 minutes