

The Brain Gym 26

The Midline Movements



The Elephant



Think of an X



Neck Rolls



The Double Doodle



Alphabet 8s



Belly Breathing



The Cross Crawl



Cross Crawl Sit-ups



Lazy 8s



The Rocker



The Energizer

The Energy Exercises



Sipping Water



The Energy Yawn



The Thinking Cap



Space Buttons



Earth Buttons



Brain Buttons



Balance Buttons

Deepening Attitudes



The Positive Points



Part I



Part II

Hook-ups

The Lengthening Activities



The Owl



Arm Activation



The Footflex



The Gravity Glider



The Calf Pump



The Grounder