

BRAIN DANCE



Breath

1 Breath

ACTIONS: filling and emptying
IMAGINE: balloons, waves



Tactile

2 Tactile

ACTIONS: squeezing, tapping, slapping, brushing
IMAGINE: wind, raindrops, hugs



Core-Distal

3 Core-Distal

ACTIONS: growing and shrinking
IMAGINE: starfish, snails



Head-Tail

4 Head-Tail

ACTIONS: curving, arching, waving, wiggling
IMAGINE: snakes, fish swimming

5 Upper-Lower

ACTIONS: swinging, circling, pulling, bending, pushing
IMAGINE: ice skaters, sumo wrestlers



Upper-Lower

6 Body Side

ACTIONS: stretching, balancing, swinging, opening and closing
IMAGINE: a bear walking



Body Side

7 Cross-Lateral

ACTIONS: marching, crawling, climbing, twisting
IMAGINE: climbing a ladder, picking apples



Cross Lateral

8 Vestibular

ACTIONS: swinging, swaying, tipping, spinning, rocking
IMAGINE: swings, tops, merry-go-rounds



Vestibular



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