**Brain Dance**

1. **Breath**
   - **Actions**: filling and emptying
   - **Imagine**: balloons, waves

2. **Tactile**
   - **Actions**: squeezing, tapping, slapping, brushing
   - **Imagine**: wind, raindrops, hugs

3. **Core-Distal**
   - **Actions**: growing and shrinking
   - **Imagine**: starfish, snails

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

6. **Body Side**
   - **Actions**: stretching, balancing, swinging, opening and closing
   - **Imagine**: a bear walking

7. **Cross-Lateral**
   - **Actions**: marching, crawling, climbing, twisting
   - **Imagine**: climbing a ladder, picking apples

8. **Vestibular**
   - **Actions**: swinging, swaying, tipping, spinning, rocking
   - **Imagine**: swings, tops, merry-go-rounds

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