

# Brain Builders

## Week #3

### Brain Appetizer

#### Belly Breaths

- Sit or stand up tall
  - Take a slow deep breath in through the nose and let your belly poof out
  - Very slowly let the air out through your mouth and let your belly pull back in
  - Repeat 3 times
  - Option: do with eyes closed for more calming effect (reduces visual distractions & enhances proprioception)
- \* To help teach belly breathing to children, have them pretend to smell a flower while their belly poofs out and then blow the petals off of the flower while their belly pulls back in.



### Main Course: Brain Circuit Training™

#### Marching

- Bring one knee up to “table top” height and the opposite arm above your head with your elbow bent.
- Switch to the opposite arm and opposite leg
- Keep good posture and do not go too fast that you lose good form
- Do for 1 minute
- Options: Perform to a beat by adding music or a metronome @ 54 beats per minute



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## Desktop Dogs

- Get into a push-up position using the desk/table
- Keep your body straight; do not let your back arch and tummy sag
- Keep your head level with your shoulders
- Lift your left arm straight in front
- Raise your right leg
- Hold for 20 seconds
- Switch sides
- Repeat 10 times each side
- Options to make easier:

Modification #1: Have child on all four's and lift opposite arm/leg

Modification #2: Have child on stomach and lift opposite arm/leg (have them bring head up to the level of the arm)



**Modification #1**

**Modification #2**

**\*Goal is to have the legs from mid-thigh level down and arms up off the ground and straight. They may need to start with the arms/legs bent or just arms up until they get stronger.**

## Starflowers

- Sitting in a chair; put one leg and the same side arm straight
- Bend the opposite leg at the knee and hip and the same arm on that side bend the elbow
- Turn your head to look at the hand of the straight arm and hold for 5 seconds
- Switch sides
- Repeat for one minute (older child); 10x each side for younger child
- Options: Do to the beat of a metronome @ 54 beats per minute
- Modification: Do lying on back



# Sensational Activities

## Week #3

### COVID Cocoons- Fill the World with Butterflies!

Caterpillars change into butterflies during a period of isolation. Let's use this time of social distancing to fill our world with color and hope.

Classification:

Indoors or Outdoors (preferably)

What you need:

Arts & Crafts supplies and/or camera

What to do:

First, make a butterfly! Draw, color, paint, craft, build, or photograph. There are no rules! It can be any size and style that you want. Make one or many. Then, either put it in your window or yard so that people can see it. Put them in your neighbor's yard or send them to someone! Also, be sure to take a picture of your butterflies and post it to our social media pages! We encourage people of all ages to participate.

### Cocoon Coconut Playdough

Classification:

Indoors

What you need:

- 1 tablespoon coconut oil
- 1/2 cup salt
- 1 cup water
- 1 cup gluten free flour
- 2 tsp cream of tartar
- food gel coloring

What to do:

Add your water and coconut oil to a saucepan and heat on medium until the coconut oil has melted. Reduce to low heat, add the salt and cream of tartar. Add the flour last, mix of low heat until you have formed a playdough. Remove from heat and cool on a breadboard. Add coloring after dough is complete and separated.

To enhance motor skills: roll into balls with hands, roll out with rolling pin, use cookie cutters for shapes or scoop with ice cream scooper

## Butterfly Bubbles

Classification:

Outdoors

What you need:

Dishwashing soap

Water

Light corn syrup

12" wooden dowels or long pencil

Thin-gauge wire

Electrical tape or Duct tape

Cookie cutters (optional)

What to do:

For bubble mix:

Mix 1/2 cup of dishwashing soap with 2 cups of water, add a few tablespoons of light corn syrup and you have a fabulous bubble solution!

For bubble wands:



Use thin gauge wire to shape into a butterflies (or other shapes). You can use a cookie cutter as a template to help form the shape. Simply wrap the thin gauge wire very tightly around the cookie cutter and twist ends together at the bottom. Wrap the ends around a pencil or wooden dowel. Add electrical tape to cover any sharp edges from the wire-ends.

# Sensational Snacks

## Week #3

### Peanut Butter Chocolate Chip Oatmeal Breakfast Bars (Vegan, Gluten Free, Dairy Free)



#### Dry Ingredients

- ¾ cup [gluten-free rolled oats](#)
- ¼ cup [gluten free oat flour](#)
- 1/3 cup unsweetened coconut flakes
- ½ teaspoon ground cinnamon
- ¼ teaspoon baking powder
- ¼ teaspoon baking soda
- ¼ teaspoon salt

#### Wet Ingredients

- 2 [flax eggs](#) (2 tablespoons ground flax + 6 tablespoons water, whisked together, set for 15 mins)
- 2 tablespoons melted [coconut oil](#)
- ¼ cup + 2 tablespoons natural, unsalted peanut butter\*
- ¼ cup [coconut sugar](#)
- ½ teaspoon [pure vanilla extract](#)

#### Add-in Ingredients

- 1/3 cup [vegan chocolate chips](#)
- 1/3 cup walnuts, chopped (or add-ins of your choice)

#### INSTRUCTIONS

1. Preheat oven to 350°F. Line an [8-inch square baking pan](#) with [parchment paper](#) or greased foil. Set aside.
2. In a large bowl, whisk together all of the dry ingredients: oats, flour, coconut, cinnamon, baking powder, baking soda and salt.
3. In a medium bowl, whisk together all of the wet ingredients: flax eggs, coconut oil, peanut butter, coconut sugar and vanilla. Whisk until smooth.
4. Pour the wet mixture over the dry mixture. Use a rubber spatula or wooden spoon to fold the ingredients together until well combined. Fold in chocolate chips and walnuts.
5. Pour dough into the prepared baking pan. Using a rubber spatula, spread into an even and tightly packed layer.

6. Bake for 20-30 minutes. Mine took 25 minutes. You'll know it's done when the top is a rich golden brown.
7. Place on a [cooling rack](#) for 1 hour, or until completely cool. Lift breakfast bars out of the baking pan. Slice into 16 bars. Enjoy!

**NOTES:**

- Make sure you use peanut butter that only has one ingredient: peanuts. Your PB should be naturally drippy and liquidy to work in this recipe.
- Store in an airtight container for 1 week

