

Brain Builders

Week #6

Brain Appetizer

CALMING & CONNECTING: BRAIN TO BODY

- Stand up straight with feet approximately shoulder width apart
- Place one hand over the belly button
- Take the thumb and index finger of the other hand and place next to the sternum (breastbone) directly under the collar bone
- In a circular fashion, gently massage the area under the thumb and index finger
- Do for 30-60 seconds in a circular fashion going clockwise and then counterclockwise
- Option: do with eyes closed for more calming effect (reduces visual distractions & enhances proprioception) and/or hum while massaging



Main Course: Brain Circuit Training™

Note: Do all 3 exercises as a series

Cross Body Balance

(eyes up towards the right)

- Stand tall with arms reaching above the head
- **Keep your head straight but have your eyes looking up towards the right**
- Match the right hand with the left knee
- Match the left hand with the right knee
- Keep switching back and forth for 1 minute
- Keep good posture and do not go too fast that you lose good form
- Option: Add music and perform to a beat or a metronome at 54 beats per minute

Take a 20 second break and shake the arms out



Body Lines (eyes down towards the left)

- Stand tall with arms reaching above the head
- **Keep your head straight but have your eyes looking up down towards the left**
- Match the right hand with the right knee
- Match the left hand with the left knee
- Keep switching back and forth for 1 minute
- Keep good posture and do not go too fast that you lose good form
- Option: Add music and perform to a beat or a metronome at 54 beats per minute

Take a 20 second break and shake the arms out



Spider Fingers

- Start with arms raised, elbows bent and even with the shoulders (hands should be shoulder width apart)
- Spread the fingers apart on both hands
- Bring both hands in front your face so they meet at the same time in the center of your nose
- Match each finger together on both hands; keep your eyes on your fingers as you do so
- Repeat 6 times



Sensational Activities

Week #6

Groovy Fizz Cake



Classification:

Indoors or Outdoors

What you need:

1 box of Baking soda

Vinegar

Neon Food coloring

Small bowls

Spoon

Dropper

½ cup measuring cup

Pan

Paper towels for messes

Choose the colors that you would like for this activity. (Get creative with mixing colors according to chart on food coloring box.)

What to do:

For each desired color, measure ½ cup vinegar and pour into bowls.

Add 10 drops of food coloring and stir with spoon.

Pour baking soda onto pan into an even layer. You can gently shake the sides of the pan sideways until it evens out. Or, use the bottom of a spoon or a spatula to even it out.

Fill dropper with desired color of vinegar. Slowly drop the colored vinegar onto the baking soda.

Watch what happens!

Then alternate between colors and experiment with dropping colors on top of other colors to see how they change.



Gluten Free Playdough



Classification:

Indoors or Outdoors

What you need:

Ingredients

1 cup gluten free flour

1/2 cup salt

1 Tablespoon cream of tarter

1 Tablespoon vegetable oil

1 cup water

Food Coloring

What to do:

Combine flour, salt, and cream of tarter in medium saucepan.

Turn heat to medium.

Add water, vegetable oil, and food coloring.

Stir constantly until dough forms. (2-3 minutes)

Dump onto wax paper.

Let cool a few minutes and then knead till smooth.

You have two options – add liquid food coloring directly to the saucepan or add a few drops of liquid food coloring to the ball of cooked dough and knead until the color is fully distributed.

Additional fun ideas:

Add rice for texture

Add glitter for sparkle

Use homemade dyes from berries

Add sensational scents using herbal teas. Simply brew a strong batch of herbal tea (two cups of water to three tea bags) and used it in exchange of the water in the recipe. Cranberry, Raspberry and Strawberry blend smell magnificent!

We would LOVE to hear from you! So, be sure to post your beautiful creations on our social media sites to share with the world!

Backyard Balloon Phonics



Classification:

Outdoors

What you need:

Water balloons

Permanent marker

Index cards

Tape

What to do:

Fill water balloons and write either the beginning or ending of words on them. Then write the corresponding beginning or ending on index cards. (This is a great activity to learn site words or weekly spelling words).

Use tape, clothespins or string and put the index cards up around the backyard.

Have the child go on a "word making hunt". See how many balloons they can match to different index cards and see how many words they can make.

Alternative fun ideas:

"Word Busters"

Tape index cards with various letters to a fence or wall. Have a bucket with balloons that have either the beginning or ending of a word. Have the child match the balloon with an appropriate index card that forms a word and throw the balloon at the card to see if they can burst the balloon.

Sensational Snacks

Week #6

Coconut-Lemon Bliss



Ingredients:

- 3/4 cup almond meal
- 3/4 cup desiccated coconut
- 1/2 cup raw cashews * Soaked overnight or quick soaked
- 1/4 cup lemon juice
- 2 Tbspn coconut oil, melted and cooled
- 2 Tbspn coconut milk
- 2 Tbspn raw honey or maple syrup
- zest 2 lemons
- 1/4 cup desiccated coconut for coating balls

Instructions:

1. Place all of the ingredients in a food processor or highspeed blender. Blitz until combined and you have a dough like consistency.
2. Roll into balls.
3. Place 1/4 cup desiccated coconut on a plate or chopping board. Roll the balls in the coconut to coat them.
4. Keep in the fridge in an airtight container for up to 5 days. Can also be frozen and used when needed.

Notes:

To soak the cashew nuts either leave overnight place cashews in a covered bowl, pour enough tepid water over them to cover them rinse and drain in the morning or you can put them in a covered bowl with hot water for 10 minutes, then rinse and drain