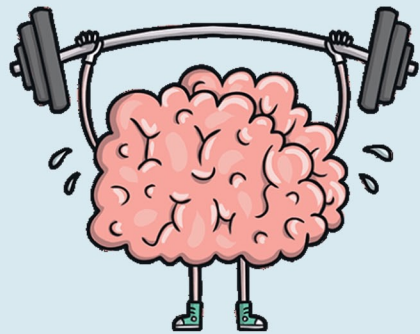


**Brain Gym** is an approach to learning based around physical movements and developing muscles in the body to help them become ready for learning. It is a form of educational kinesiology, which means using movement to help information retention.



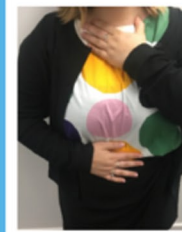
## Benefits of Brain Gym Exercises:

Some major benefits of Brain Gym exercises are:

- These exercises help children in stimulating their brain functions.
  - These make students smarter and fitter.
  - These enhance students' eyesight.
- These improve communication skills of students.
  - These exercises, when done regularly, boost immunity.
    - These promote creativity.

**Actively participating in their learning** can not only directly help children to remember the lessons they are involved in, it can also develop muscles, memory, brain function, plus gross and fine motor skills that will facilitate their learning in other subjects.

## Brain Gym Exercises



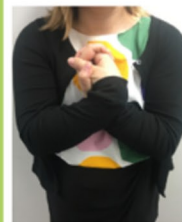
### Brain Buttons

Place one hand across your belly button and rub your brain buttons with the other hand. Now move your eyes left and right.



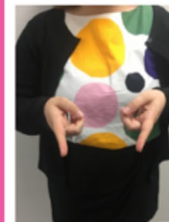
### Cross Crawl

As you walk or march on the spot, touch your right knee with your left hand, then touch your left knee with your right hand.



### Hook Ups

Cross your legs. Extend your arms, cross them over at your wrists, link up fingers and bring your hands upwards to your chest. Close your eyes, hold, and focus on your breathing.



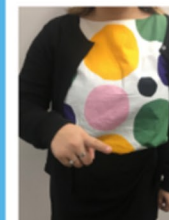
### Air Drawing

Pointing with both fingers, draw in the air, making sure right and left fingers are in symmetry with each other.



### Unlocking Ears

Place your hands at the top of both your ears. Gently unroll your ears from the top to the bottom.



### Figure Eights

Point your finger and draw huge figure eights sideways in the air. Make sure you cross over both sides of your body and take turns with both hands.