

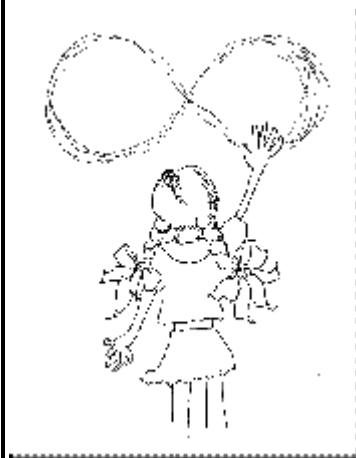
# Lateralization

It concerns the way the left and right hemispheres interact. The left hemisphere is specialized in sequential logical operations (language and logics), while the right one allows us a holistic global vision of reality (music and spatiality).



## Cross crawls

Students alternately move their arms towards the opposite leg and then vice versa. Since each limb is governed by the hemisphere of the opposite side, this exercise facilitates connection between the two hemispheres.



## Lazy eights

The activity consists in drawing horizontal eights in the air with your hands. It activates brain and improves:

- eye-muscle coordination
- connection between hemispheres
- bi-ocular and peripheral vision
- reading speed



## Double doodle

This is a bilateral drawing activity that consists of sketching two images with both hands. It improves these learning skills:

- understanding of writing symbols
- spelling accuracy
- maths calculations



### **The elephant**

This movement activates the inner ear for improved balance and so integrates the brain for listening with both ears. It improves:

- listening comprehension and attention
- short- and long-term memory
- thinking ability

## **Focalization**

Focalisation exercises help students to develop and reinforce those neural paths which link what they already know (which lays in the back of their brain) with the ability to process and express the information (frontal lobes)



### **The owl**

The owl's movements improve visual and auditory skills and also head rotation. They lessen the neck tension that develops in distressing conditions. The owl lengthens neck and shoulders' muscles while re-establishing width of movement and facilitating the blood flow to the brain. It enhances:

- attention and memory



### **The active arm**

The active arm lengthens muscles in the upper part of chest and shoulders. When these muscles are contracted writing and tool controlling skills are inhibited. It activates the brain for:

- expressive reading
- diaphragm relaxation and deep breathing
- hand-eye coordination and tool controlling skills.



### **The gravitational glider**

The movement uses balance and gravity in order to lessen tension in the hips and pelvic area thus allowing to student to discover more comfortable postures when sitting or standing up. It betters:

- reading comprehension
- mental maths calculations
- abstract thinking



### **The rocker**

The rocker massages the hamstring and gluteus muscle groups (*the bottom, in other words...*). It can be very pleasant after hours spent sitting in the classroom. It also stimulates the circulation of the cerebrospinal fluid into the spinal column and activate the brain for:

- study skills
- left-to-right visual skills
- attention and comprehension

## **Centralization**

These are mostly relaxation exercises that help to reestablish the neural networks between brain and body and, this way, facilitating the passage of electromagnetic flow through the body. These activities help the chemical and electrical processes that take place during mental and physical efforts.



### **Brain buttons**

One hand massages two spots below the clavicle while the other rests on the navel. The movements stimulates the carotid artery and this way enhances the blood flow to the brain. It activates the brain for:

- reading skills
- memorization



### **Earth buttons**

One hand fingers rest on the lower lip while the others stay on the pubic bone. While having the sensation of a better connection between the upper and lower parts of the body the students feels more stable and centered. It improves:

- reading skills



### **Balance buttons**

These buttons re-establish balance in every dimension: left-right, above-under, behind-before. The student massages the spot where the skull is attached to the neck and, at the same time, the navel. It improves the next learning skills:

- critical and decisional capacities
- spelling accurateness
- maths calculations



### **Space buttons**

One hand rests on the upper lip while the other lays on the back-bone. It activates the brain for:

- relaxation and concentration
- eye-contact in communication with people

It improves these learning skills:

- focusing during a test
- reading
- motivation and interest



### **The thinking cap**

This activity helps the student to focus attention on hearing. It also lessens tension in skull bones. The student gently pulls ears backwards and unrolls them with fingers. They start from the top of the ear, massage them delicately and end on the lobe. It activates brain for:

- hearing one's voice
- short-term memory
- inner dialogue and thinking



### **Hook-ups**

The exercise can be done while standing, sitting or lying down. Students cross the left ankle on the right one. Then they intertwine fingers and bring them near the chest. They close their eyes, breathe deeply for a few minutes and relax. Then students' free hands and legs and finger tips touch gently while they keep on breathing deeply. Hook-ups help:

- mind and body relaxation



### **The energetic yawn**

Don't get angry at your students if they yawn during English classrooms! Not now that you know that scientific research has proved yawning to be a perfect exercise which brings oxygen to the brain and so enhances learning performances!