

# BRAIN DANCE

Developed by Anne Green Gilbert.

## BREATH

Nourish and relax.



## TACTILE

Squeeze, tap, pat, scratch, brush all body parts.

## CORE/DISTAL

Stretch arms, legs, and fingers to open wide then curl up small.

## HEAD/TAIL

Move head and tail front-to-back and side-to-side separately and together.



## UPPER/LOWER

Move and twist the upper body and then the lower half of body.



## BODY/SIDE

Move the right side of the body, then the left side of the body in various ways.

## CROSS/LATERAL

Move across midline, march, skip, walk etc.

## VESTIBULAR

Move off balance with swings, spins, tips and rolls. Jump or focus the eyes on hands to recover.

