

BRAIN DANCE



1 Breath
 ACTIONS: filling and emptying
 IMAGINE: balloons, waves



5 Upper-Lower
 ACTIONS: swinging, circling, pulling, bending, pushing
 IMAGINE: ice skaters, sumo wrestlers



2 Tactile
 ACTIONS: squeezing, tapping, slapping, brushing
 IMAGINE: wind, raindrops, hugs



6 Body Side
 ACTIONS: stretching, balancing, swinging, opening and closing
 IMAGINE: a bear walking



3 Core-Distal
 ACTIONS: growing and shrinking
 IMAGINE: starfish, snails



7 Cross-Lateral
 ACTIONS: marching, crawling, climbing, twisting
 IMAGINE: climbing a ladder, picking apples



4 Head-Tail
 ACTIONS: curving, arching, waving, wiggling
 IMAGINE: snakes, fish swimming

8 Vestibular
 ACTIONS: swinging, swaying, tipping, spinning, rocking
 IMAGINE: swings, tops, merry-go-rounds



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