



Cross Crawls

How To: Alternate touching one elbow to the opposite knee. It is most effective when you perform this slowly. If standing is challenging, you can perform in a crawling position or lying supine (on your back).

What Does it Help With?: Cross Crawls help with bilateral integration (using both sides of the brain together) and using both sides of the body in a fluid manner, creating organized movement patterns. It also helps with postural strength and awareness, balance and a sense of where you are in space.

When to do Cross Crawls:

- a) When you need more energy.
- b) During any activity that requires visual, auditory, and kinesthetic processing, such as listening, reading and writing.
- c) If you'd like to improve coordination and motor planning.
- d) For improved spatial awareness (clutsiness).



Double Doodle

How To: Using a different colored marker in each hand, draw mirrored shapes. Once you have mastered simple shapes, you can go on to draw mirrored pictures or the letters of the alphabet.

What Does it Help With?: Double Doodle helps get you ready for activities that require crossing the midline of your body, such as writing. It helps with directionality, orientation, eye hand coordination & visual perceptual awareness.

When to Double Doodle:

- a) Before writing activities and creative writing tasks.
- b) Giving some purpose to doodling.
- c) Before writing book reports
- d) Before a writing activity that requires good penmanship.



Hook-ups

How To: Cross your left ankle over your right. Extend your arms and cross your left wrist over your right. Bring your palms together and interlace your fingers. Then bring your hands up towards your chin. Sit quietly for a minute with your eyes closed and your tongue on the roof of your mouth.

What Does it Help With?: Relaxes and organizes the central nervous system. It connects the right and left brain, helping you become emotionally centered and grounded.

When to Use Hook-ups:

- a) When feeling overwhelmed, stressed or anxious.
- b) If it is hard to make a decision or initiate a task.
- c) Before and during tests.
- d) Overstimulated by noises.
- e) If you are having a hard time focusing.
- f) When you want to focus and concentrate.
- g) Anytime you are having a hard time self-regulating.

Lazy 8's



How To: Extend one arm out directly in front of your nose and point your thumb to the ceiling. With your thumb, draw a large figure 8. Always begin by starting up to the left, down, back to the center and up to the right and down. Focus both eyes on your thumb while performing the movement. After performing three repetitions, switch arms and complete 3 repetitions. Then use both hands on top of each other, completing three repetitions.

You can do this on paper, in shaving cream, sand, or chalk, as well.

What Does it Help With?: Lazy 8's integrate the right and left visual fields and the right and left sides of the brain, making them work together to improve eye hand coordination and visual tracking. This activity helps specifically with reading.

When to Use Lazy 8's:

- a) Before and during a reading task.
- b) If you are having a hard time tracking words on the paper or screen.
- c) When you are not understanding what you are reading.
- d) If you are reversing letters and numbers