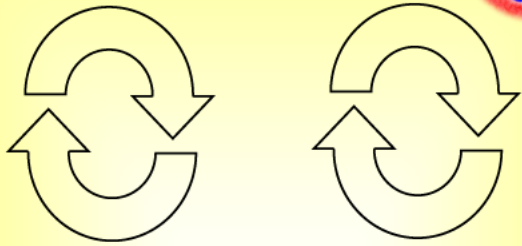
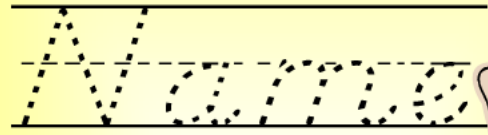


Finger Circles



With your forefinger and thumb of each hand pinched together, extend your hands out in front of your face and trace large circles in the same direction. Keep your lips and teeth together. Now trace the circles in the other direction. Now try with one hand going clockwise and the other anti-clockwise.

Invisible Words



Use your finger to write your name in the air. Now write it backwards. Turn to your partner and write a word forwards, see if they can guess it. If they are really good, try writing the word backwards.

Ear Massage



Hold your ears and slowly roll your ear lobes between finger and thumb. Do it



nice and slowly and all the way around your ear. Try unrolling the edges of the ear too.



Shoulder Shrugs



To practise shoulder shrugs, roll your shoulders forwards, then back.



Do it slowly, smoothly and take big breaths.



Finger Sums



Show your partner a finger sum. Do it slowly and very clearly show the symbols using your fingers. You must know your answer. They show you the answer with their fingers. Swap over when you get it right.

Finger Massage



Stretch your thumb and index finger out. Place both fingers just below the collar



bones. Do the same with the other hand, just above your belly button. Press lightly to increase blood to your brain.

March & Cross



Stand or sit. Put the right hand across the body to the left knee as you raise it, and then do the same thing for the left hand on the right knee just as if you were marching. Do it for 2 minutes.



Lazy 8s



With one arm extended in front of you and your thumb pointing upwards trace the shape of a figure eight in the air. The eight should be on its side and as you trace it out in large, slow movements focus your eyes on your thumb. Without moving your head trace three eights in successively larger movements. Now do it with your other hand and then clasp them together and do both.



Rub a Dubs



Gently rub your hand in a circle on your tummy. Stop, then pat your head with the other hand

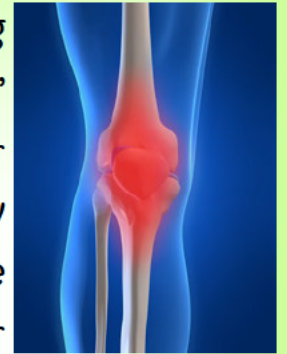


gently, Now do both at the same time and at a similar pace. You should be rubbing your tummy whilst patting your head. Try to maintain the difference in each movement. Swap around. Pat your tummy whilst rubbing your head.

Cross Crawl

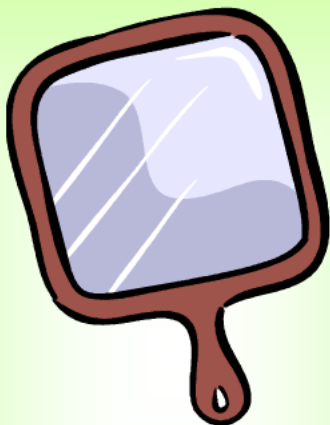


While standing begin to 'march' in time. Raise your knees and alternately touch each knee with your



opposite hand. Progressively, move your elbows to each knee in sequence. An alternative is to touch each heel behind your back with opposite hands.

Mirror Me



Children are in pairs and face one another. One copies the slow movements made by the other. Can be body or face movements.

Controlled Breathing



Breath in through nose while counting to three, hold for 3,



breath out through mouth for 3, hold for 3, breath in through nose for three...etc...



Hook Ups



Stand or sit with the right leg crossed over the left at the ankles. Take your right wrist and cross it over the left wrist and link up the fingers so that the right wrist is on top. Bend the elbows out and gently turn the fingers in towards the body until they rest on the sternum (breast bone) in the center of the chest. Stay in this position. Keep the ankles crossed and the wrists crossed and then breathe evenly in this position for a few minutes. You should feel noticeably calmer after that time.



Positive Points



Lightly touch the point above each eye halfway between the hairline and the eyebrow with fingertips of each hand. Close your eyes and breathe slowly and deeply for a few seconds. Release & repeat 3 times. Repeat for top of nose, just below the eyes, and the side of the jaw.



Double Doodle



Think of an object, for example, a car. Draw it in the air using your 2 index fingers at the same time.



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