

FOCUSING MOVEMENTS

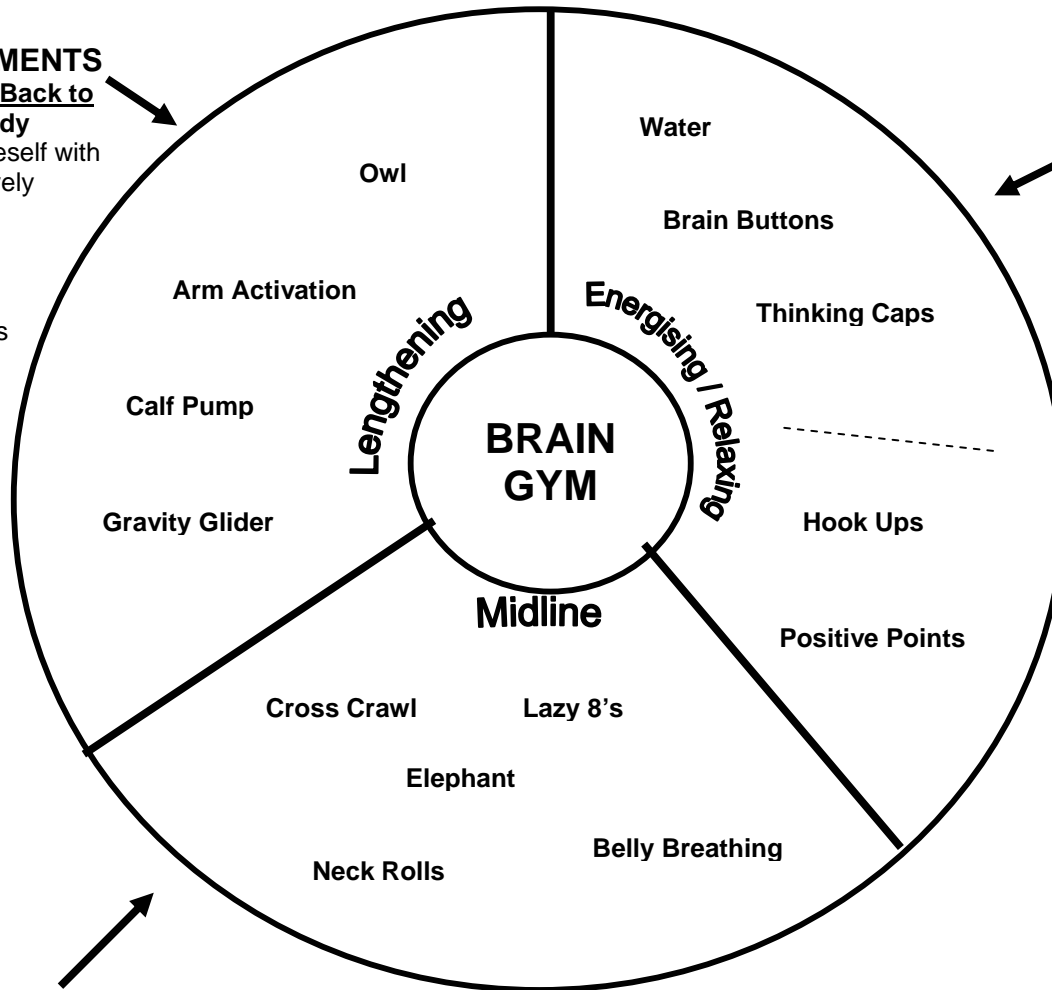
Crossing the midline Back to Front of Brain / Body

- . inability to express oneself with ease / participate actively
- . inattentive
- . hyperactive
- . unable to comprehend
- . language delayed
- . helps students process information and make connections

CENTERING MOVEMENTS

Crossing the midline Upper to Lower Brain / Body

- . combats irrational fear and fight or flight response
- . inability to express emotions
- . relaxes students, preparing them for taking in information without negative emotional overlay



Remember to **PACE** yourself
Climb the steps

Positive – Hook Ups

Active – Cross Crawling

Clear – Brain Buttons

Energy – Water

LATERALITY MOVEMENTS

Crossing the midline Side to Side of Brain / Body

- . helps process linear / symbolic / written code fundamental to academic success
- . helps dyslexic / learning disabled
- . integrates both hemispheres of brain