

**Five Minute Home Program
To
Integrate Both Sides of the Body**

Before School & Summer Activities that cross the midline of the body:

- Alternate touching the **Right** hand to the **Left** knee, **Left** hand to **Right** knee. Repeat for 1 minute slowly. When it gets easier to do, it is a good way to practice spelling words. Using a steady rhythm seems to help memorize new information.
- Stretch your **Right** arm up and **Left** leg out to the side of your body at the same time - like your picking apples off an apple tree. Change to stretch with your **Left** arm along with your **Right** leg. This can be done while counting, spelling words or as a “*Cheer*” to spell their name (i.e., “*Give me an A...A, Give me a D...D...What’s that spell?(name)...,etc*”).
- Alternately reach behind the back with the **Right** hand to touch the **Left** foot. Switch to reach the **Right** foot with the **Left** hand. Continue slowly for 1 minute.
- Lying on the belly, lift the head off the floor, raise the arms out in front, raise the legs and knees off the floor. “Like Superman”. Hold as long as possible, working to hold for 30-60 seconds.
- Lying on the back, put both hands on the belly. Lift the head only and look at the toes. Hold as long as possible, working to hold for 30-60 seconds.
- Sitting at a table with a pencil and paper, draw an eight on its side. Start at your midline, draw your first circle up and to the Left, down, up and to the Right, down and up. Repeat up to the Left again. Do 3 laps for each hand and then 3 laps with hands together.
- On all fours like a puppy dog, fingers pointing forward, arms straight, Rock back and forth for 10x. Repeat daily for 2 weeks.

Here’s a great website to visit: www.braingym.org/articles/freeman.html

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