

Brain Gym®

Midline Movements



Neck Rolls



Cross Crawl



Water



Thinking Cap



Space Buttons



Elephant



Lazy 8's



Energy Yawn



Earth Buttons



Balance Buttons



Alphabet 8's



Double Doodle



Brain Buttons



Hook-ups



Positive Points



Cross Crawl Sit-ups



Belly Breathing



Gravity Glider



Grounder



Owl



Rocker



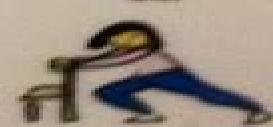
Energizer



Footflex



Arm Activation



Calf Pump



Think of an X

Energy Exercises

Lengthening Activities

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