

# Brain Builders

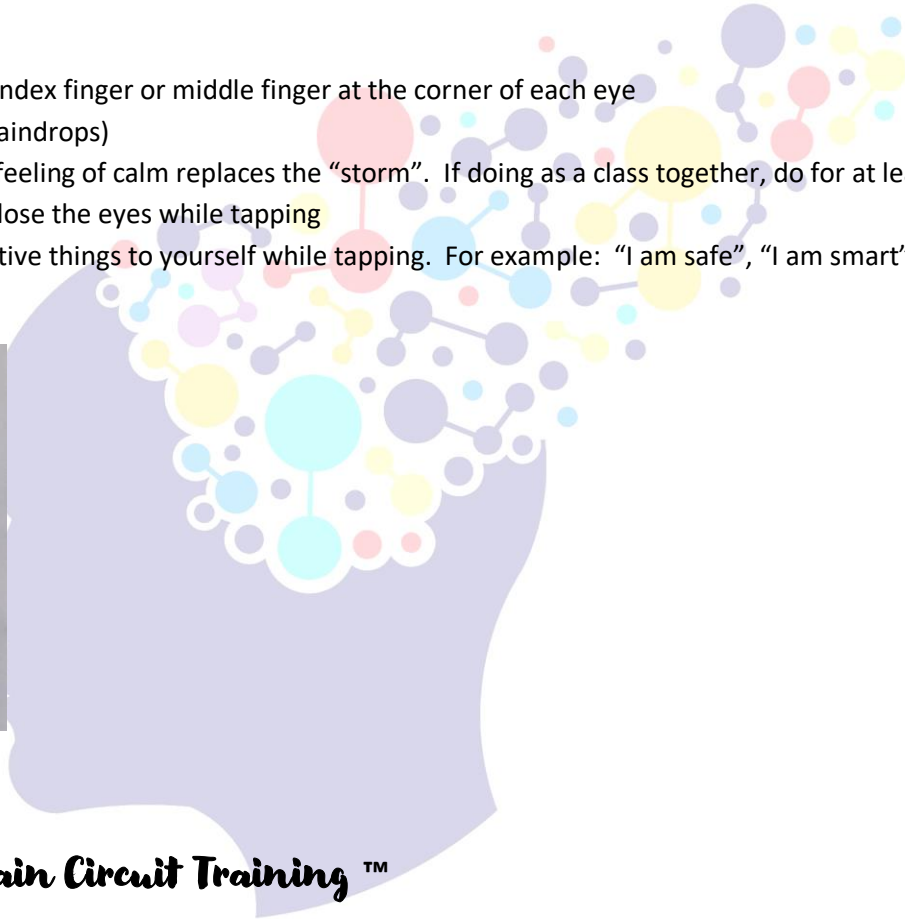
## Week #4

### Brain Appetizer

#### Tapping

This is a quick and easy way to teach children to calm in-the- midst of what they may perceive is a “storm”. It can be used before a studying or testing and even during normal schoolwork if the child’s nervous system begins to ramp up with anxiety.

- Place either the index finger or middle finger at the corner of each eye
- Gently tap (like raindrops)
- Continue until a feeling of calm replaces the “storm”. If doing as a class together, do for at least one minute
- For more calm, close the eyes while tapping
- Option: Say positive things to yourself while tapping. For example: “I am safe”, “I am smart”, “I am enough”, “I am loved”, etc.



### Main Course: Brain Circuit Training™

#### Marching

(while turning the head)

- Bring one knee up to “table-top” height and the opposite arm (with elbow bent) to the level of your ear
- Switch to the opposite arm and opposite leg
- **While marching, turn your head to the same side of the arm you bring up**
- Keep good posture and do not go too fast that you lose good form
- Do for 1 minute

\*Note: if child gets dizzy DO NOT have them turn their head or just turn until the dizziness starts; work towards them being able to turn longer



### LaFlamingo

- Stand tall with your wings spread (arms out to the sides)
  - With wings out, stand on just your left foot for 30 seconds
  - Switch to just your right foot for 30 seconds
  - Rest for 10 seconds
  - Stand on your left foot and just keep your right wing up for 30 seconds
  - Switch back to your right foot and just keep your left wing up for 30 seconds
- \*Note: Legs should not be touching while balancing!



## The Disco

- Stand with good posture and arms out to the sides at shoulder height
- Open one hand while you make a fist with the other
- Repeat back and forth 10-30 times
- Rest 10 seconds
- Stand with good posture and arms out to the sides at shoulder height
- Raise one arm up overhead and the other across in front
- Switch sides
- Repeat 10-30 times each side
- Rest 10 seconds
- Raise one arm up overhead and the other across in front while you bring the leg opposite the raised hand out to the side; hold for 10-20 seconds
- Switch sides
- Repeat 10-30 times each side



# Sensational Activities

## Week #4

### Underwater Imagination Zoo

Classification:

Indoors or Outdoors

What you need:

Aquarium, plastic container or small kids swimming pool

Blue cellophane (optional)

Small fish net (optional)

Play sea creatures (visit Amazon and look up 'underwater sea creature toys')

Warm water (preferred so children will tend to play longer; unless it's warm outside)

Blue aquarium pebbles/rocks- the following can be found on Amazon and GLOW in the dark!

[https://www.amazon.com/Oubest-Pebbles-Aquarium-Walkway-](https://www.amazon.com/Oubest-Pebbles-Aquarium-Walkway-Driveway/dp/B07DJZFNPO/ref=sr_1_8?crid=B2PDA2CF23FH&dchild=1&keywords=blue+aquarium+rocks&qid=1586549043&sprefix=blue+aqu%2Caps%2C255&sr=8-8)

[Driveway/dp/B07DJZFNPO/ref=sr\\_1\\_8?crid=B2PDA2CF23FH&dchild=1&keywords=blue+aquarium+rocks&qid=1586549043&sprefix=blue+aqu%2Caps%2C255&sr=8-8](https://www.amazon.com/Oubest-Pebbles-Aquarium-Walkway-Driveway/dp/B07DJZFNPO/ref=sr_1_8?crid=B2PDA2CF23FH&dchild=1&keywords=blue+aquarium+rocks&qid=1586549043&sprefix=blue+aqu%2Caps%2C255&sr=8-8)

What to do:

Place the blue pebbles/rocks on the bottom of the container

Adhere the blue cellophane to the back side of the container

Fill the container with water (warm water may enhance playing time)

Add the sea creatures

Some fun ideas:

- Use a small toy net to catch the sea creatures and name them as you catch them (have them use both their dominant hand as well as their non-dominant hand!)
- Sort the sea creatures into dangerous and non-dangerous or water animals and water/land animals.
- Play imaginatively and make up pretend stories with the sea creatures.
- Talk about the different animals, their names and what they look like.

Learning Opportunities:

- Creativity
- Fine Motor Development
- Hand-Eye Coordination and Control
- Problem solving
- Language development – naming sea creatures
- Imagination and pretend play
- Classifying and sorting

## Sidewalk Sensory Walk



Classification:

Outdoors

What you need:

A safe sidewalk area

Sidewalk chalk

What to do:

Draw a sensory sidewalk obstacle course for the neighborhood to enjoy!

Some fun ideas:

- Set a timer and see how far a child gets in that given amount of time
- Do movements (e.g. jump into each square, hop, etc.) to the beat of a metronome
- Start and stop to music; like in musical chairs
- Call out right/left when hopping on each foot, or the letter or number hopping onto, etc.
- Change the course every week
- Use as part of your Brain Builders fun exercise breaks!

## Edible Glitter Finger Paints

Classification:

Indoors or Outdoors

What you need:

4 Tablespoons of corn flour/starch

Cold water

1 Cup of boiling water

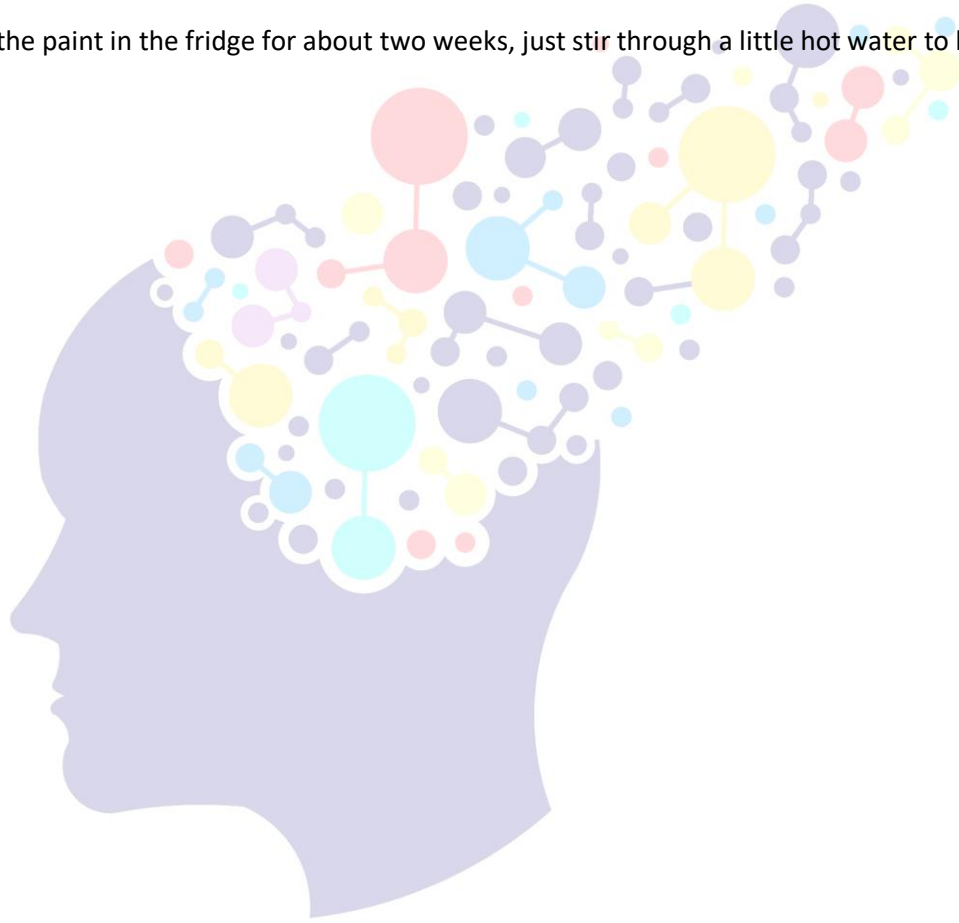
Liquid food coloring in a range of colors

Edible glitter (check out Amazon's range or local specialty food stores)

What to do:

- Mix the corn flour with a little cold water, just enough to make a paste; use a small whisk to make sure there are no lumps.
- Pour in the boiling water and continue whisking until smooth, then place on a low heat on the stove until you see clear streaks in the mixture. Turn off the stove and continue stirring until you get a thick, gooey paint.
- Divide your paint into small bowls and add a different food coloring to each bowl, stirring to combine until completely colored.
- Sprinkle with edible glitter before playing.

Note: You can save the paint in the fridge for about two weeks, just stir through a little hot water to bring it back to life.



# Sensational Snacks

## Week #4



### Ingredients

- 2 cup dry roasted peanuts (1 cup half chopped, 1 cup whole)
- 1 ½ cup roasted almonds (¾ cup whole, ¾ cup chopped)
- 6 Tablespoons whole grain gluten free rolled oats
- 1 teaspoon organic vanilla extract
- ½ –¾ teaspoon salt (to taste)
- ¼ cup raw organic honey
- 1/3 cup organic brown rice syrup
- 3 Tablespoons peanut butter
- 4 oz. dairy free dark chocolate (or dairy free dark chocolate chips)

### Instructions

1. Line 8 x8 inches dish with heavy duty aluminum foil, leaving the foil overhang the sides. Spray aluminum foil with non-stick spray or brush with olive oil, then set aside.
2. Chop half of peanuts and half of almonds, remaining nuts use whole.
3. In large heath-proof greased bowl stir together peanuts, almonds and oats.
4. In a sauce pan over medium heat combine brown rice syrup and honey, simmer for 2 minutes stirring constantly. Stir in peanut butter, salt and vanilla. Remove from heat and immediately stir boiling mixture in mixed nuts. Stir well to moist all dry ingredients evenly. If the mixture is too dry and you can't wet all the ingredients add a teaspoon of honey at the time until everything is evenly combined. If the mixture is too moist and won't clump together add more oats.
5. Spread the mixture in prepared dish and press firmly in the bottom. You must work quickly because it will harden fast. Cool to room temperature, then place in the fridge until completely firms.
6. Pull the sides of aluminum foil to lift from the dish, peel the foil and place on greased cutting board. Using a large sharp knife, cut the bars in desired shape and size. Place bars on a tray lined with greased parchment paper and place in the freezer while melting the chocolate.
7. Pour melted chocolate in a shallow dish. Dip each bar in melted chocolate to coat the bottom and half of sides. Transfer on parchment paper lined tray and place in the fridge or freezer until the chocolate has set.
8. Store in the fridge in an air-tight container up to 1 week. Freeze for longer storage.