

Brain Builders

Week #5

Brain Appetizer

Twist & Swing

- Gaze out on the horizon
- Have arms & shoulders loose and relaxed (floppy)
- Rhythmically twist upper torso and head from side to side; allowing arms to swing out
- Let the eyes “swing” freely to the sides following the movement of the torso without focusing on anything so the room seems to spin
- Do for 1 min
- Modification: start out doing seated if too unstable or if you get dizzy



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!
- Modification: Do with eyes closed!



**Notice legs touching
(should not)
Switch sides**

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
- Modification: Have child call out which hand or which leg is up in the air (this is good for kiddos that have a hard time knowing right from left and/or that struggle with “dyslexia” symptoms)



Sensational Activities

Week #5

Sensational Colored Sand

Classification:

Indoors or Outdoors

What you need:

Sand (1 cup clean dried sand per color)

Food coloring (1 tsp per color)

Paper towels

Tray or plates

Funnels

Scoops

Spoons

Cardboard toilet paper and paper towel rolls

Bottles

Small containers to use as moulds for building sandcastles

What to do:

Place sand into a bowl and add food coloring.

Using the flat part of a large spoon, make large strokes over the sand to blend the color evening. Stir and repeat large stroke actions.

Add a little more food coloring if needed to achieve desired color.

Place the wet sand out onto a paper towel and plate or newspaper.

Using a large spoon spread the wet sand out evenly to dry out.

Place the wet sand out into a sunny place (not windy) to air dry. If the sand is still wet, gently move the sand around to expose the wetter parts of the sand to dry out.

Give the container/bowl a wipe and a rinse, and proceed with your next color!

When the sand is dry, gently rub the sand between your fingers to break up any sand that may be stuck together.

Colored sand will last for several years if stored correctly in an air-tight container or zip-lock bags.

Some fun ideas:

- Fill bottles up with different colored patterns of sand using funnels and/or the cardboard paper rolls
- Make a "Psychedelic Sandcastle City"
- Draw pictures, the alphabet, bugs and animals
- Make a picture story
- Seek and find hidden treasures

Learning Opportunities:

- Development of fine motor skills
- Eye & hand coordination – watching and doing and coordinating these actions.
- Promote creativity and imagination through role and developing stories.
- Sensory- Development of the sense of touch. Feeling and manipulating objects and moulding the sand.
- Language development – playing with sand is a social activity requiring speaking and listening, also developing vocabulary. Practicing and experimenting with language.
- Overcoming challenges – problem solving

We would LOVE to hear from you! So, be sure to post your beautiful creations on our social media sites to share with the world!

Stuck in the Mud



Classification:

Indoors or Outdoors

What you need:

Farm animal figures
Cornstarch
Unsweetened cocoa
Water

What to do:

The reason that it is such an awesome sensory item, is that if mixed in the right proportions, it's solid when you scoop it up and squeeze it, but turns to liquid and "melts away" when you open your hands!

- Mix 1 cup of cornstarch with 1/2 cup water.
- Add in a few tablespoons of unsweetened cocoa to make it look like mud and also smell delicious.
- Start mixing everything together (it will be very stiff). Begin adding water a little at a time until you reach the consistency that mentioned above. You'll notice that the mixture hardens as you stir and then looks like liquid again a few seconds later.
- If it becomes too runny, simply add a little more cornstarch
- Pour the "mud" into a tray or bowl and add your farm animals.

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Plunger-Scooter Board Races



Classification:

Outdoors

What you need:

Scooter boards and/or carpet dollies

Plungers

What to do:

Have kiddos kneel on the boards and use the plungers to push themselves forwards or backwards.

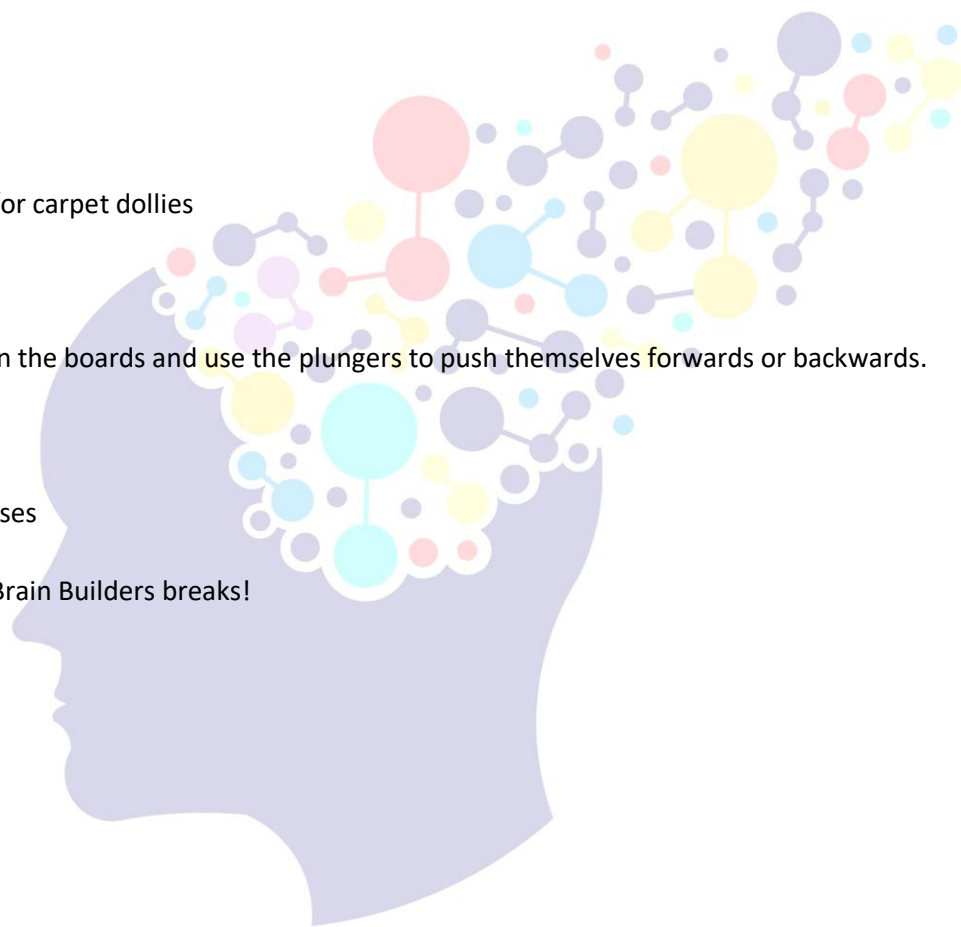
Fun Ideas:

Have scooter races

Set up obstacle courses

Have relay teams

Use as part of your Brain Builders breaks!



Sensational Snacks

Week #5

Blueberry-Almond Energy Snacks



Ingredients

- 2/3 cup finely chopped raw almonds
- 1/3 cup dried blueberries
- 1 ¼ cup old-fashioned gluten free oats
- ½ cup almond butter
- ¼ cup organic honey
- Optional but recommended: ¼ teaspoon salt

Instructions

1. In a large bowl, stir together all of the ingredients until completely combined.
2. Use a small ice cream scoop or spoon to scoop out the mixture into individual portions. Use your hands to roll it into balls and place on a rimmed baking sheet or small baking pan.
3. Tip: Keep your hands damp with water so that the mixture doesn't stick to your fingers and it's easy to roll into balls.
4. Place balls in the refrigerator to set for about 1 hour. Store in the refrigerator in an airtight container for up to 1 week (but they probably won't last that long)!

Recipe Notes

A few notes: If you don't have dried blueberries, try using raisins and adding some cinnamon to the mix. A Cinnamon Raisin Oatmeal Energy Snack sounds delicious!

To make a batch of Chocolate Peanut Butter Energy Snacks, just substitute dark chocolate chips for the blueberries, peanuts for the almonds, and peanut butter for the almond butter. The ratios can all stay the same. So easy, and so versatile!

Other Suggestions

Try adding different nuts such as hazelnuts

Other dried fruit would also work well such as cranberries

Don't have almond butter? Try peanut butter or cashew butter