

# Brain Gym warm up for Story Mapping

Presentation by  
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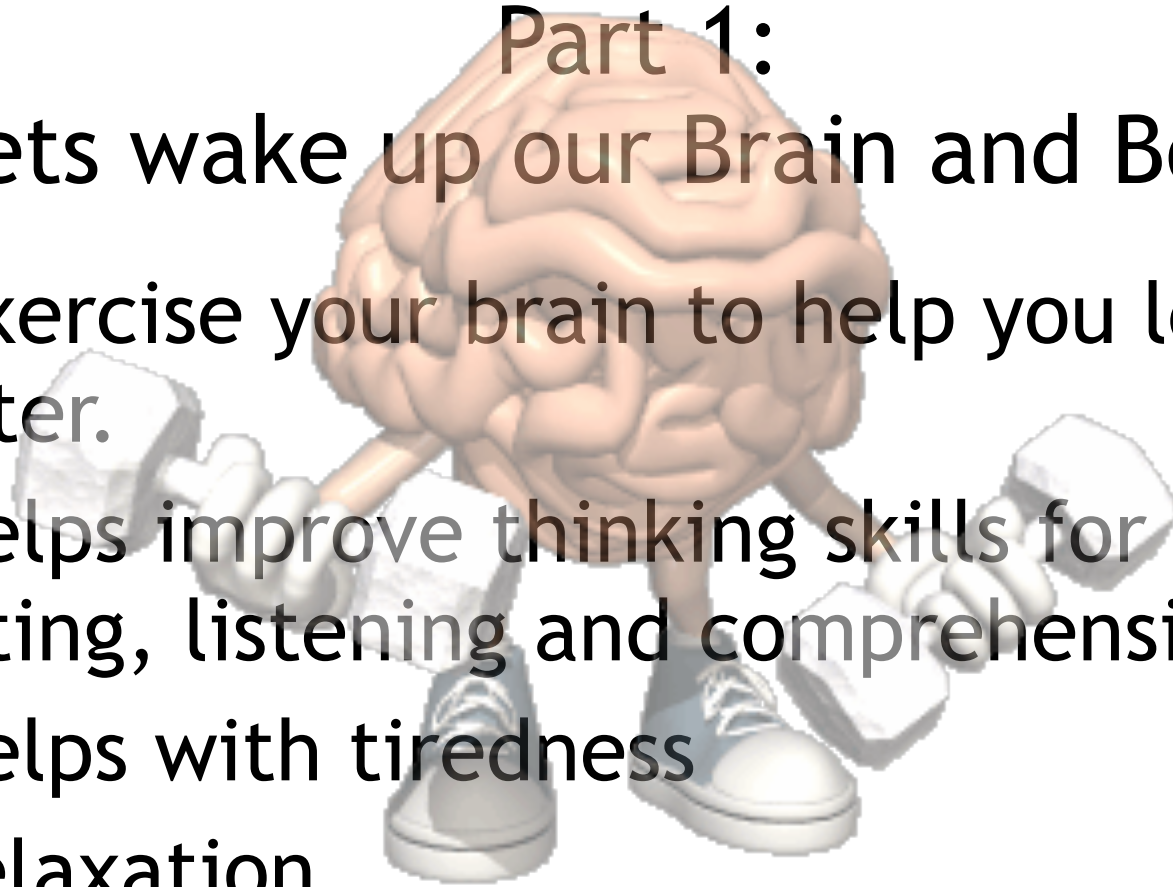
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## Part 1:

Lets wake up our Brain and Body!

- = Exercise your brain to help you learn better.
- = helps improve thinking skills for reading, writing, listening and comprehension.
- = helps with tiredness
- = relaxation
- = calms the mind.
- **Before we start get a drink of water.**



# Drink water - Energize



## Lets Play Catch!!

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Person A: Hold the ball say your name  
“I’m \_\_\_\_\_”, and what you like to do,  
“I like \_\_\_\_\_.”

Throw the ball.

Person B: Catch the ball and say your name  
“I’m \_\_\_\_\_, I like\_\_\_\_\_”.

Throw the ball to the next person and repeat A and B.

# Shoulder shrugs

- Roll your shoulders forwards, then back.



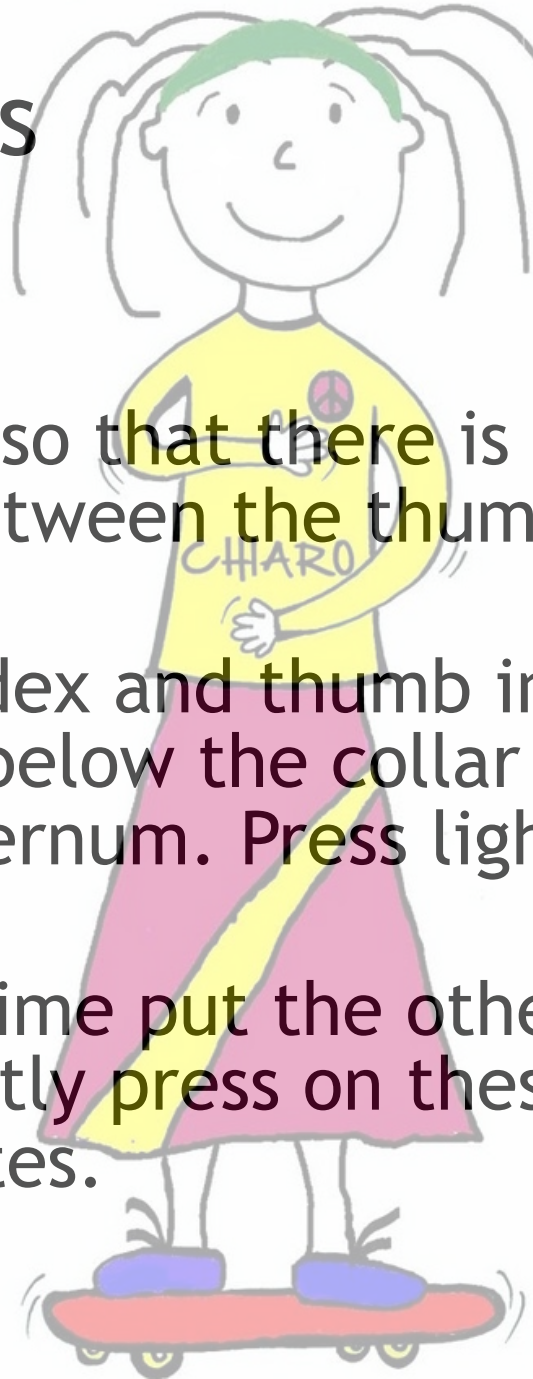
# Thinking Caps - Ear Massage

Hold your ears and slowly roll your ear lobes between finger and thumb.



*"Let's put on our THINKING CAPS, Josh!" I remind him. (Sometimes he gets distracted and doesn't listen to what I'm saying). I put mine on too, because it helps me hear the resonant sound of my own voice when I talk or sing. Gently unroll your ears, three times from top to bottom.*

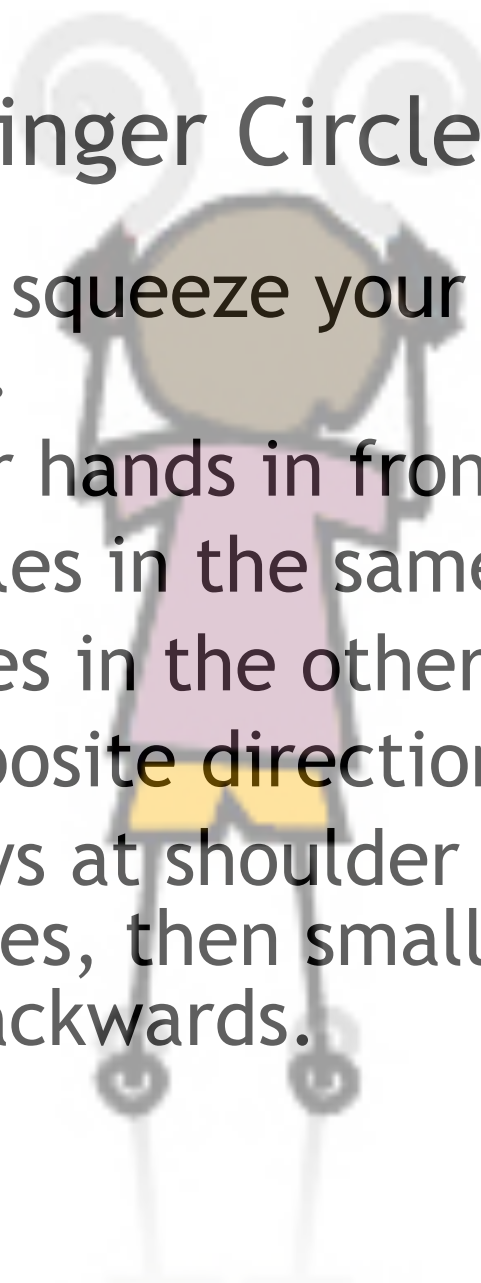
# Brain Buttons



- Put one hand so that there is as wide a space as possible between the thumb and index finger.
- Place your index and thumb into the slight indentations below the collar bone on each side of the sternum. Press lightly in a pulsing manner.
- At the same time put the other hand over the stomach. Gently press on these points for about 2 minutes.

# Finger Circles

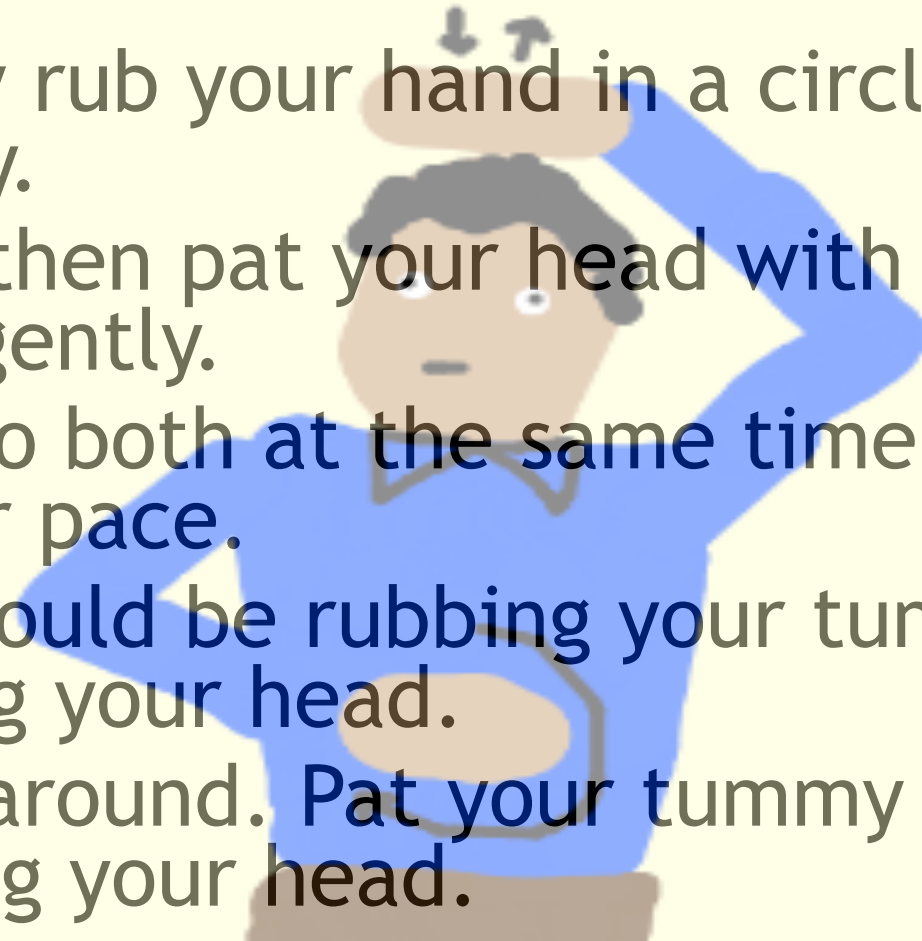
- With each hand squeeze your forefinger and thumb together.
- Stretch out your hands in front of your face.
- Trace large circles in the same direction.
- Now trace circles in the other direction.
- Now try the opposite direction to each hand.
- With your elbows at shoulder height, practise making big circles, then small circles, forwards and backwards.





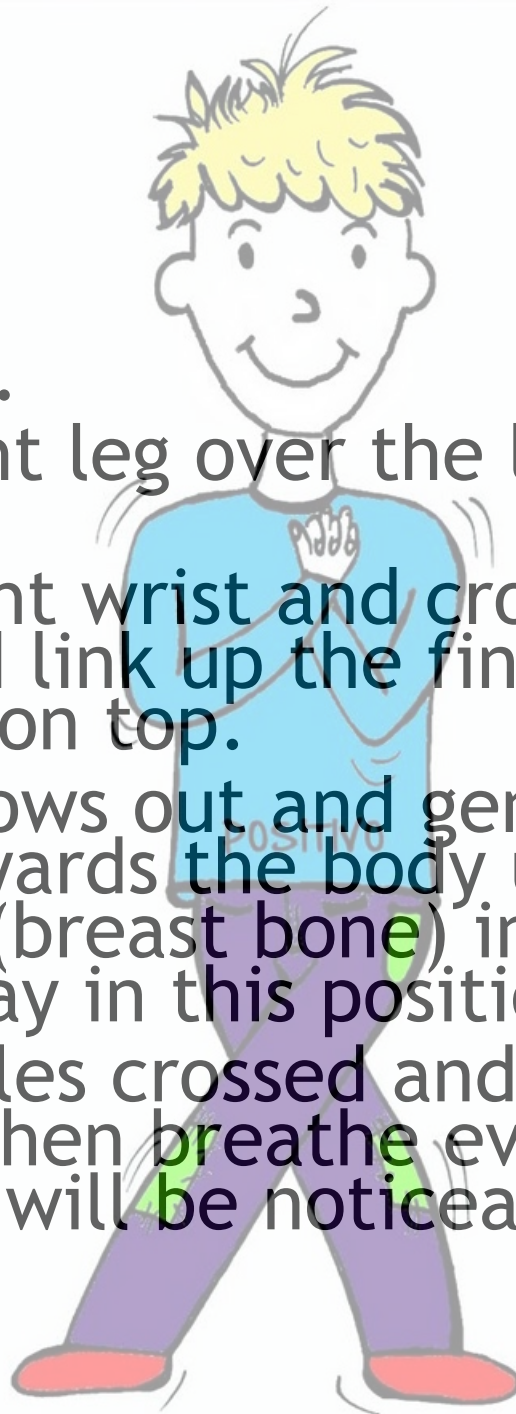
# Rub-a-dubs

- Gently rub your hand in a circle on your tummy.
- Stop, then pat your head with the other hand gently.
- Now do both at the same time and at a similar pace.
- You should be rubbing your tummy whilst patting your head.
- Swap around. Pat your tummy whilst rubbing your head.



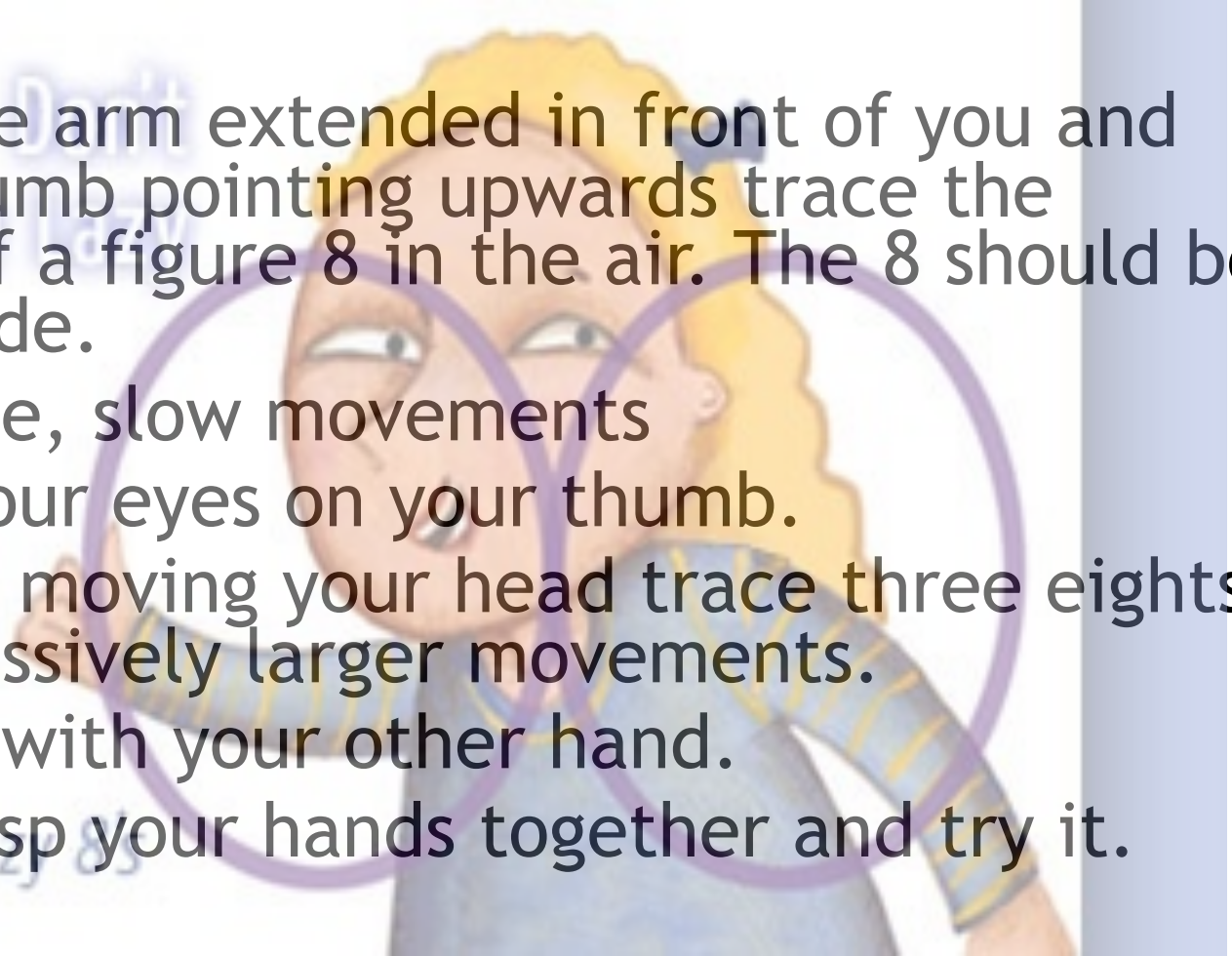
# Hook Ups

- Stand (or sit).
- Cross the right leg over the left at the ankles.
- Take your right wrist and cross it over the left wrist and link up the fingers so that the right wrist is on top.
- Bend the elbows out and gently turn the fingers in towards the body until they rest on the sternum (breast bone) in the centre of the chest. Stay in this position.
- Keep the ankles crossed and the wrists crossed and then breathe evenly for a few minutes. You will be noticeably calmer after that time.



# Lazy 8s

- With one arm extended in front of you and your thumb pointing upwards trace the shape of a figure 8 in the air. The 8 should be on its side.
- Use large, slow movements
- Focus your eyes on your thumb.
- Without moving your head trace three eights in successively larger movements.
- Now do with your other hand.
- Now clasp your hands together and try it.



# Cross Crawl

## March and Cross



- Stand (or sit).
- Put the right hand across the body to the left knee as you raise it, and then do the same thing for the left hand on the right knee just as if you were marching.
- Do for about 2 minutes.

# Invisible letters

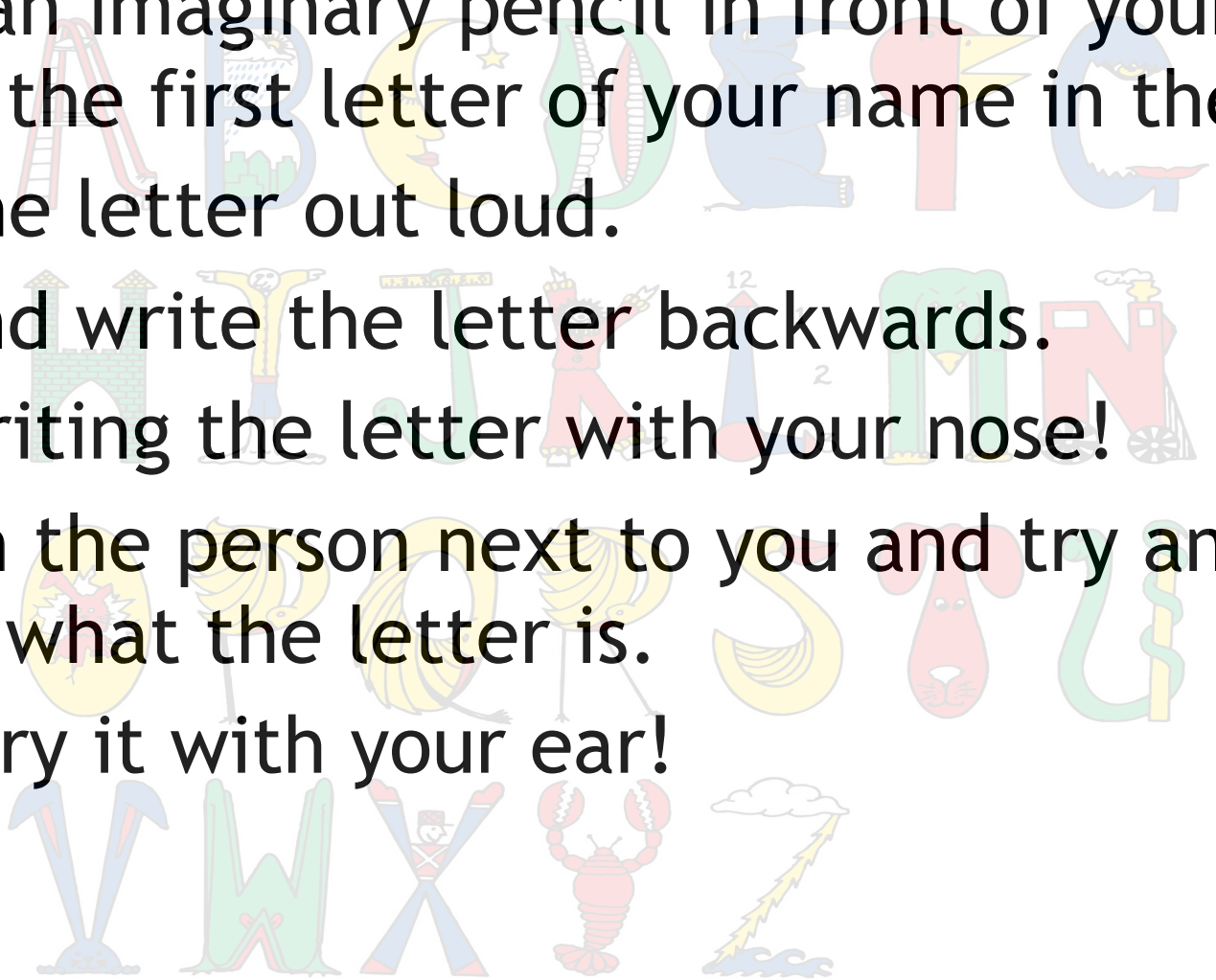
Hold an imaginary pencil in front of your face  
Write the first letter of your name in the air.  
Say the letter out loud.

Try and write the letter backwards.

Try writing the letter with your nose!

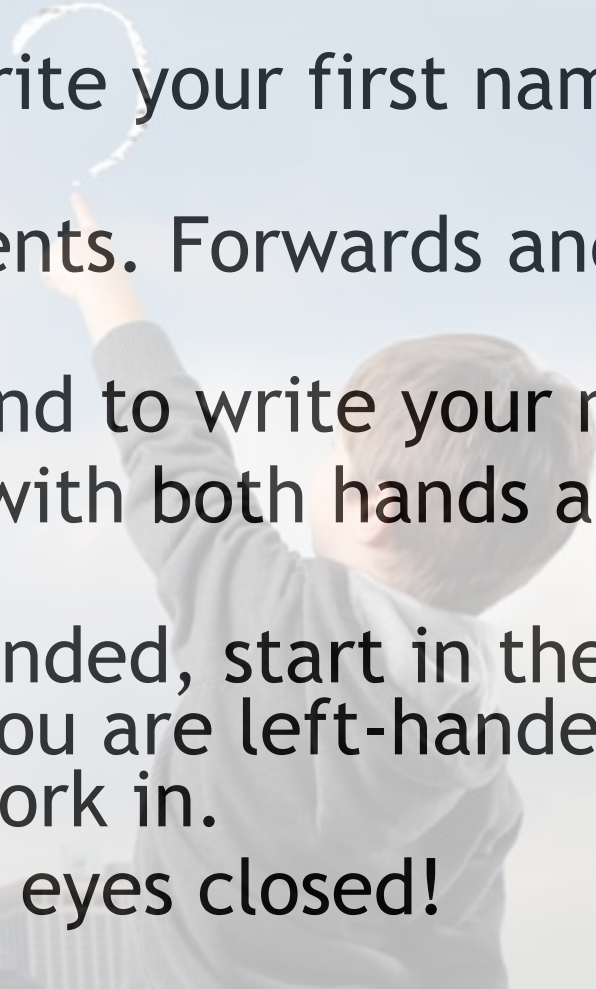
Watch the person next to you and try and  
guess what the letter is.

Now try it with your ear!




# Name in the air

- With your hand write your first name in the air.
- Use large movements. Forwards and backwards.
- Use your other hand to write your name
- Write your name with both hands at the same time.
- If you are right handed, start in the centre and work out. If you are left-handed start at the outside and work in.
- Now try with your eyes closed!

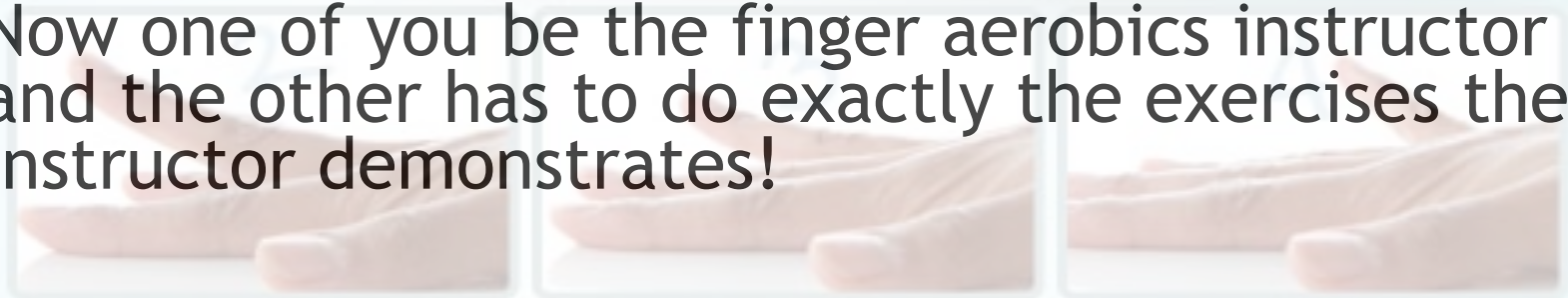


# Mirror Me

- In pairs
  - Face each other
  - One copies slow movements made by the other
  - Start with making different movements with your face.
  - Now with your arms.
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- The image shows two young boys in blue school uniforms sitting on a wooden floor, facing each other. They have their hands raised in front of them, palms facing each other, as if they are about to perform a movement or are in the middle of one. In the background, other children are visible, some sitting on the floor and others standing, suggesting a classroom or activity room setting. The room has wooden walls and red curtains.

# Finger Aerobics

- With a partner sit next to each other.
- Both of you, place your hands flat on the floor.
- Take turns to lift different fingers without taking any other fingers off the floor. Do the movements at the same time as each other.
- Start with simple lifts. Lifting each finger in turn, then taps, then bends, then big stretches!
- Now one of you be the finger aerobics instructor and the other has to do exactly the exercises the instructor demonstrates!





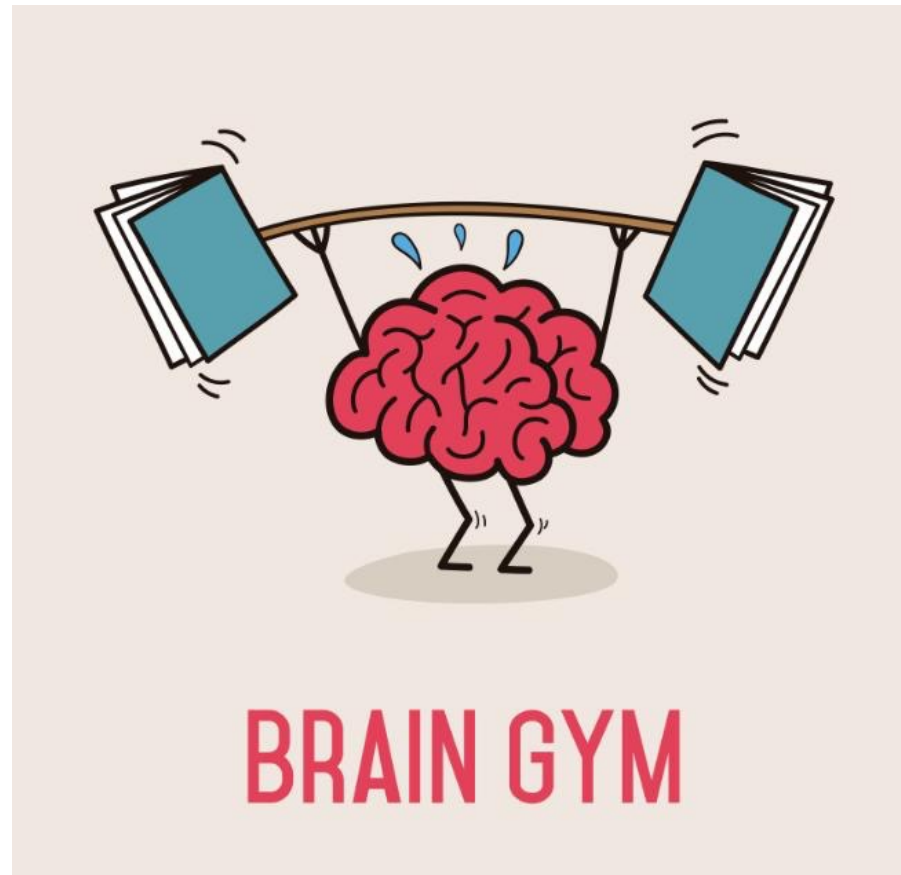
# Finger sums

- Show your partner a number sum with your fingers. For example  $1 + 2 = ?$
- Can your partner can get the answer?
- Crossed hands = add +
- One hand across your face = take away -
- Hands in a diagonal = times/multiplication x
- A hand across your face with a dot above and below = divide.

Well done!

Next time we can try this with music!

[https://www.youtube.com/watch?v=bFty8J\\_avfl](https://www.youtube.com/watch?v=bFty8J_avfl)



# Part 2: alphabet dance!

- Read aloud the letters of the alphabet from beginning to end. A to Z.
- Then read the alphabet out loud from end to beginning. Z to A.
- Read the letters of the alphabet aloud as a class or small group whilst completing the accompanying action, l left hand raise and r is a right hand raise and t is both arms together. A further variation (and complication) is to accompany the raise with an opposite leg raise!

A B C D E F G H I J K L

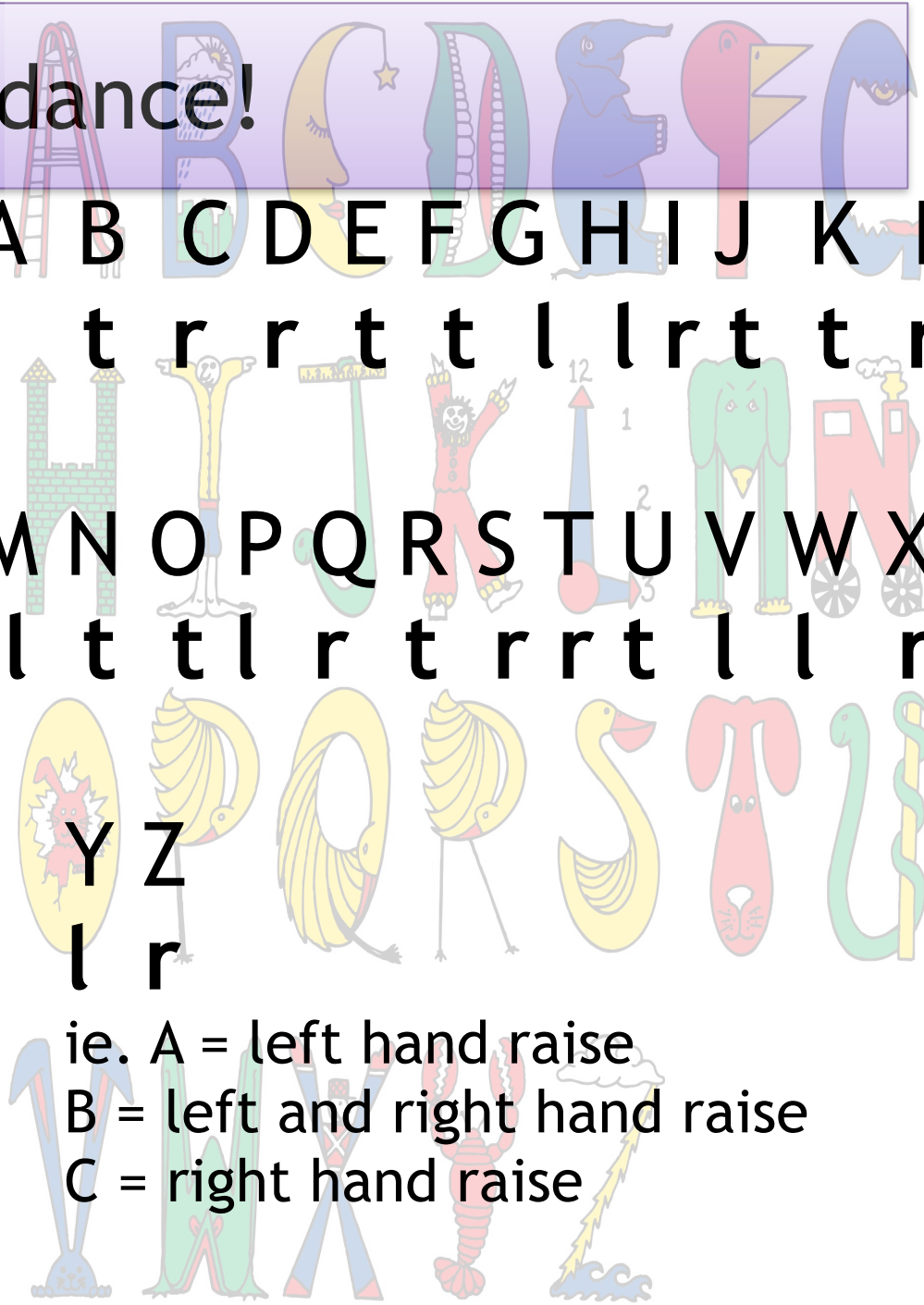
l t r r t t l l r t t r

M N O P Q R S T U V W X

l t t l r t r r t l l r

Y Z  
l r

ie. A = left hand raise  
B = left and right hand raise  
C = right hand raise



# Part 3: Story mapping/body mapping

- Lets get some art materials; massive paper, artline pens, different colour pens/textas/pencils, magazines.
- Get into pairs.
- Together you will take turns to trace each other's body shape onto large paper.
- Choose a colour that represents 'you'.
- Think about and draw symbols (food, drinks, sport, animals, shapes etc) on their body map that represent their home country. Find pictures from magazines or the internet to glue onto your body map.