



In Readiness: Mind & Body



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TCM Approach: Improve concentration and memory.

- ✓ Physical activity and cardiorespiratory fitness are beneficial to brain structure, brain function and cognition.
- ✓ Any form of physical activity(before, during and after school) promotes scholastic performance in children.
- ✓ Social inclusion and relationships with peers, teachers and parents are developed which foster self-esteem and well-being.

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Third Eye Point:

- ✓ Found directly between the eyebrows, where the forehead and bridge of the nose meet.
- ✓ Press this point for 3 to 4 minutes gently.
- ✓ Repeat 2 to 3 times per day for uplifting spirit and clear mind.

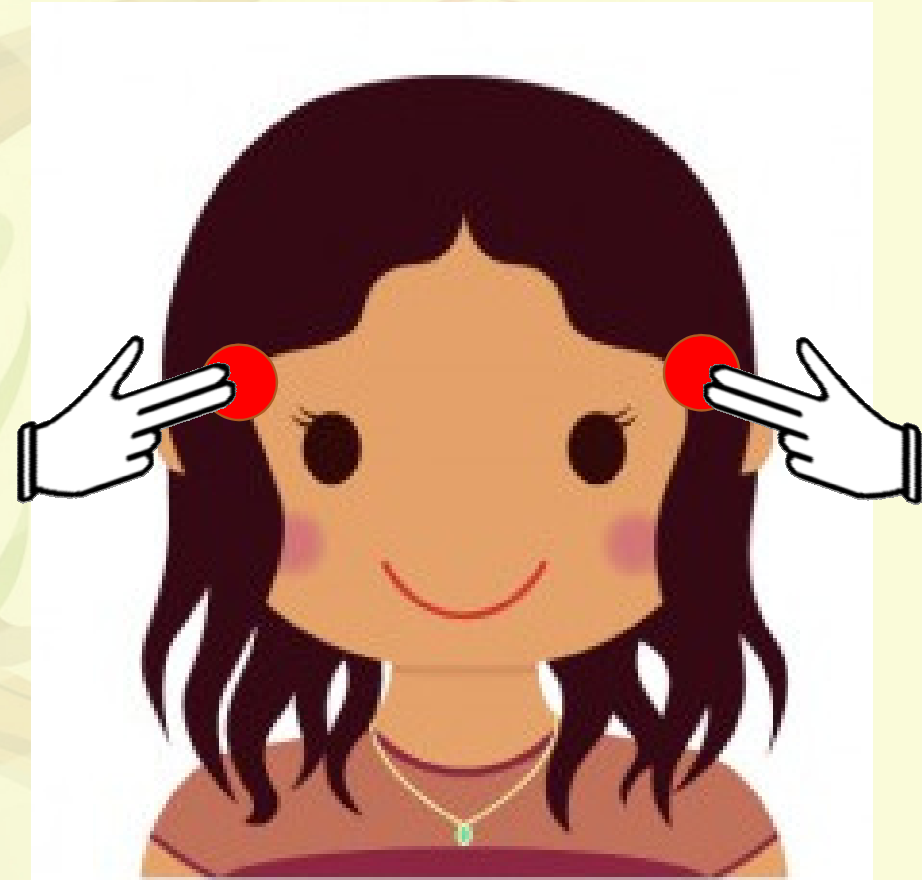


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Sun Point:

- ✓ Found in the depression of the temples.
- ✓ One and half inches away from the eyebrows.
- ✓ Place two fingers on each temples and apply slight pressure for 2 minutes.
- ✓ 3 times every day for the best results.



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Middle of a Person:

- ✓ Place finger right in between the upper lip and nose.
- ✓ Middle of a person (Imaginary mid-line).
- ✓ Press point firmly for 3 to 5 minutes



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Brain Point:

- ✓ Found on the bottom of your big toe.
- ✓ To access right side of brain is on left toe and vice versa.
- ✓ Use thumbs to massage this point.
- ✓ Move thumbs on the big toe, by trying to cover it entirely.
- ✓ Repeat every day for one to two minutes.
- ✓ Spend equal time on both toes.

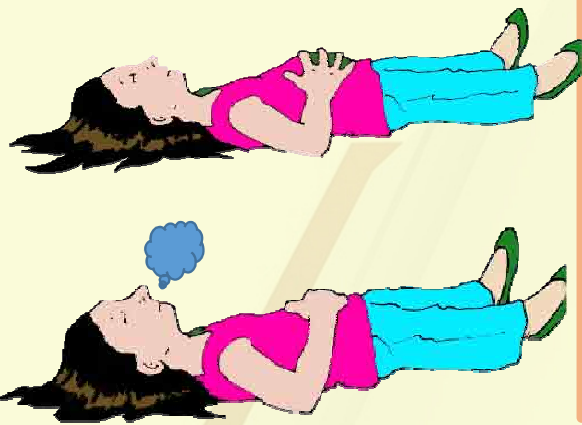


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Brain Training Exercises.

- ❖ Brain training exercises (also known as executive functions) helps in the ability to plan, manage time and remember details.
- ❖ Solving problems, regulating emotions, being flexible and communication skills are influence with these brain exercises.

1) Elevator Breathing.



- I. To start the elevator, breathe in through your nose, then breathe out all the air.
- II. Next, breathe in and take the elevator breath up to chest. Hold it. Now breathe out all of the air.
- III. Lastly, breathe in and take the elevator breath up to the top floor, up through your throat into your face and forehead. Hold it. Breathe out and feel your elevator breath down through the chest, belly, legs and out the elevator door in the feet.

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Brain Training Exercises.

2) The Brain/Body Coordination Workout.

Toe Wiggling. Helps coordination.

Every morning before getting out of bed, encourage child to slowly begin to move all their toes on both feet up and down, and lastly just the two big toes.



Your Other Hand. Helps wired both side of the brain.

Encourage child to try doing things with their non-dominant hand. If they are right-handed, have them use their left and if left-handed, use their right for things like writing, getting dressed and eating.



Get Moving. Helps in midline crossing.

Standing - Use right hands to touch left feet and vice versa.

Sitting - Touch left elbow to right knee and vice versa.

Sitting leg stretched out - Walk up tennis / ping pong ball with right hand, beginning from your left toe up to the thigh and vice versa.

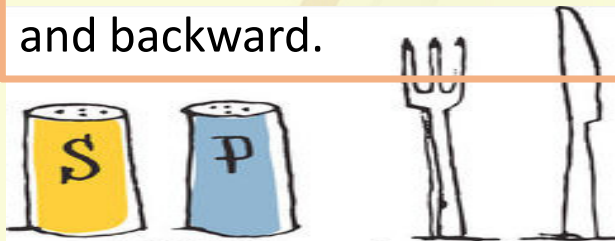


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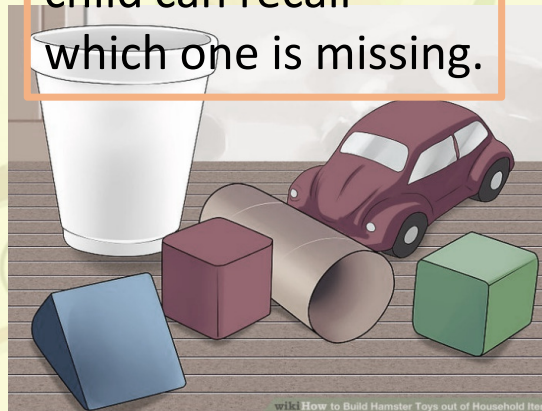
Brain Training Exercises.

3) The Concentration Game

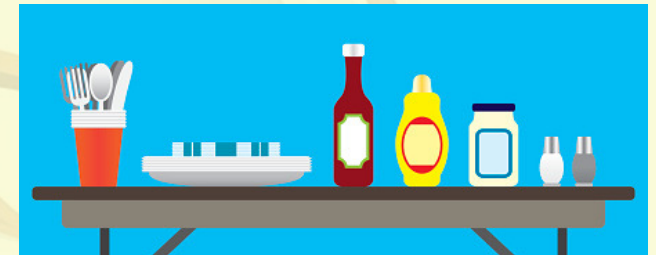
Recalling. Help improve memory and concentration.
Encourage child to remember short lists of familiar objects in the home. Prompt child in remembering them forward and backward.



Recalling. Help improve memory and concentration.
Take a few toys and line them up. Then cover them and take one away. See if child can recall which one is missing.



Recalling. Help improve memory and concentration.
Place random objects in front of them for 15 seconds, then remove the objects and see how many they can remember. Start out with five and keep increasing the number as they master the task.



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Fine Motor Skills

- Fine motor skills are essential for table task related activities which influences child's learning behaviour to complete school work with minimum frustration.
These skills includes cutting, pasting, tearing, squeezing and stacking.
- Also, the ability to complete written work will promote child interest in learning with minimum frustration. Hence, tracing of patterns and forms orientation requires development of these fine motor skills to assist in gripping pencil grasp to enhance writing abilities.

*For more information on fine motor activities and writing, please refer to slide presentation on Alphabet Forms & Fine Motor Pencil grasp

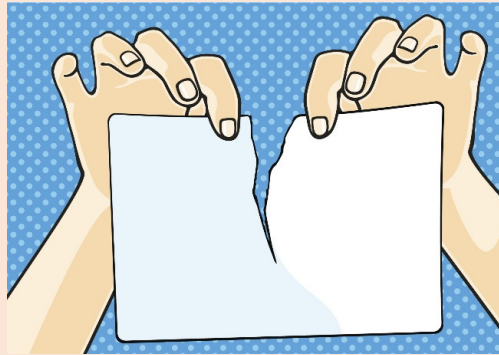
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Fine Motor Skills



Cutting & Pasting Activities

Promote development of pincer grasps, eye-hand coordination, strength to hold onto scissor to complete snipping of picture.



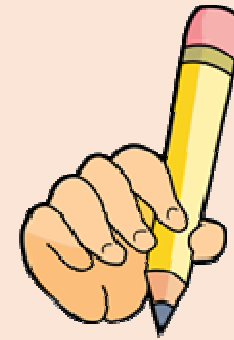
Tearing Activities

Promote stamina of upper shoulder to tear apart. Strengthen pincer grasps to hold and pull apart.



Crushing / Squeezing Activities

(Newspaper or Patty)
Promote stamina of upper shoulder to squeeze. Strengthen palmer grasps and small muscles joints of fingers and wrist.



Gripping Activities

Promote ability to hold onto pencil / crayon for writing or tracing.



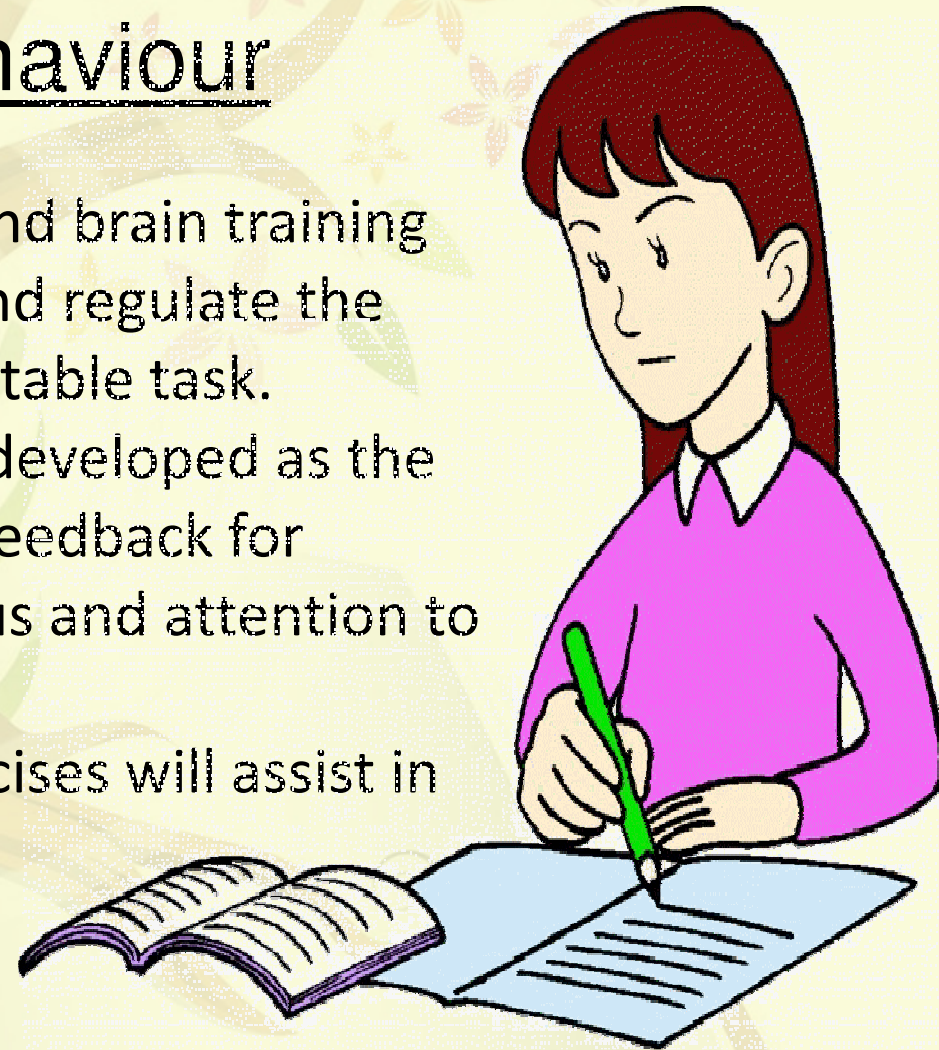
Stacking Activities

Promote eye-hand coordination & ability to hold and release object with control.

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Sit on task behaviour

- Exercises as shared on TCM approach and brain training exercises will settle the anxious mind and regulate the body for readiness to complete a sit on table task.
- Concentration and focus will be better developed as the brain and body has received sufficient feedback for calmness, hence stimulating better focus and attention to task.
- Completing these approaches and exercises will assist in reducing distraction and anxiety.



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