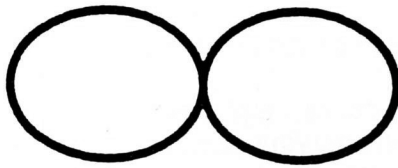


Correction Exercises for Educational Kinesiology (EK)

Brain Buttons: One hand is on the navel, the other on the two points located near the junction of the collar bones and breast bone (sternum). Rub the two points firmly for 10 to 30 seconds.

Cross Crawl: Touch the right hand to the raised left knee then touch the left hand to the raised right knee. You can also touch the opposite hand and foot in front or in back of you.

Unroll Ears: Unroll your ears starting at the top and moving down. Repeat this 3 or 4 times.



Lazy 8's:

1. Macro - Whole body movement

Make the area as large as possible, bend the knees while the hips swing and put the whole body into the movement. The body swings rhythmically from side to side

2. Macro - Large upper body movements.

Use the full range of the shoulder joint. For increased tactile experience do the exercise against a wall with the finger tips lightly touching.

3. Large Lazy 8's

On paper draw large lazy 8's using the elbow, wrist joints and muscles.

4. Micro Lazy 8's

On paper draw small lazy 8's, writing size.
(Always move up and outward through the center.)

Cook's Hook-Up:

Cross your ankles, cross your arms and with your thumbs pointing down lock your fingers. Bring your hands up to your chest and put your tongue on the roof of your mouth. Hold this position for 1 minute.

Zip Up: Run your hand up the middle of your body from the pubic bone to center of the lower lip 3 or 4 times. Keep your hand within 2 inches of your body without touching.

Earth Buttons:

Put one hand on your pubic bone and one hand just below the center of your lower lip and hold for 30 seconds.

Space Buttons:

Put one hand on your tail bone and one hand on the center of your lower lip and hold for 30 seconds.

MOTOR COORDINATION

Motor coordination has two parts:

1. the use of the large muscles needed in walking, running and jumping and
2. the use of small muscles for writing, drawing and cutting.

In each of the functions of the eyes, hands, feet, nerves, muscles – all human responses – must obey the signals of the brain. This is an instantaneous, involuntary reaction for most people, built up from infancy, when skills are clumsy, to a refined talent for minute details. Observe an infant trying to hold a rattle; later he will be able to pick up a piece of dust with two fingers.

Formal learning depends on the quick responses of all areas of the mind. To be agile physically has its echo in quickened mental processes. As a child improves in motor coordination skills, he is likewise improving in mental skills.

You can help your child improve in this area with the following games and activities:

1. Imitating the way different animals move. (Bears, ducks, elephants).
2. Spending a lot of time outside running, jumping and playing games.
3. Playing hopscotch first with one foot and then the other foot.
4. Learning how to ride a bike and roller skate.
5. Practice skipping.
6. Throwing, catching, rolling and bouncing balls. (Playing Seven-Up, punching balls, dribbling)
7. Playing marbles and jacks. (At first toss, bounce, and catch the ball, then add tap the floor. Last add the jacks one at time.
8. Making things with clay. (Cut, mold, roll, make the alphabet).
9. Learning about the parts of the body.
10. Learning how to lace, tie shoes, button, zipper, make a knot and snap fingers.

Additional Examples:

Balls

Battleship

Bean Bags

Blocks: Build patterns with the blocks that the child can duplicate. Involve language whenever possible. Example: Have the child tell you how to build the pattern using concept terms: on, over, under, left, right, in, front, etc.

Clay

Finger Paint

Jacks

Jump Rope

Lacing

Maze's

Lego's

Marbles

Pick-Up Sticks

Tracing

Yo-Yo

Practice these activities many times and in different ways. These games should be done in a relaxed and enjoyable way. As you do these things, you will be helping your child prepare for a more successful school experience.