

## Braincalm™ Intensive Block 3

Equipment added: 1 hula hoop for each child.

\*\* This block is slightly progressively more difficult than block 2.

\*\* As always finish with the hug & breathe transition outside classroom door.

<p>A = Alerting 2-3 mins Normal Voice</p>	<p>B = Brain Organising 10-12 mins Quiet Voice</p>	<p>C = Calming 6-8 mins Whisper</p>
<ol style="list-style-type: none"> <li>1. Jump in &amp; out of hula hoop clockwise, then anti clockwise- approx. 1 min.</li> <li>2. Circle bounce on therapy ball in a circle to left &amp; then to right.</li> </ol>	<ol style="list-style-type: none"> <li>1. R elbow to L knee, L elbow R knee- continue x 20.</li> <li>2. Sitting- spread legs into a 'V'- R hand touch L toes, L hand touch R toes x 20 repetitions.</li> <li>3. Stand on wobble cushion- shadow boxing – must be across body – box high – box in middle – box low – mix it up – approx. 2 mins (or more if children having fun) – child MUST NOT fall off cushion!</li> <li>4. Cross balance beam times- criss crossing feet L foot in front of R going across, swap to criss crossing R in front of L returning back across beam– you MUST STAY CLOSE to child – this is difficult!</li> </ol>	<ol style="list-style-type: none"> <li>1. Wall Push ups x 30.</li> <li>2. Plank x 30 secs.</li> <li>3. Kneeling push ups x 30.</li> <li>4. Weights on spine, blanket, ball roll as per previous blocks.</li> <li>5. Finish with 'Hug &amp; Breathe transition' outside classroom door or at end of session.</li> </ol>