

Braincalm™ Intensive Block 1

A = Alerting
2-3 mins
Normal Voice

Running on the spot x 30 secs.

Jumping Jacks
(or plain jumping) x 1 min.

Hopping
10-12 times each foot.

B = Brain Organising
10-12 mins
Quiet Voice

Log roll- arms overhead 3
rolls x 3 times.

SLOW Crawling
on all 4's- 'Prowling tiger' x
3 times across room &
back.

Commando
'Soldier crawls under a
net' x 3 times across room
and back (less if child very
weak if child unable just
continue 'prowling crawl').

Stand on wobble cushion
or wobble board- find
balance-throw & catch
ball x 2 mins approx.

Cross balance beam
SLOWLY - 3-4 times
'Heel To Toe', 3 -4 times
'Side Stepping' 3-4 times.

C = Calming
6-8 mins
Whisper

Forearm plank x 10 secs
(If child too weak- just
ask child to remain on
hands and knees).

10 kneeling push ups
(If child is too weak- don't do
push ups- instead 'rock back
and forth' on hands & knees.

2 children lying on tummies
on cushions- 2 x wrist weights
on back- covered with
blanket.

3d child- ball roll on back from
neck to ankles 5- 6 times then
swap.

Walk quietly back to class-
Finish with 'Hug & breathe'
outside classroom door.