

Braincalm™ Intensive Block 2

** This block is slightly progressively more difficult than block 1.

Block 2: Added equipment: - 1 therapy ball for each child, 1 small bean bag each.

<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>
<p>1. "High Jump" Ask children to jump up as high as they can to touch the wall x 10 times – repeat with other hand.</p> <p>2. The Bounce Sit on therapy ball & bounce 20 times.</p>	<ol style="list-style-type: none"> On yoga mat- complete SUPERMAN – go on to hands and knees- stretch out L arm straight and R leg straight - hold for 10 secs. Swap- hold for 10 secs. Repeat both above again once more. Hand to knee tap: crossing body midline: in standing- touch R elbow to L knee- then L elbow to R knee- repeat 10 times- rest then repeat. Ball Tummy Roll: Ask child to lie across therapy ball & walk hands as far as they can. Then walk hands back. Repeat 10 times. Standing on Wobble Cushion or Wobble Board (if the child would like a change). Throw & Catch Bean bag 10 times with R hand. Throw & catch 10 times with L hand. Throw beanbag in the air with R hand – follow with eyes and catch with L hand. Do this 'R hand to L hand' 10 times. Please make it easier or harder depending on child's coordination ability. The point of it is to keep the child balanced on the wobble cushion or board PLUS doing the bean bag activity quietly and efficiently. If the above is too difficult with a bean bag- try the SAME as above but with a ball. Balance Beam: Cross Beam 4-5 times times, criss crossing L foot over R-next time go R over left. Cross Beam about 5 times- slowly and with excellent concentration and focus on balancing. **** During balance beam crossing the adult MUST stay close to the child in event of a fall. Please hold the child's hands until they can do it independently. If a child cannot manage this beam activity, please have him revert to beam activity from Block 1. 	<ol style="list-style-type: none"> "Feel the burn" Hold a bottle of water or a bag of sugar or a 1kg (or heavier if older child) wrist weight in both hands a little above eye level. Hold for as long as possible to "feel the burn". Ask them to quietly count the seconds inside their head and to try to beat their own score every day. Plank x 20 secs. Kneeling push ups x 20. Weights on spine, blanket, ball roll as per previous blocks. Finish with 'Hug & Breathe' outside classroom door or at end of session.