

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.

A = Alerting 2-3 mins Normal Voice	B = Brain Organising 10-12 mins Quiet Voice	C = Calming 6-8 mins Whisper
<ol style="list-style-type: none"> 1. Jump in & out of hula hoop clockwise, then anti clockwise- approx. 1 min. 2. Circle bounce on therapy ball in a circle to left & then to R. 	<ol style="list-style-type: none"> 1. R elbow to L knee, L elbow R knee- continue x 20. 2. Sitting- spread legs into a 'V'- R hand touch L toes, L hand touch R toes x 20 repetitions. 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! 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! 	<ol style="list-style-type: none"> 1. “Feel the burn”. 2. Plank x 30 secs. 3. Kneeling push ups x 30. 4. Weights on spine, blanket, ball roll as per previous blocks. 5. Finish with ‘Hug & Breathe transition’ outside classroom door or at end of session.