

## Braincalm™ Intensive Block 4

Equipment added: Skipping ropes (1 per child).

A = Alerting  
2-3 mins  
Normal Voice

1. Skipping: any way the child can skip. If they cannot skip have them jump up and down while turning the rope holding & turning 2 handles in one hand.
2. Simple hopscotch across mat x 5 times.

B = Brain Organising  
10-12 mins  
Quiet Voice

1. Touch R hand to L heel (behind back) – L hand to R heel (behind back) x 20 repetitions.
2. Get into 'crab position' and walk back and forwards across mat x 5 times.
3. Stand on wobble cushion- complete karate chops– must be across body- chop high- chop in middle- chop low- mix it up- approx. 2 mins (or more if children having fun)- child MUST NOT fall off cushion! Continue for approx. 2 mins.

C = Calming  
6-8 mins  
Whisper

1. Ask each child to lean against a wall- slide down into a squat as if sitting on a chair- hold it until they "feel the burn".
2. Plank x 40 secs.
3. Kneeling push ups x 40.
4. Weights on spine, blanket, ball roll as per previous blocks.
5. Finish with 'Hug & Breathe' outside classroom door or at end of session if at home.

