

Quick Start Guide

To Getting Your The Braincalm™ Intensive Program Up & Running

Rules for the Braincalm™ Intensive Program Practitioner:

1. Get YOURSELF calm and regulated - otherwise the children will pick up your energy.
2. Forget any negative pre reported information about the child. You may well see a totally different child in your class as he may be feeling 'relief' from persistent 'brain fizz' and may settle very well.
Be patient!

Starter equipment: to get going with BLOCK 1 you will need:

- a) 1 x exercise therapy ball
- b) 3 x yoga mats- preferably 3 different colours (one for each child)
- c) 3 small pillows or cushions
- d) 3 wobble cushions
- e) 'Starter' balance board x 2 WE'R Sports- Amazon
- f) 1 balance beam (gymnastics beam- eg. Ikea)
- g) 2 heavy throws/blankets
- h) 2 sets of wrist weights ½ lb each approx
- i) 3 balls (a variety – soccer, tennis, soft foam etc.)

** For Block 2 you will need a therapy ball and small bean bag for each child.

** For Block 3 you will need a hula hoop for each child.

** For Block 4 you will need a skipping rope for each child.

How the Braincalm™ Intensive Program will run in a preschool or school setting.

We **suggest** you complete the program every day (at least 5 days) for 6 weeks. If you are in a school, take a break for 1 week so you can meet up with & talk to SNA's and resource teachers & class teachers to see how things are going- are the stations making any positive changes- even small changes- to the child and to the way the child is in class and yard?

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The reason for this is so you can gauge how much impact the program is having on the child. Sometimes changes are subtle and it is only when you STOP taking the pupil out for the program that you hear back from the teacher that the child is more disruptive and inattentive.

You then can decide if the children you have in the program will move on to another set of stations and if there are children who need to attend- who are not at present.

****** Please note- you can also use some of the activities for children who may need a sensory break outside of the classroom.

Choose a room that is quiet and has little or no traffic passing if possible. When the children enter the room have chairs lined up for each child. They should use the same chair every time they come. Ask them to sit and remove shoes.

All the Braincalm™ Intensive Program blocks will follow the format below:

Station A: Alerting or Awakening the Brain:

Use your normal voice for this station.

2 mins approximately in total.

If possible, give each child a cup of water before you start.

Station B: Brain Organising:

Spend 10 to 12 minutes on this station. Start by directing each child to a yoga mat.

Make sure that they always use the same mat when they come to stations. Use a quiet voice for this station.

Station C- Calming the Brain:

Whisper for this station: it should last approx. 6-8 minutes.

Walk quietly back to the classroom & do the 'Hug & Breathe' outside the classroom door so that the child gently 'transitions' back into a noisy environment.

******* Be careful not to run the Braincalm™ Intensive Program too close to break time- the running around yard may over alert the child and undo the calming techniques!

Continue with these activities daily for 6 weeks. If using this program at home move on to block 2 then after 6-8 weeks, block 3 after the next 6-8 weeks and finally move on to block 4.

****** Please note- if a child is VERY DYSREGULATED- he/she may need further sensory breaks throughout the rest of the day. You may want to try some of the 'brain organizing' exercises for breaks- for example keep a wobble cushion + ball outside classroom door for a 5 min break.

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