



SIMPLE BRAIN-BODY CONNECTIONS USING LITTLE TO NO EQUIPMENT

Great APE

ABOUT THE AUTHOR

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These simple activities can be done in the classroom, hallway, gym, or even at home. They combine movement, balance, crossing-midline, working memory, spelling and reading, and an element of FUN! Print each page and cut into 8 different stations or task cards. Every page includes multiple options for doing these challenges either sitting, standing on one foot or two feet, eyes open or closed, and lots of ideas for spelling out words, names, colors, etc.

Get Active! Have Fun!

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ABC WALL TAPS

Scatter ABC letters on a wall inside a 12"-15" square space.

- Stand at midline.
- Use right hand to touch one letter at a time.
- Spell out the ABC's, names, colors, spelling words, etc.

Other Options:

- Change to left hand.
- Alternate right and left hand.
- Stand on either foot while using one hand.

BALANCE LINE WALKING

Place 10' tape on the floor or use a tile line or existing floor mark.

- Walk on line without stepping off.
 - Heel-Toe
 - Side-Step with Right Foot Lead
 - Side-Step with Left Foot Lead
 - Cross-Over Step (Grapevine) with Right Foot Lead
 - Cross-Over Step (Grapevine) with Left Foot Lead
 - Backwards Walking
 - Backwards Heel-Toe

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COORDINATION JUMPS

Pick a spot on the floor (tile/color change, 24" piece of tape, where tile meets carpet, etc.).

- Jump with 2 feet together for take-off and landing.
- 1. Side-to-Side (over the line and back).
- 2. Front-to-Back (over the line and back).
- 3. Scissors. Stand facing the line. (one foot on each side of the line, jump up and switch feet to land).
- 4. Criss-Cross. (stand with one foot on each side of the line, jump up and cross right over left, land, jump again and uncross).
- 5. Hopscotch Jumps (Right Foot/Right Foot; Left Foot/Left Foot; Right Foot/Left Foot; Left Foot/Right Foot/ Both Feet).

DOT JUMPS

Put 4 dots or pieces of tape on the floor in a 12" x 12" square pattern. Put the Dots in the corners. Number the Dots 1,2,3,4.

- Write a Pattern or Series of Patterns on the Board.
- Read the Pattern, Repeat to Memorize, Then Jump the Pattern Using The Square.

1,2,3,4

2,3,4,1

3,4,1,2

4,3,2,1

TRACING

Sit or Stand in Front of the Wall/Board. Make sure you are sitting or standing At Midline.

- Use your Right Pointer Finger to Trace the Following Shapes (square, circle, rectangle, diamond).
- Put your Right Pointer Finger on the Starting Corner or Top and DO NOT lift your finger up when you Trace.
- Go 'Forward' around the shape.
- Go 'Backward' around the shape.
- Switch to your Left Pointer Finger.
- Stand on one Foot and Trace.

TOUCH POINTS

Stand at Midline of a 12"-15" square that is placed on the wall/board. Scatter various colors, words, numbers or shapes inside the square area on the wall at Eye Level.

- Touch one object/picture at a time while saying what it is.
- Touch all objects/pictures in a group.
- Stand with Left Leg crossed over Right. Use Right Hand Only.
- Try with Right Leg crossed over Left. Use Left Hand Only.
- Balance on One Foot and use Opposite Hand Only.

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STANDING FIGURE 8s

Figure 8: Hold a piece of paper, a small ball, or wad-up a piece of paper to make a ball.

1. Stand with legs apart with the object in your Right Hand.
 2. Start the Figure 8 by moving the object in front of your right leg, and reach under to take the object with your Left Hand.
 3. Take the object around and in Front of your Left Leg while you reach under with your Right Hand to take the object.
- Repeat.
 - Try it with your Eyes Closed.

SIDEWAYS FIGURE 8s

Sideways 8 (figure 8 lying sideways): Draw a 6"-12" size Sideways 8 on the board.

1. Stand at Midline.
2. Trace using Right Pointer Finger only and do not lift finger up.
3. Follow the path with your Eyes.
 - Try it with your Left Pointer Finger.
 - Stand on One Foot and Trace.