



OVERVIEW

Brain Bop leads you through a series of warm ups based on developmental movement patterns that all humans move through from pre-birth to age one. These warm ups promote concentration, social skills, math and reading aptitude. Refreshing and relaxing, this sequence of patterns helps build vital connections between the brain cells. Each activity combines somatic (mind/body) practices with current brain research to bring lasting benefits to everyone.

Who Is Brain Bop For? All ages benefit since nervous systems and human beings learn and develop throughout life.

When's a good time to Brain Bop? Brain Bop is useful to start the day, any time concentration is poor, to wake up or calm down, to prepare for a test, during inside recess, and as a movement, dance or exercise activity.

How To Do It? Sit on the floor or in a chair, or stand with a little bit of personal space around you, and follow the voice prompts on Tracks 1-7 until you are comfortable providing your own prompts.

- ★ Tracks 1 - 7 provide guided imagery and voice prompts to change position and action, all set to lively music.
 - Beginning with activities for ages 2 – 6, Early Childhood Part 1 and 2 are meant as one continuous series of songs, rhythms and rhymes, to be done in a circle.
 - Haunted House is an imaginary journey for ages 4 and up.
 - Children's Warm Up, both voice prompted and instrumental only, is a standing version for ages 5 – 9.
 - Brain Bop, the title track, is especially fun for older children and young teens.
- ★ The guided warm up and instrumental tracks are for all ages. Neal Robinson's music is ideal for these short warm ups; each track is satisfying in tempo and length.
- ★ Tracks 8 – 12 are instrumental only. Musical events change frequently, helpfully suggesting a transition to the next pattern in the sequence.
- ★ Calm and Resting music is ideal for mirroring and relaxation movements.