

THE SEQUENCE

BREATH

Breathe deeply, 3 – 4 times

TACTILE

4 types of touch, front and back.
Top to toe and back again.
Squeeze, tap, pat, brush

CORE-DISTAL

Reach out with toes, fingers, head, tail.
Curl in to your core. Make big O's and
little X's with your body.

HEAD-TAIL

Move your head. Move your tail.
Separately and together; in all planes.
Wiggle your spine

UPPER-LOWER

Move all parts in the upper body half.
Move all parts in the lower body half.

BODY-SIDE & EYE TRACKING

Freeze one side, move the other.
Switch. Do horizontal eye tracking

CROSS-LATERAL

Move across the midline.
Connect upper and lower quadrants.
Do vertical eye tracking

VESTIBULAR

Move off balance with spins, swings,
tips and rolls; all levels, all directions.
Breathe to settle yourself. Reverse
directions.