

VISION REFRESHERS

With Brain Gym® and Vision Gym movements

The Positive Points

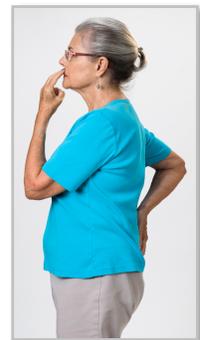
Gently place your fingertips on your forehead about half-way between eyebrows and hairline, directly over either eye. These points are on the “frontal eminence” or “brow ridge” of the skull. (In some people, this ridge is more pronounced; in others, it’s quite subtle.) You can use both hands or cover both points with one hand. Allow your fingers to simply rest on these spots with an ultra-light touch for a minute or so (or longer).



- *After holding these points, people often notice greater access to “executive functions,” such as planning, choosing, and initiating positive social behavior, as well as diminished fight-or-flight hyper-arousal response, which suggests that this movement may stimulate the prefrontal cortex. BGTE p.70-71*

Space Buttons

Rest the fingertips of one hand just above your upper lip, and the other hand on the midline of your lower back (either the palm or back of hand may be resting against your body). Move your eyes up from the floor and away to a distant point—even out the window to a tree or mountain—then back in and down to the floor again. Hold for about thirty seconds, or three or four breaths, as you repeat this visual exercise, and then reverse your hands and repeat.

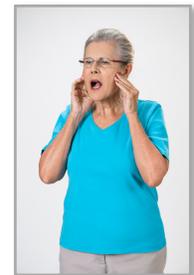


- *This activity promotes spatial awareness. Many people feel an automatic postural alignment when they’re holding their Space Buttons, head drawing back and spine becoming more erect. BGTE p. 62-63*

The Energy Yawn

Place your fingertips on the sides of your jaw, gently massaging anywhere that feels tight, as you yawn deeply. Repeat three or more times. Your eyes may very well tear up!

As a vision refresher, imagine you can “drop your eye tension into your jaw joint area,” and massage these points, as above.



- *Carla Hannaford, Ph.D., and author of Smart Moves, says that there are more neural pathways running through the jaw joint than any other joint in the body—and this is the one we clench! In addition, tension in the jaw can contribute to tension in the shoulders and hips. Releasing tension in the jaw area promotes a feeling of ease that can spread throughout the body. BGTE p.64-65*

The Double Doodle

Put both hands out in front of you and move them in mirror image patterns and shapes. You can begin as if “conducting an orchestra,” and then flow into freeform squiggles and zig-zags. Eventually, you may choose to create specific shapes, such as circles and squares, or people, animals, trees, or flowers. You may enjoy drawing your Double Doodles on paper or a whiteboard, holding a colored marker or pen in either hand.



- *As with Lazy 8s, above, the Double Doodle helps develop kinesthetic and visual left-right discrimination. These movements foster an awareness of the lateral midline as the center point for movement in either direction, a foundation for spatial orientation and correct letter formation. The Double Doodle may also help learners move through any confusion about which hand to use when writing, as only one hand can lead—the other must relax and follow. BGTE p.43-35*

Brain Gym® is a registered trademark of Brain Gym® International



Kathy Brown, M.Ed.
Center Edge™

kathy@centeredge.com
www.centeredge.com

4915 E. Pinchot Avenue
Phoenix, AZ 85018

602-952-7001
602-672-7001 Cell



VISION REFRESHERS

With Brain Gym® and Vision Gym movements

The Owl

With your right hand, grasp the muscle that runs between your left shoulder and the base of your neck and apply moderate pressure with your fingers and thumb. Inhale a relaxed breath, turn your head to one side and exhale (children—or playful adults—enjoy “hooting” like an owl while they do this). Inhale again, turn your head to the other side and exhale. Cycle back and forth this way, three or more times. When you are finished, drop your chin to your chest as you exhale and relax in this position. Then repeat the process, gripping your right shoulder with your left hand.

- *This movement is a release of the upper trapezius muscle (top of the shoulder), which tenses from the stress of excessive reading or other near-point activities. Using the Owl may diminish squinting or staring habits and promote a more balanced posture. Releasing this tension often re-establishes the ability to listen, think, and access memory. BGTE p.74-75*



Wake-up Points

With your fingertips or the knuckles of your thumbs, gently vibrate points on the inner, then the outer, “8” around your eyes. The inner circle follows the line of your eyebrows to temples and one inch beneath eyes. The outer circle crosses the middle of your forehead to your temples, continues under cheekbones to the bridge of your nose. Finish by pinching the bridge of your nose.

- *Increases circulation to eyes, relaxes “squint” muscles in the forehead, relaxes eyes muscles. VCH p.32*



Infinity 8s

Close your eyes. With the fingers of one hand, slowly sketch a Lazy 8 around your eyes gently stroking over your eyebrows and cheekbones. Visually follow your fingers through your closed eyes. Continue drawing larger and larger 8s, further and further from your face. Once or twice within the process, pause and open your eyes. Is your focus accurate?

- *Relaxes eye muscles; exercises eyes for increased flexibility; develops eye-hand coordination and eye-teaming skills. VCH p. 38*



Focused Nodding

Focus your eyes on a single stationary point at eye level, directly in front of you and at least two feet away. Cross your arms over your chest, pressing your fingers into the ends of the deltoid muscles. Breathe deeply. While keeping your eyes focused on the point, nod your head, moving it slowly up and down; then move it from side to side.

- *Exercises the ability to separate head movement from eye focus; stimulates both eyes to work together as a team; relaxes neck muscles. VCH p. 40*



BGTE - Brain Gym® Teacher's Edition by Dennison & Dennison

VCH - Vision Gym (Course) Handbook by Dennison & Dennison

Brain Gym® is a registered trademark of Brain Gym® International



Kathy Brown, M.Ed.
Center Edge™

kathy@centeredge.com
www.centeredge.com

4915 E. Pinchot Avenue
Phoenix, AZ 85018

602-952-7001
602-672-7001 Cell



VISION REFRESHERS

With Brain Gym® and Vision Gym movements

Positive Point Palming

Rub hands briskly to create heat, then place cupped hands over eyes, resting fingertips on your Positive Points.



BGTE - Brain Gym® Teacher's Edition by Dennison & Dennison
VCH - Vision Gym (Course) Handbook by Dennison & Dennison

Brain Gym® is a registered trademark of Brain Gym® International



Kathy Brown, M.Ed.
Center Edge™

kathy@centeredge.com
www.centeredge.com

4915 E. Pinchot Avenue
Phoenix, AZ 85018

602-952-7001
602-672-7001 Cell

