

NeuroCognitive Exercises



We Move To Think

We Play To Behave

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Rhythm Lower Motor

March
(The
Pulse)



**Heels
Forward
One At A
Time**

**Rocking
Feet**

**Toes To
Side One
At A Time**

**Side
Step**

**Heels
Back One
At Time**

Rhythm Lower Motor

**Grape
Vine**

Spin

**Grape
Vine
Turn**

**Reach Up
Reach Down
Touch
Ground**

**Circle
Walk**

**Rocking
Circles**

Rhythm Upper Motor

Clap

One
Arm
Down

Double
Clap

Two
Arms
Up

One
Arm Up

Two
Arms
Down

Rhythm Upper Motor

One Arm
Half Circle

One Arm
Across
Body in
Front

Two Arms
Cross Over
Circle

Left Arm
Up Right
Arm Down

Two Arms
Cross Over
Circle Sweep
To Ground

Alternate
Arms Up/
Down/Out

Rhythm Upper Motor

Left Arm
Up Right
Arm Out

Alternate
Knee Tap
Clap

Right Arm
Right/Left
Shoulder
Taps

Alternate
Elbow to Knee
with Double
Clap

Alternate
Shoulder
Tap Snap
Clap

Alternate
Tap Back
Heel with
Snap

Motor Sequences 8,4,2,1

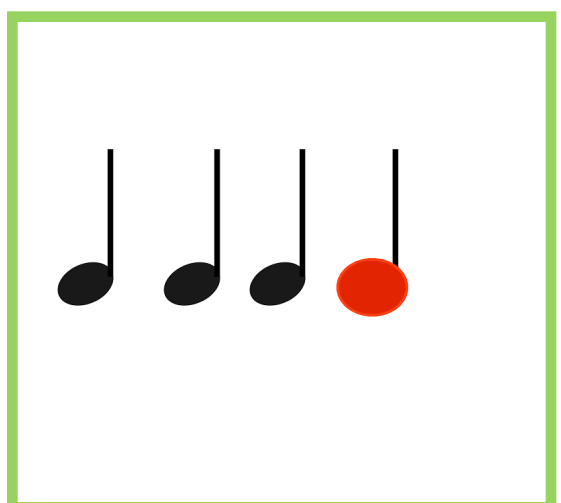
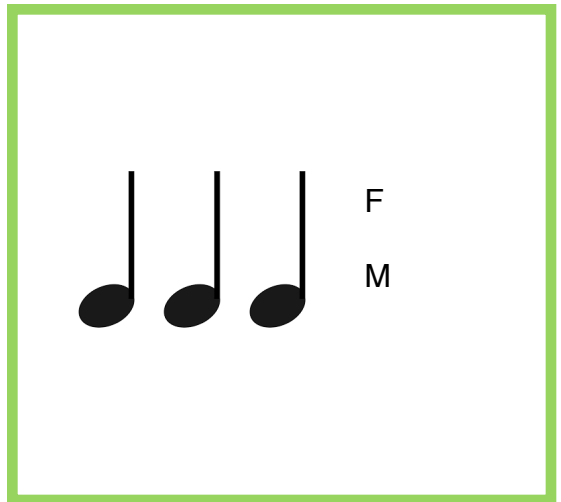
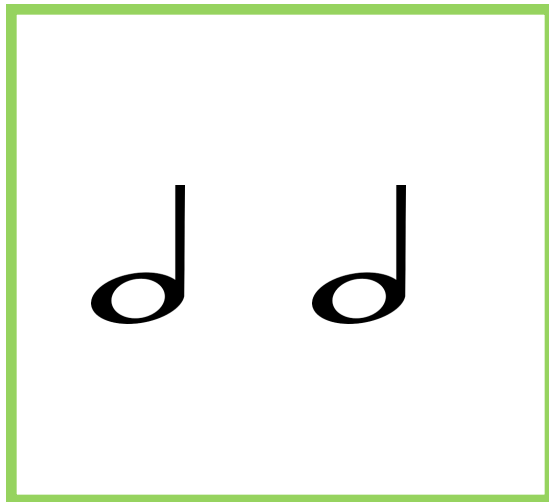
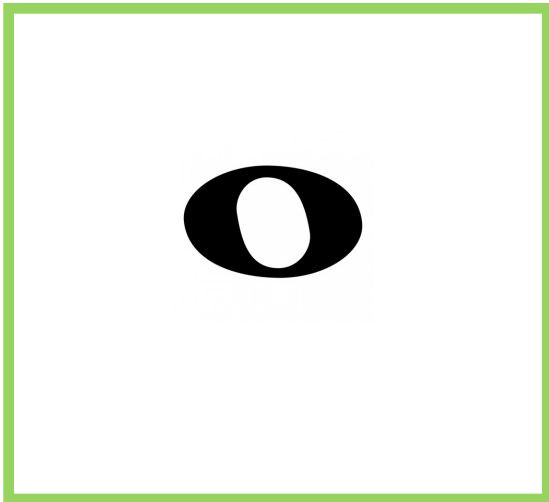
Alternate Any
Lower Body
Mvt with
Snap/Clap

Side Step
Grapevine
Side Step
Grapevine
Arm out in direction
of movement on last
beat

Side Step
Heels
Forward
Side Step
Circle Walk

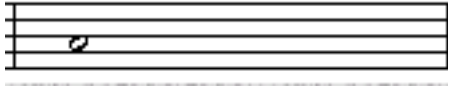
Walk 3 counts
Knee up 1 count
Add a clap on
specified beat
Four corners

Rhythm Counting 4/4

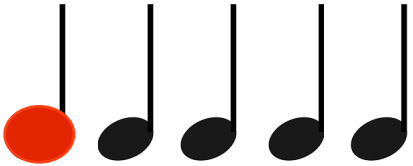
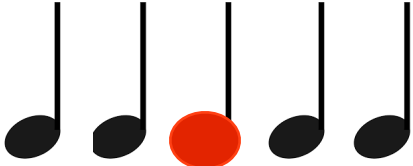


Rhythm Counting 5/4

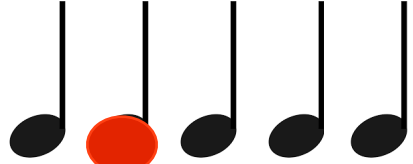

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1* 123



The PLAY MATH 5 STEP METHOD

ESTABLISH
BALL
BOUNCING
RHYTHM

SLIDE
AND
GLIDE

MIRROR
COUNT

OVER
AND UP

SKIP
COUNT

How many
of what
kind?

Play Math Ball Work

Bounce the playground ball between you and the child.

You are ready to mirror count.

Establish the rhythm 100 beats per minute.

Mirror count one set of numbers at a time 10's 5's 2's 3's 4's 6's 7's 8's 9's 11's 12's

Now make sure you have a nice even rhythm as you V bounce.

Once you have mirror counted one number set through 12's then skip count them.

Cognition

Conversation

Spelling
words forward
and backward

Recipe or
How To

Number
sequences

NBacks

Name objects
or facts within
a category or
subject

Foreign
Language

Bouncing Balls

How to bounce a ball: One person single ball vertical bounce

Two person square bounce one ball

Snow Cone (Schwartz) One person alternate V bounce

Two person square bounce two balls/beanbags

Boom Boom Slap (Schwartz) One person alternate V bounce with a slap

Two person square bounce two beanbags over and down

Resources

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The Kinesthetic Classroom: Teaching and Learning Through Movement Traci L. Lengel (Editor), Michael (Mike) S. Kuczala (Editor)

Thinking Mathematically: Integrating Arithmetic & Algebra in Elementary School by Thomas P. Carpenter, Megan Loef Franke and Linda Levi

[Nacho Arimany](#)

[Bal A Vis X](#)

Jean Blaydes Madigan

Suzy Koontz