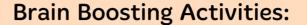


## **BRAIN AWARENESS WEEK**

## 12-18 March







A 4-year-old is given two areas to run, touch, then return, e.g. sandpit and slide, something blue and something you throw.

- ▼ Cross body patterns: Repetitive movements (opposite hand/opposite leg) help stimulate and organise neurons, control comprehension, concentration and memory. Crawling-animal movements, climbing ladders, biking, swimming and crossing arms and legs are great ways to continue patterning movements.
- Feely bag: Create two matching bags or boxes containing everyday items, e.g. peg, brush, cup, ball, toy, Duplo etc.
  Children find the pairs using feel/ imagination only (no peeking!) with a hand in each bag, using describing words; rough, smooth, soft...

