



### Brain Boosting Activities:

- ♥ **Physical memory:** *Children should be able to recall the number of instructions of their age, minus two.*

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...

