

Workout for brains

CROSS CRAWL

While standing, lift your right knee and touch it with your left hand, then lift your left knee and touch it with your right hand. Repeat 10 to 15 times.

Helps with: Reading, writing, listening, memory and co-ordination.

BRAIN BUTTONS (Shown on previous page)

Make a U-shape with the thumb and index finger of one hand and place in the centre of your chest just below your collar bone. Gently rub this acupressure point for 20 or 30 seconds while placing your other hand over your navel. Then change hands and repeat. Helps with: Clear thinking, keeping pace while reading and focus.

HOOK-UPS

While sitting or standing, cross one ankle over the other. Cross the same-side wrist over the other and touch palms together, thumbs downwards. Interlace fingers and draw hands up towards the chest. Rest your tongue on the roof of your mouth so your jaw relaxes. Sit or stand this way for one minute, eyes closed, breathing deeply. Then change your feet and hands around and cross them the other way. Helps with: Stress, self-esteem and listening.

LAZY EIGHTS

Extend one arm in front. With one thumb pointing upwards, slowly and smoothly trace a large figure eight on its side in the air. Keep your neck relaxed and your head upright, moving only slightly as you focus on the thumb and follow it around. Helps with: Reading, writing and hand-eye co-ordination.

THE ELEPHANT

Place the left ear on the left shoulder, extend the left arm like the trunk of an elephant and, with knees relaxed, use your outstretched hand to draw a lying-down eight sign, starting from the middle and moving the hand upwards to draw the left "bulge" of the eight first. Look down your arm at your hand while you're doing it. Switch arms after three to five signs. Helps with: Hand-eye co-ordination and focus.

