

Hook-ups, Pt. 1

One of 26 Brain Gym® Movements



How to do Hook-ups, Pt. 1: Cross your left ankle over your right. Extend your arms and cross your left wrist over your right. Bring your palms together and interlace your fingers. Now bring your hands up toward your chin. Sit quietly for a minute with your eyes closed and your tongue on the roof of your mouth.

You may have to help little children do this if it is too complicated for them at first.

What Hook-ups does: Relaxes the central nervous system. Connects the electrical circuitry of the body. Crosses the center mid-line to activate both left and right hemispheres of the brain. Helps us become emotionally centered and grounded.

When to use Hook-ups for yourself:

- When you feel stressed out, overwhelmed, or confused.
- Anytime you just want to calm down and relax
- When something is upsetting you.
- If it's hard to make a decision.
- Before settling down to work at a task
- When you want to focus and concentrate
- If you're feeling sad or angry

When to do Hook-ups with kids: basically the same list as above including

- During timeouts
- When kids are arguing
- Before and during tests
- Too much noise and confusion in the classroom or at home
- Temper tantrums
- Crying jags
- If kids can't focus on the task at hand and are distracted by everything around them
- When they're driving you crazy

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