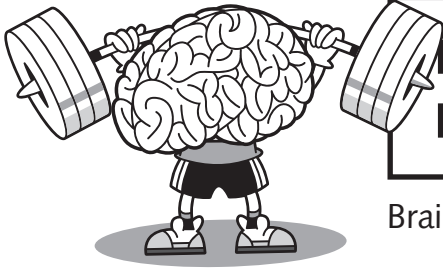


# It's Try Out Tuesday!

Down at the



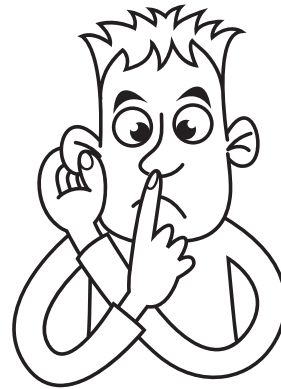
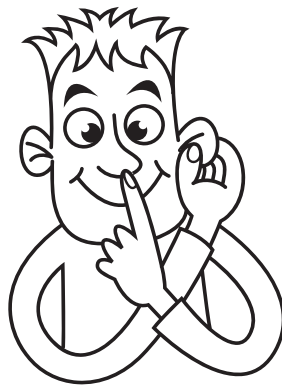
# BRAIN GYM

Brain Gym exercises are designed to help the brain work better

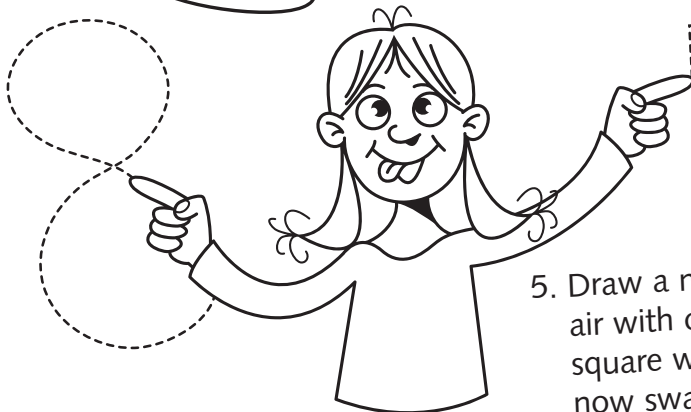
## BRAIN GYM

Did you know that you can exercise your brain as well as your body? Try these quick brain gym activities with a member of the family or your parent –

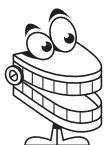
1. Fold your arms normally - now try it the other way.
2. Put your thumb up on one hand and point your index finger out on your other hand. Change over as quickly as possible.
3. Touch your nose with one hand and reach across with the other hand to the opposite ear (got it?) – now swap over hands quickly!



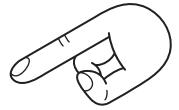
4. Do a chopping action with one hand and a sawing movement with the other – swap over hands!



5. Draw a number 8 in the air with one hand and a square with the other – now swap hands!



- Who's got the fittest brain?
- Maybe you can show a family member or your parent!)other brain gym exercises that you know.



## Cross Crawl Sit-ups

Lie down with your back touching the floor, keep your knees and head up and your hands clasped behind your head for support. Now touch one elbow on the opposite knee, then change to the other elbow and the opposite knee. Keep this pattern going, the movement should be like riding a bike.



## Now it's your turn!

For 'try out' Tuesday, try these:

1. Invent your own brain gym exercise!
2. Invent a tongue twister! Like this one: **'She sells sea shells, on the sea shore.'** Tongue twisters are another type of brain exercise - and the more you practice, the better you get!