



## **Relax to Focus Movement Series©**

*A Movement 'Calm-Down & Wake-Up' Activity developed by Dr. Martha Eddy, CMA, RSMT.*

*This sequence is based on basic early childhood movements that are central to the development of our coordination and the functioning of different parts of our brains.*

### **Seated Version (on the floor or in a chair): Relax to Focus Movement Series©**

1. 3 deep breaths with hands on belly
2. Quick invigorating squeezes on own arms and legs
3. Expand and shrink with upper body while bending knees (stretch arms wide, give self a hug)
4. Relax head down and let it pull the spine along too – rest head on knees; reverse up slowly
5. Place hands on floor or stable chair behind hips and push down to straighten up a bit
6. Lean to left & balance on foot & hand for 3 – 8 seconds; switch sides; other arm may stretch
7. Marching in place: Alternate between left knee and right elbow reaching together and right knee and left elbow reaching toward each other (can use hands and make a slapping sound)
8. Return to 3 deep breaths. Breathe in and out as slowly as possible.

### **Standing Version : Relax to Focus Movement Series©**

1. *Breath*: 3 breaths (deep and slow with hands on belly)
2. *Sensory Wake-Up*: Squeeze squeeze squeeze each arm and then give a quick rub-down to each of your legs Repeat 3x's
3. *Whole body coordination*: Expand and shrink – grow as large as you can; create a tiny shape
4. *Torso and Head organization*: Spinal wiggle or roll down – loosen up the joints of the spine by shaking and wriggling or slow spinal roll down – end with the head relaxed on knees, hanging down or eyes closed. Slowly roll up.
5. *Upper Bilateral Symmetry & Lower Bilateral Symmetry for focus*: Symmetrical body use: *brings the body to our midline to increase attention.* Put both hands on the floor or knees and do pressing action; keep the weight equal in both arms; consciously push up with the legs to come to standing
6. *Right – left organizing (hand and foot dominance)*: Stand on one leg for 10 – 60 seconds – pick a focus point straight ahead. Repeat on other leg
7. *Cross-lateral coordination (opposition)*: Crossing the midline – as if marching in place but have the elbow or hand reach to the opposite knee; alternate rhythmically. Then 3 slow breaths.