



## **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 (stretch arms wide, give self a hug)
4. Relax head down and let it pull the spine along too – rest head on knees
5. Place hands on floor or on stable chair behind hips and lift hips up – keep weight even
6. Shift balance from right to left (foot and hand), balancing on each side for as long as possible
7. Alternate between left knee and right elbow reaching together and right knee and left elbow reaching toward each other
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 – 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*: Symmetrical and focused: *brings the body to our midline to increase attention*. Put both hands on the floor and do mini- pushups; 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 reach to the opposite knee; alternate rhythmically.
8. Return to 3 slower and deeper breaths.

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