

BRAIN BUTTONS

The Brain Buttons (soft tissue under the clavicle to the left and right of the sternum) are massaged deeply with one hand while holding the navel with the other hand.

TEACHING TIPS

- The student stimulates these points for twenty to thirty seconds, or until any tenderness is released.
- The Brain Buttons may be tender at first; over a few days to a week, the tenderness subsides. Then, even holding the points will activate them.
- The student may change hands to activate both brain hemispheres.

VARIATIONS

- Include horizontal tracking (for example, across the floor or ceiling line).
- Do "Butterfly 8s" on the ceiling while holding the points: the student extends an imaginary paintbrush from his nose and paints a "Butterfly 8" on the ceiling. (Note: Butterflies are in the forward visual field, not straight overhead; the head should not be tilted back to block the "open throat" position.)
- Rather than holding the navel, massage the points to the left and right of it.

ACTIVATE THE BRAIN FOR

- sending messages from the right brain hemisphere to the left side of the body, and vice versa
- receiving increased oxygen
- stimulation of the carotid artery for increased blood supply to the brain
- an increased flow of electromagnetic energy

ACADEMIC SKILLS

- crossing the visual midline for reading
- crossing the midline for body coordination (will facilitate an improved Cross Crawl)
- the correction of letter and number reversals
- consonant blending
- keeping one's place while reading

RELATED SKILLS

- writing, keyboard work, constructive TV or VDT watching

BEHAVIORAL/POSTURAL CORRELATES

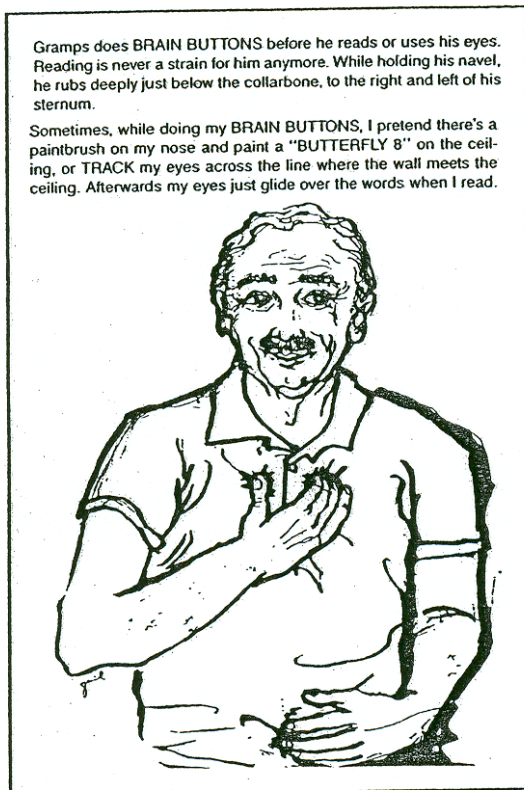
- left-right body balance (hips not torqued, head not tilted)
- an enhanced energy level
- improved eye-teaming skills (may alleviate visual stress, squinting, or staring)
- greater relaxation of neck and shoulder muscles

RELATED MOVEMENTS

Cross Crawl, p. 4

Lazy 8s, p. 5

(See also: Earth Buttons, p. 26, Space Buttons, p. 28, Water, p. 24)



HISTORY OF THE MOVEMENT

Brain Buttons lie directly over and stimulate the carotid arteries that supply freshly oxygenated blood to the brain. The brain, though one-fiftieth of the body weight, uses one-fifth of its oxygen. Placing a hand on the navel re-establishes the gravitational center of the body, balancing the stimulus to and from the semicircular canals (centers of equilibrium in the inner ear). "Dyslexia" and related learning difficulties are associated with misinterpreted directional messages, known in Applied Kinesiology to be caused in part by visual inhibition. Brain Buttons establish a kinesthetic base for visual skills, whereby the child's ability to cross the body's lateral midline is dramatically improved.