

Brain Gym at Work...and Play!

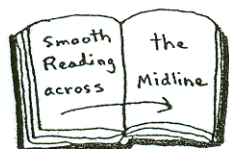
READING SKILLS

Crossing the Visual Midline

Moving the eyes across the page without inhibiting the receptive brain

The development of visual skills for reading begins with the ability to move both eyes in tandem from left to right across the midline of the page and across the corresponding visual midline. For reading, one eye must be dominant for focusing, the other eye for blending. Although both skills are available to each eye, stress in learning the tasks of focusing and blending for reading may cause visual disorientation.

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Brain Buttons



Cross Crawl




Lazy 8s

Oral Reading

Expressive reading with emotion and interpretation

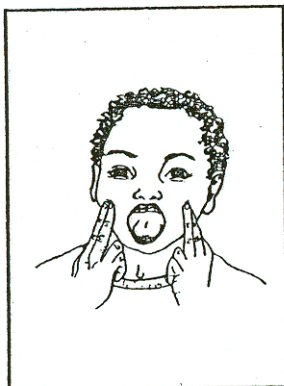
The reader must discover that he or she is telling a story and communicating ideas through reading. One must have the concept of a verbal code in order for true reading to be possible. In Western languages, the code includes an auditory as well as a visual and a motor component. All three of these must be used together for reconstruction of the code to take place.



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Neck Rolls



The Energy Yawn



Cross Crawl



The Rocker



Belly Breathing