Core Issues Remediation

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**1st Week**

**Balance Board [BB] & EMD[-R]**

**Ear Massage:** Before putting on the headphones, use hands to gently massage ears until they are slightly warm. Make sure to massage the whole ear from the top, going down to the curve, finishing with the lower lobe.

**Soft ball or bean bag:** On Balance Board [BB] – hold object at eye level and drop into the other hand at approximately waist level. Count each drop from 1 to 10 with the right hand doing the dropping and the left hand the catching then switch hands and count to 10 again. Do minimum 2 sets or as instructed.

**Soft ball or bean bag toss** [on BB] with the right hand, toss upwards to a comfortable height [the height of the toss may vary from 10 inches to 2 feet] and catch with the left hand; count 10 times and repeat with the opposite hand. Do minimum 2 sets. *NB Keep head steady/follow object with eyes only.*

**Slalom jumping:** Place a line of rope or fabric on the floor. Start with feet parallel to the line with the body on the left side of the rope or fabric. Jump with both feet over the line 10 times; turn around and go 10 more times in the opposite direction. With a child you may say a nursery rhyme instead. Repeat twice with small children and with children over 11 years repeat 4 times.

**Fingers at play**

**Finger games:** Start with index finger and thumb touching together twice [to acknowledge] counting 1, 2, then continue touching the thumb to the other fingers [the long finger, ring finger and pinkie], all the while counting out loud to five. Then reverse the sequence of the thumb and continue counting to 10. Do 2 sets. If it is too difficult, start with the right hand, then the left then try both again simultaneously.

**Floor exercises**

**Head lift on back:** Lying flat on back lift the head only and look at the right foot/wriggle toes and touch head back to flour counting 1. Lift head 9 more times to reach 10. Do the same with the left foot. Then alternate right left, right left to 10. Then let head rest back on floor and start the same sequence for another complete set.

**Head lift on stomach:** Roll onto stomach. Lift Head so it stays in straight line with body, look in front and count to 10; rest head. Lift head and with **eyes ONLY** look to the right at least 3 to 4 feet away and count to 10 while looking at 3 to 5 objects Rest head on floor looking away from the objects and say what the objects were. Do the same with the left eye.

If a 2nd person or adult is present: Person changes the order or the type of object. person on floor guesses what is changed or how the order was before/

**Worm crawl:** Crawl keeping stomach on the floor to the opposite side of the room up to approximately 10 feet. if the room is small the crawling should be done for 1 minute for 11 and under and 2 minutes if older. Repeat 2 to 4 times.
OBJECTIVE

Helps focus listening, relaxes cranial bones tension. A great warm-up which stimulates over 350 acupuncture points related to body/mind function.

Eye Movement Desensitization, visual sensory motor movement, focus and body/mind coordination, rhythm modulation and balance.

Toss options: *increase rigor level*; practice tossing at a specific height, e.g. at the height of the forehead. *To decrease rigor level for those unable to toss and catch*; do a seated version on the floor by rolling the ball instead of tossing.

Cognitive tasks with timing and increased coordination.

Fine motor skills and hemispheric integration.

Core remediation, focus, memory enhancement

Sequential memory, core body strength and remediation

Spatial awareness and sequential body/mind coordination

**Slalom Jumping**

**Finger touch**

**Head lift on back**

**Head lift on stomach**
Focus on Balance

Ear Massage: Use hands to gently massage ears until they are slightly warm. Make sure to massage the whole ear from the top, going down to the curve, finishing with the lower lobe.

BB warmup: With arms out in a T stand on BB up to 2 minutes. Challenge: add 2 minutes with eyes CLOSED.

Toss[on BB]: Stand on BB and toss counter-clockwise from right hand to left hand counting 1 to 10. Keep head still and follow with eyes ONLY. Then do the same by tossing clockwise from the left hand to the right and count each toss as one. Continue to 10. Do 2 sets.

Slalom jumping. Place a line of rope or fabric on the floor with feet parallel to the line on the left side of the rope or fabric. Jump w/both feet over the line 10x; turn and do 10 more in the opposite direction. For a child say a nursery rhyme instead. Repeat twice with small children and with children over 11 years repeat 4 times.

Like an 8: Hold dowel with ribbon attached to the end. Do a large figure 8 focusing eyes on the ribbon attached at the end. At eye level, move counter-clockwise from the center towards the left sideways of the figure 8 – up, over and around to center point, then clockwise up, over, and back to center point. Make them as large as possible. TRACK the movement with both eyes counting to 5 then close one eye and continue for another 5. Then pass the dowel from right hand to left hand at midpoint and continue swapping hands at the midpoint. Repeat counting to 10. Keep head as still as possible and track with eyes only.

Finger games

Finger lift: Place both hands and forearms on desk, hands down. Lift both index fingers up and down, then long fingers, ring fingers, smallest finger, then reverse sequence going from the smallest, ring, tall and index fingers. Repeat sequence five times. Count with each finger lifting, forwards and backwards.

To make more challenging, repeat five memorized objects, e.g. “sun, moon, planets, stars and earth,” then reverse.

Floor Exercises

Crawl and remember: Adult sets up three objects. Have child look at the order of the objects, and crawl across the room. Meanwhile, parent changes the order of the objects. Child crawls back to starting point and puts the objects in the right order. Increase the number of objects as each level is achieved.

Cat-cow stretch: start on all fours, bring wrists underneath the shoulders and the knees underneath the hips. Curl toes facing forward, drop the belly, gaze toward the ceiling, take a deep breath. On the exhale: release the tops of the feet to the floor (now pointing backwards), round the spine, drop the head, gaze at the navel; repeat cat-cow stretch on each inhale and exhale.
**Effect/Purpose**

Helps one focus on hearing, relaxes tension in cranial bones. Stimulates over 400 ear acupuncture points.

The balance board (BB) promotes vestibular function, focus, and muscle strength. When balancing is combined with visual tracking and listening, the brain is being trained to process multi-sensory input.

Sequential movement, hemispheric synchronization, memory

Figure eights are good for eye muscle tracking and coordination; crossing the midline increases hemispheric integration; relates to the mechanics of reading and body centering, balance and coordination.

*note:* Those with severe learning problems may have difficulty crossing the visual midline

*variations:* Improve auditory processing by giving auditory instructions. Do while humming for relaxation. Do both arms simultaneously, starting at midpoint and moving downwards

Sequential movement, hemispheric synchronization, memory, fine motor dexterity

Requires sequential coordination, spatial awareness, and memory; stimulates both hemispheres of the brain

Stimulates circulation and vestibular system, lessens fatigue and stress; improves concentration and breathing