

**matteo's version of brain gym sequence:  
can be done standing or sitting**

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1. take a sip of water^
  2. breathing\* with hands on sternum & navel for 3 or 4 slow breaths. then switch hands.
  3. activate K27 "brain buttons" below collar bone with tap or press
  4. alternating cross tap hand to opposite knee while singing or humming a melodic song or tune out loud (audible use of vocal chords).
  5. alternating same side cat crawl / ladder climb while counting by 3's, 4's, 6's etc. out loud.
  6. link up/pretzel-- cross right arm over left, clasp hands, wrap up to sternum. cross right leg over left. squeeze into midline for 3 or 4 breaths\*. then release & reverse starting with other side.
  7. integration—open arms wide to the side, close eyes, slowly bring finger tips to touch in front, then to contact sternum (prayer pose).  
*imagine bringing all aspects of your mind/body to the center of yourself along with everything you need to help you feel the way you want to feel.*
  8. take another sip of water to seal the deal.
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\*optional meridian breathing technique:  
inhale through nose with your tongue touching the gum-line above your front teeth (like you're making the "L" sound). exhale through mouth with tongue relaxing out (like you're saying "Ahh" at the doctor).

^animals don't stop to drink when under threat so this is a quick cue to brain/body of safety in the moment and signal to switch into rest/restore/learn parasympathetic mode. also, hydration reduces headaches and improves attention/focus.

