

# READING

To be a successful reader, several components factor in. Children must have letter recognition and visual discrimination. They must know the sounds the letters make before putting letters together to form words. Children need to have the ability for their eyes to visually track in a left to right pattern. Children need to have the ability to focus while scanning a line of passage, listen to the content being examined and understand what is being read (reading comprehension). A child is more successful with reading when the left eye leads (activates the right hemisphere for automaticity). Reading out loud (as opposed to silent reading) is more effective because of the multi-sensory channels that are activated.

## ☺ Cross touch

- **Exercise:** Alternate moving the left hand to the right knee and the right hand to the left knee.
- **Benefit:** Increases communication between the left and right hemispheres. Increases eye movements.



## ☺ Infinity 8s

- **Exercise:** Begin with the dominant hand and move around the infinity  $\infty$  starting up and to the left, around, crossing at the middle, up and around, back through the middle. Repeat with the other hand. Then both hands together. Complete each pattern 5-8 times. The key is to move slowly so that the eye has time to track the hand.
- **Benefits:** Increases eye-muscle coordination, increases the ability to cross visual midline, aids with the mechanics of reading



## ☺ Massage yawn

- **Exercise:** Open and close the mouth. Place two fingers on the face in the joint of the jaw. Gently massage in a circular motion while pretending to yawn. Be sure to breath. Have the eyes visually track along the horizontal plane. Be sure head does not move.
- **Benefit:** increases oxygen to the eyes, relaxes vision, increases visual attention



## ☺ Wake up ears

- **Exercise:** Begin at the top of the ear and gently massage or "unfold" the ears following the lobe to the bottom. Repeat 3x.
- **Benefit:** increases auditory attention and discrimination, increases listening with both ears, relaxes facial muscles



## ☺ Move it Groove it

- **Exercise:** Create a large scale infinity  $\infty$  using 2 chairs or swim rings. Have the child look at the words or passage on a wall while walking the infinity $\infty$ . Increase the demands by having the student cross crawl while walking the  $\infty$  while reading the passage.
- **Benefit:** Movement increases whole brain processing. Movement increases the amount of oxygen to the brain.

Evidence Based

· "Taking a Leap of Faith in My School Reading Lab," by Sheila Potter, North Carolina. [Reported the following growth in class averages: A nine-week study, grade six: 83 percent to 95 percent, a gain of 12 percent; grade seven: 80 percent to 94 percent, a gain of 14 percent; grade eight: 83 percent to 94 percent, a gain of 11 percent.] From Brain Gym® Journal, Nov. 2003, Volume XVII, No. 3.

