



# Brain Gym

## Exercises For Your Child

### Cross Crawls

Relieves stress  
and boosts  
mental abilities



### Double Doodle

Enhances learning  
and mathematical  
skills

### The Active Arm

Promotes hand-eye  
coordination



### The Elephant

Activates the  
mind

### Earth Buttons

Helps develop  
cognitive skills



### Cross-Ups

Relaxes mind  
and body