



## BODY FOCUSED

SMALL GROUP ACTIVITY

5+ MINUTES

- Lead this quick cognitive warm up to build attention, processing speed, nimbleness and other cognitive skills, as well as group connection.
- Speak to the class in a calming voice as you give directions for a mindfulness practice. Take about 1 minute for each step.
- Encourage distance learners to join in from home.

**Today's Brain Play is "Body Focused." We will try being more tuned in to our bodies as a way to build focus. First let's get comfortable in our seats.**

**Now close your eyes. Take a moment to focus on your body, checking in to see how you feel, noticing any areas of discomfort or tension.**

**Now focus on the sensations you are experiencing. Notice the way your body feels in the chair, the temperature of the air around you, whether there is a breeze or not. Notice also the sounds in the room, taking note of the different sounds you hear.**

**Now focus on the smells in the room.**

**Okay everyone, open your eyes. What did you notice?**



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## TAKE-HOME WORKSHEET

### TOTAL BRAIN HEALTH BRAIN PLAYS

Stress can make our muscles feel tight, and can make us feel uncomfortable. Stress is also a real memory buster. The good news is there are many proven techniques to reduce stress including mindfulness, breathing, physical exercise and even massage.

### BUILD YOUR BRAIN

Acupressure is a form of massage that you can practice on your own. It is an important part of Chinese medical traditions. And it is something we can use to help ourselves feel more comfortable, relaxed and calm. Set yourself up in a comfortable upright seated position, close your eyes and steady your breath. When you feel calm, open your eyes and apply some of these acupressure techniques. Ahhh!

**THE THIRD EYE** Located between the eyebrows. 1. Place fingers on the acupressure point. 2. Hold gently for about 1 minute, then release.

**THE BRIGHT LIGHT** Located at the outer bridge of the nose, below the inner eyebrows. 1. Place fingers along the acupressure points. 2. Hold gently for about 1 minute, then release.

**TEMPLE REGION** 5 pressure points that curl around the top of the ear on the scalp, one finger width apart. Best done at the same time. 1. Place fingers along the acupressure points. 2. Hold gently for about 1 minute, then release.

**HEAVEN'S PILLAR** Located 2 finger widths below the base of the skull on the neck muscle. 1. Place fingers along the acupressure points. 2. Hold gently for about 1 minute, then release.

**CROWN POINT** Located at the slight hollow on the crown of the head. 1. Place fingers along the acupressure points. 2. Hold gently for about 1 minute, then release.

**UPPER LIP** Located between the upper lip and the nose. 1. Place fingers along the acupressure points. 2. Hold gently for about 1 minute, then release.

**TEMPLES** Located at the depression of the temples. 1. Place fingers along the acupressure points. 2. Hold gently for about 1 minute, then release.