

# Exercises

## Primitive Reflexes - Rooting Reflex Kids Level 1

These exercises help to integrate the rooting reflex. When this reflex is not integrated, it can cause problems with speech, eating, drinking and mouth control. Some children may also exhibit thumb sucking or fussy eating. The following exercises can help to improve speech, articulation, dribbling and swallowing issues.



### Turn & Tickle

Ask an adult to help you with this exercise. Lying on your back, turn your head to the left. The adult will use a dry paintbrush to stroke the right side of your face from right of your nose to the corner of your mouth. Repeat on the other side.

**CONCENTRATE ON:** Keeping your head, face and mouth as still as possible.

**GOAL:** To have no change in head position or mouth when skin is stimulated.

**LEVEL 2:** Do this exercise while standing.



### Head Push

While you are standing, place your right hand on the side of your head and push your head into your hand. Hold for 5 seconds. Repeat on the other side.

**CONCENTRATE ON:** Keeping your head straight and using your arm for resistance.

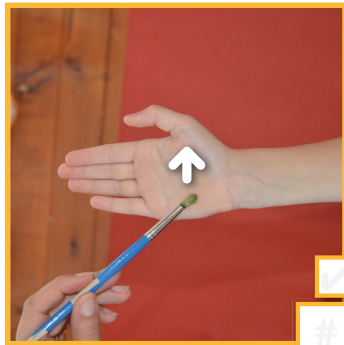
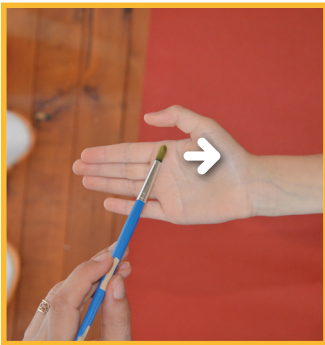
**GOAL:** To be able to hold this position with good strength for 10 seconds on each side.

**LEVEL 2:** Do this exercise with your eyes closed

**LEVEL 3:** Ask an adult to use a dry paintbrush to tickle the side of your mouth on the opposite side to your hand.

## Primitive Reflexes - Palmar Reflex Kids Level 1

These exercises help to integrate the palmar reflex. This reflex, when not integrated, makes it hard for the child to use their hands correctly. These exercises will help children to hold pencils correctly, thus improving handwriting and pen to paper writing pressure. It will also improve their spelling, writing, posture and fine motor skills.



### Paint Brush Tickle

Using a clean paintbrush, stroke your left hand vertically and horizontally 5 times. Try to keep your hand still as you do it! Swap sides and repeat with your right hand.

**CONCENTRATE ON:** Keeping your hand and fingers as still as possible.

**GOAL:** To be able to do this exercise without moving your hand or fingers and for you not to feel a tickle last after the exercise.

**LEVEL 2:** Ask an adult to do the paintbrush strokes for you.

**LEVEL 3:** Do level 2 with your eyes closed.



### Spikey Ball Roll

With your hands out flat, place a spikey ball in your palms and roll it up and down.

**CONCENTRATE ON:** Squashing the ball in your palms while keeping your fingers stretched out.

**GOAL:** To be able to perform this exercise 20 times continuously.

**LEVEL 2:** Do this exercise with your eyes closed.

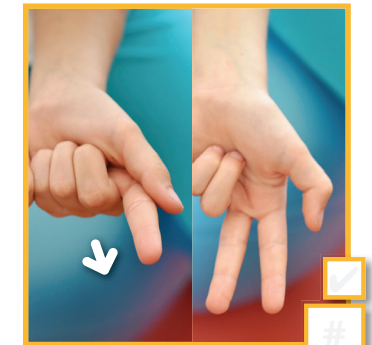
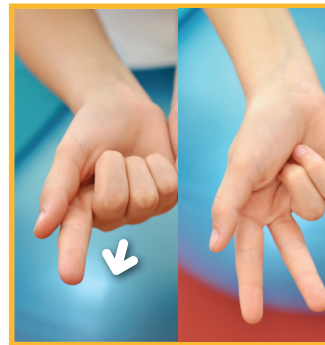


### Finger Jiggle Pops

With your right hand, wiggle your pointer finger on your left hand. Hold tight and wiggle, wiggle, wiggle. Pull your finger quickly so your hands come apart. Move on to the next finger. Repeat until you finish that hand and then swap sides.

**CONCENTRATE ON:** Pulling your finger quickly each time.

**GOAL:** To be able to do each this exercise on each finger of each hand without stopping.



### Finger Stretching

Make a fist palm up. Extend each finger out one at a time until your whole hand has opened up. Slowly curl each finger back into a fist one at a time. Repeat with your other hand.

**CONCENTRATE ON:** Moving only one finger at a time.

**GOAL:** To be able to move each finger separate to the one next to it.

**LEVEL 2:** Do this exercise with both hands at the same time.

**LEVEL 3:** Do this exercise with your eyes closed.



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