

Exercises

Primitive Reflexes - Asymmetric Tonic Neck Reflex (ATNR) Kids Level 1



Criss-Cross Marching

While standing slowly march on the spot. Lift your right knee up high and slowly swing your left arm across your body to touch your right knee. With the next step swing your right hand to your left knee.

CONCENTRATE ON: Doing this activity slowly. Always look straight ahead, not down at your knees.

GOAL: To do this exercise 30 times without mixing up your arms and legs.



Head-Turned Crawling

While crawling, turn your head to the left and crawl to the end of the room. Turn around and turn your head to the right and crawl back again.

CONCENTRATE ON: Keeping your head turned to one side and your hands flat on the ground.

GOAL: To be able to crawl straight, with opposite arms and legs while you have your head turned.



Head-Turned Marching

Marching on the spot with big straight arms swinging with opposite high knees. Turn your head to the right while marching for 5 steps. Turn your head to the left for 5 steps.

CONCENTRATE ON: Swinging your opposite arms and legs together as high as you can whilst keeping your head turned.

GOAL: To do the exercise for 1 minute without mixing up your arms and legs or tiring.

LEVEL 2: Do this exercise with your head turned to the side and a toy is tucked under your chin.

LEVEL 3: Do this exercise with your eyes closed.

This exercise helps to integrate the ATNR: a reflex that should integrate by the time a child reaches the age of 6-months. These exercise will help a child to improve eye-hand coordination; in addition to, reading, writing, posture, sporting activities, balance and gross motor skills.



Chin Tuck and Clap

While you are standing, put a toy on your left shoulder, turn your head and tuck your chin down so you hold the toy in place. Clap 3 times. Move the toy to the other side, tuck your chin and clap 3 times.

CONCENTRATE ON: Keeping your head turned as far as possible to the side while clapping.

GOAL: To do this exercise 6 times.

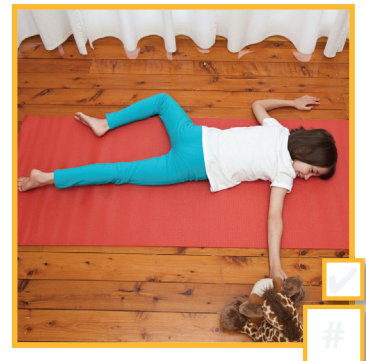
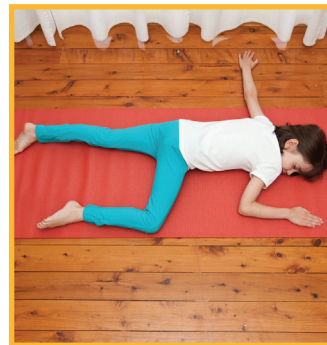


Chin-Turn-Tuck Crawling

Find a nice long hallway or room to crawl in a straight line. Turn your head to the left and hold a toy between your head and shoulder whilst crawling to the end of the room. Then turn your head to the right, tuck the toy in and crawl the length of the room.

CONCENTRATE ON: Keeping your head turned to one side and your hands flat on the ground as you crawl.

GOAL: To keep the toy securely tucked in as you crawl.



Fantastic Flat Robot

Lying on your tummy, with your head turned to the right, bend your right leg and right arm up until they are at 90 degrees. Hold for 5 seconds. Turn your head to the left and slowly straighten out your right arm and right leg. Hold for 5 seconds. Slowly bend your left leg and left arm up until they are at 90 degrees. Hold for 5 seconds. Turn your head to the right and repeat the sequence.

CONCENTRATE ON: Slowly transitioning between the movements.

GOAL: To achieve 10 position changes in a row without getting mixed up.



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