



Brain Activation Exercises for Kids with Extra Energy

HELP THEIR BRAINS. CALM THEIR BODIES. SUPPORT THEIR HEARTS.

When children have extra energy, big feelings, or become overwhelmed, their brains can go into “**overdrive.**”

Brain activation exercises help reset and regulate their nervous systems so they can feel calm, focused, and ready to learn, play and connect.

These simple movement-based activities wake up the brain in a gentle and positive way.



WHAT IS BRAIN ACTIVATION?

Brain activation exercises use movement, rhythm, balance, and coordination to stimulate both sides of the brain and strengthen the connection between the brain and body. This helps children move from a stressed state into a calm, capable and connected state.

BENEFITS FOR KIDS

- ♥ Calms the nervous system
- ♥ Improves focus and attention
- ♥ Supports emotional regulation
- ♥ Boosts learning and memory
- ♥ Builds confidence and body awareness

EASY BRAIN ACTIVATION EXERCISES

CROSS CRAWL



Touch your right elbow to your left knee, then left elbow to right knee. Do 10–20 times.

Helps connect both sides of the brain and improves focus.

WALL PUSH UPS



Stand arm's length from the wall, place hands on the wall and do push ups. Do 10–15 times.

Activates the brain and helps release built-up energy.

BEAR CRAWL



On hands and feet, keep your knees off the ground and crawl like a bear. Go for 20–30 steps.

Strengthens the body and improves brain coordination.

STAR JUMPS



Jump while spreading arms and legs wide like a star, then back to the middle. Do 10–20 times.

Boosts energy flow and increases alertness.

BUTTERFLY HUG



Cross your arms, tap your shoulders alternating left and right. Do 10–20 times.

Soothes the nervous system and brings a sense of calm.

BRAIN BUTTONS



Gently press and massage the soft spots above your eyebrows. Do for 30 seconds.

Helps improve focus, calms the mind and reduces stress.

WHY THESE EXERCISES WORK

- ♥ Movement helps oxygen flow to the brain.
- ♥ Both sides of the brain work together better.
- ♥ The body releases stress and tension.
- ♥ The nervous system shifts from “fight or flight” to “rest and reset”.



WHEN TO USE THEM

- ★ Before school or learning time
- ★ After school or activities
- ★ When feeling overwhelmed or frustrated
- ★ Before bedtime to help wind down



TIPS FOR PARENTS



MAKE IT FUN

Turn exercises into games and do them together!



BE CONSISTENT

Short, regular practice works best.



PRAISE EFFORT

Celebrate their trying, not just the results.



CREATE ROUTINES

Add these exercises to daily routines or transitions.



BE PATIENT

Every child is unique and grows at their own pace.



A calm brain. A strong body. A happy heart. That's the Giggly Ducks way!



Small movements today create big changes tomorrow. ♥