



Exercises and video links to support the Fit 2 Learn presentation

Primitive reflex exercises

1. Spinal gallant:

Exercise: <https://www.youtube.com/watch?v=82NQnUgECig>

2. Moro reflex:

Exercise: <https://www.youtube.com/watch?v=fQ4K9sw7by8>

3. ATNR:

Exercises: <https://www.youtube.com/watch?v=qm9NfP4cx0M>

4. TLR:

Exercises: Meatball <https://www.youtube.com/watch?v=2xLGf-ijmMg> + Superman
https://www.youtube.com/watch?v=krNwDklS_Ro

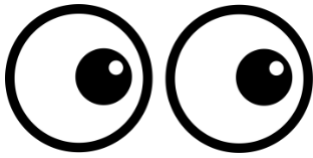
5. STNR:

Exercise: <https://www.youtube.com/watch?v=eDfWFiEb8ik>



Vision exercises

1. Learn to wink with both eyes
2. Squeeze eyes tightly closed count to 10; open eyes very wide look around without moving head



3. Moves to the left and to the right x 10

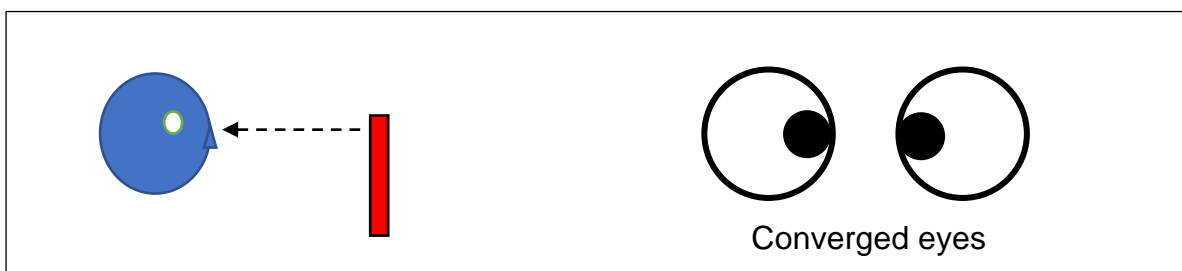
4. Move eyes up and down x 10

5. Move eyes in circles clockwise x 5

6. Move eyes in circles anti-clockwise x 5

7. Imagine that there is a big clock in front of you.... look at the centre, then move eyes out to 1; then back to the centre; out to 2; then back to the centre and so on until 12.

8. Converge and diverge eyes whilst focusing on a pencil top and keeping the pencil top as one single image. Keep practising daily until able to bring the top to your nose without going into double vision.



9. Crossing the mid-line do this exercise **once the primitive reflexes are established**: using two pots at about shoulder width apart, patch one eye. Pick up items from pot A with left hand, move in an arc at eye height across mid-line and place in pot B continue until pot A is empty; still using the left hand return the items in the same manner to pot A; repeat with the right hand.

Patch the other eye and repeat. All the time that items are being moved from one pot to another the eye should be following the items.



Squashed Frog prone position – a very good exercise for keeping calm

Exercise: Squashed frog position

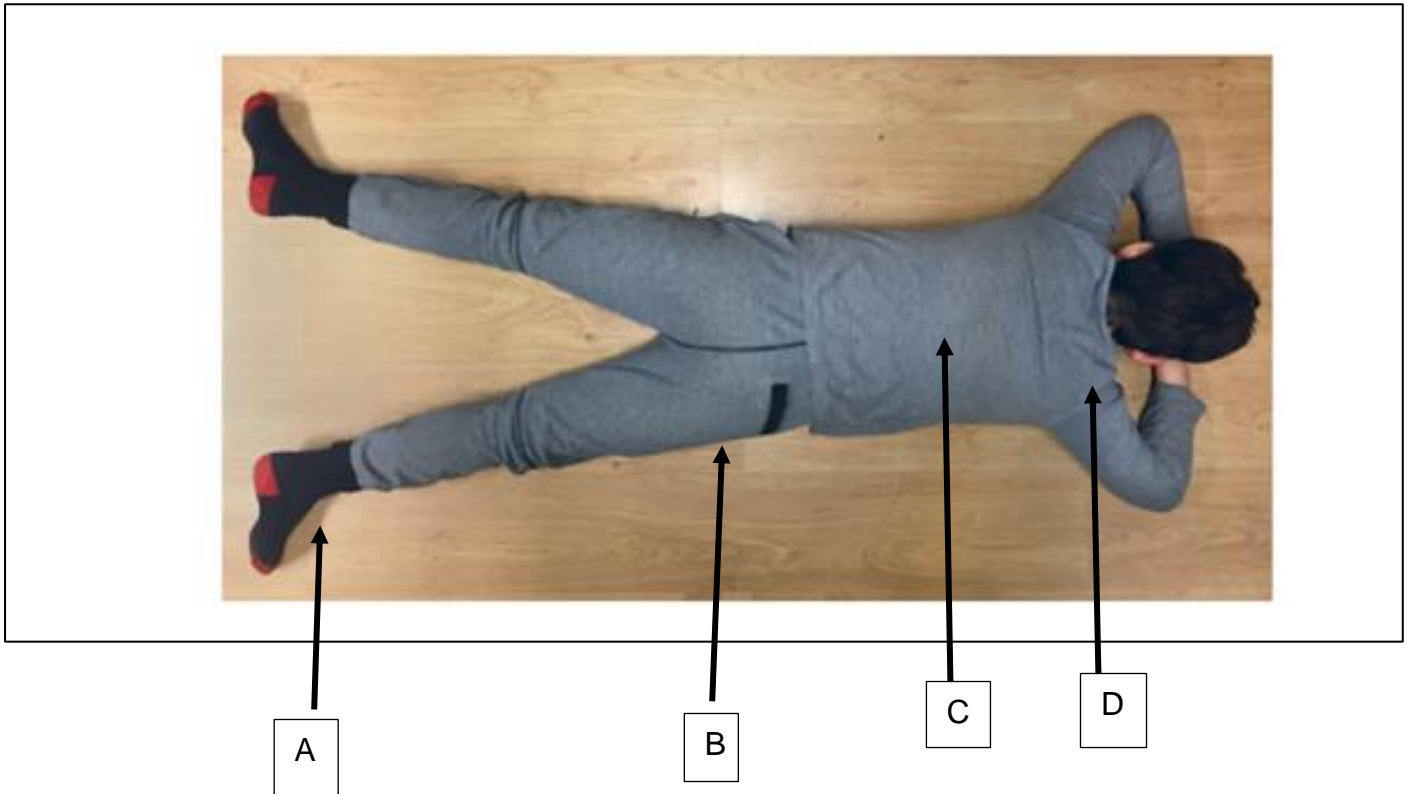
This prone position (lying on their front) is the child's first experience of feeling their body *consciously*.

It is important for learning that the child becomes aware of their body's position in relation to what is around them. Spatial awareness is the foundation of many areas of maths, and being able to present work in a logical format.



1. The child works without shoes, in bare feet or in socks, with loose comfortable clothing.
2. Ideally, use a sports mat.
3. Lie the child face down, legs spread, feet turned out with the inside of the feet and the heels touching the ground, if possible.
Do not force the feet down. Over time the feet will go down to the correct position.
4. Upper body placement: ask the child to put left hand on the ground, right hand on top of left hand with fingertips touching the wrist, forehead resting on the right hand.





- A. By pressing gently on the heels, the legs are turned gently in relation to the hips. That puts the leg in the right position with the hips and stops the legs turning inwards and pressing down on the feet and feet arches.
- B. When the hips are in the right position with the legs they also fall into the correct position with the hips.
- C. The spine can then establish a good position
- D. Also, the shoulders are pushed back.

Note this is a great position to adopt in order to calm a person as it stretches the long polyvagal nerve and opens the airways.

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