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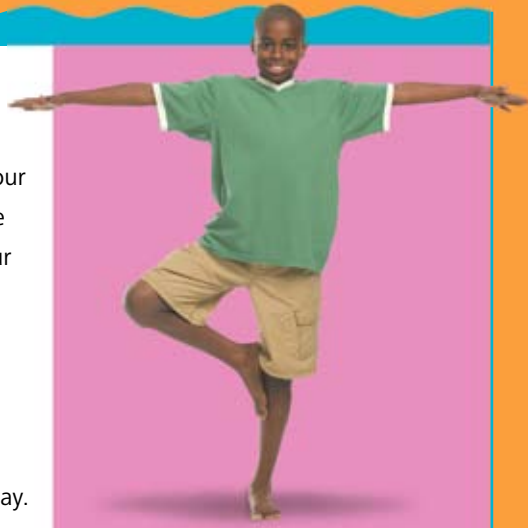
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3

Balance Check

Extend your arms out to the side, and lift one foot up so that it is even with your knee. Count slowly to 10. Repeat on the other side. Now, try again, but with your eyes closed. How did you do?

- 1 point: I have a hard time balancing for the full 10 counts.
- 2 points: I balance easily with eyes open, but not with eyes closed.
- 3 points: I can balance well, either way.



4

Mind-Body Check

Curl your right hand into a fist and lightly tap your chest. At the same time, repeatedly sweep your chest with your left palm. Continue for a few seconds, then switch, sweeping with your right palm and tapping with your left fist. Switch one more time. Was this easy for you?

- 1 point: It is hard to do the exercise at all.
- 2 points: I can easily do the two motions, but it is hard to switch.
- 3 points: I can easily do the two motions at the same time, and it is easy to switch.

5

Strength Check

Take the posture for a full BE Push-up (page 49), with arms and body completely straight. Hold the posture for as long as you can, without moving your body. How long did you keep the posture?



- 1 point: I cannot hold the posture for a full minute.
- 2 points: I can hold the posture for 1–2 minutes.
- 3 points: I can hold the posture for more than 2 minutes.

Extra credit – Add 1 point for each additional minute.



6 Endurance Check

Following the correct Sit-up posture (page 50), complete as many sit-ups as possible. Make sure your feet stay on the floor. How many did you do?

1 point: Less than 10

2 points: 10–20

3 points: 20–30

Extra credit – Add 1 point for each additional set of 10 sit-ups.

7 Power Check

Assume the Sleeping Tiger posture pictured below (page 51). Hold the posture for as long as possible without moving your body. How long can you hold this posture?

1 point: Less than 5 minutes.

2 points: 5–10 minutes.

3 points: More than 10 minutes.



Total points:

Week 12 retest:



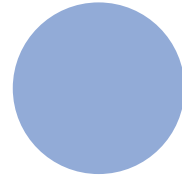
3-6-9 Game

- 1 Sit or stand across from your partner. Or, if three or more are participating, stand or sit in a circle.
- 2 Each person counts a number, starting with 1. However, if your number contains a 3, 6, or 9, you must clap instead of saying the number (e.g., 9, 16, 32, etc.). If the number has more than one 3, 6, or 9, or a combination of these numbers (e.g., 66, 93, 36, etc.), you must clap twice.

Energy Ball

Prepare children for this exercise with some stretching (see pages 24–39), chest breathing (see Breathing Buddy exercise, page 71), and deep relaxation (see Lesson 5, pages 71–75) before you begin. This activity is a great way to relax and calm the mind before bed.

- 1 Sit comfortably with your back straight, preferably in the cross-legged position. Relax your shoulders and tilt your head slightly downward. Place your palms facing upward on the knees.
- 2 Close your eyes and focus on the surface of the palms. Feel any sensation on the surface of the palms, perhaps tingling or warmth.
- 3 Gently lift the palms up from the knees and slowly bring the palms closer together until they are about 2 inches apart.
- 4 Focus on the sensation between the palms. Inhale and slowly draw the hands apart, feeling the sensation growing between the palms. Exhale and feel the “ball” shrink between your hands.
- 5 Continue to follow the breath as you grow and shrink the energy ball.



Feel the energy ball



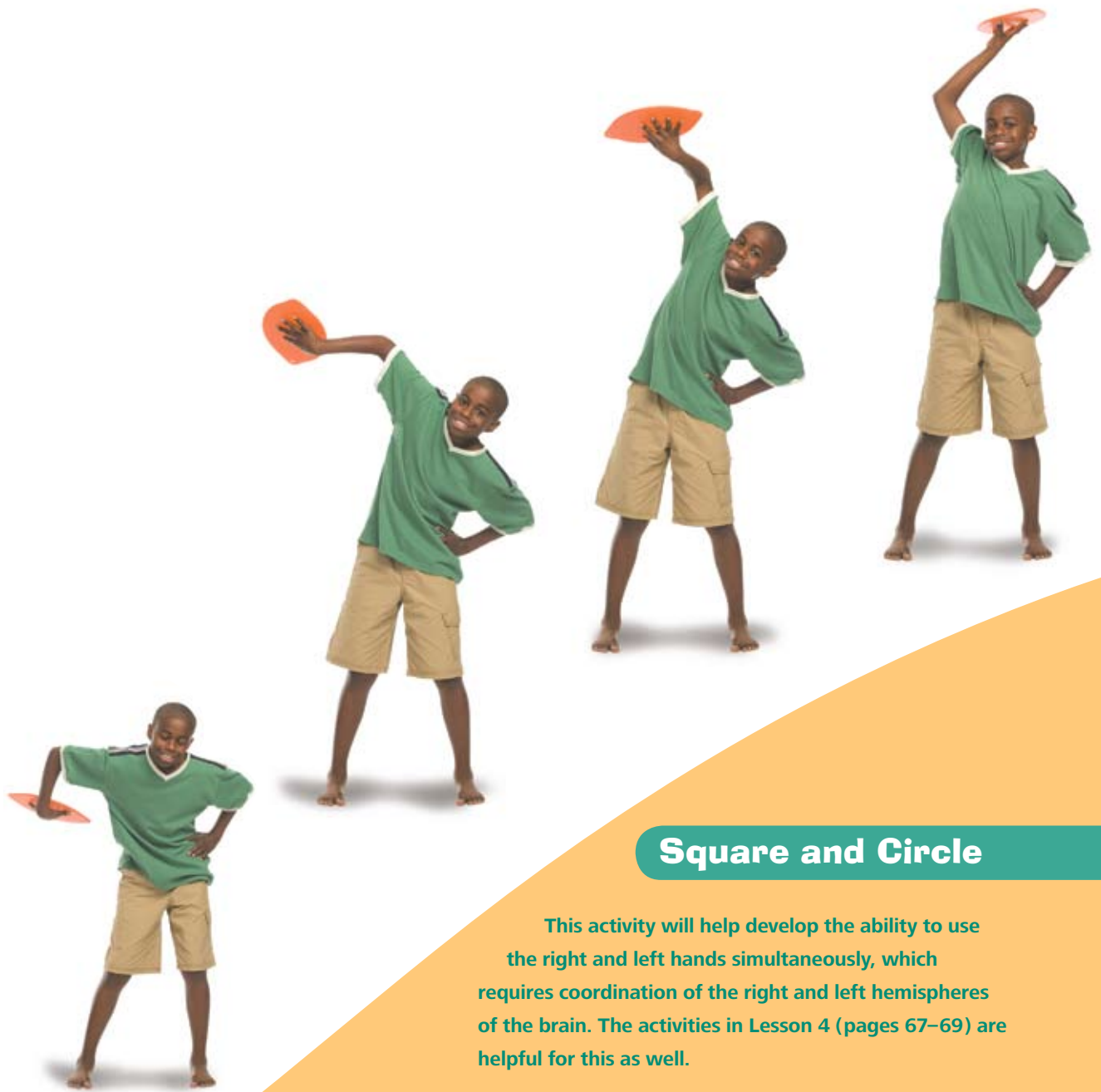
Spiral Dance

This exercise is difficult to follow at first, but it helps to develop coordination of brain hemispheres. It also moves and flexes all the joints and muscles of the body.

- 1 Hold a small paper plate in your right hand. Hold it on the palm or fingertips without using the fingers to grasp the plate.
- 2 Slowly bend the arm inward under the armpit. Keeping the palm upward with the plate balanced on it, swing the arm back and up over the head, creating a spiral motion. Move hips as needed to facilitate the movement.
- 3 Return to the original position, using a downward spiral motion. Repeat 5–10 times.
- 4 Switch the paper plate to the left hand and begin the same spiraling movement on the left side. Repeat 5–10 times. Switch direction and repeat 5–10 times.

Advanced alternate: When the movement is fairly fluid on both sides, place a paper plate on both hands and try completing the movement simultaneously on both sides.





Square and Circle

This activity will help develop the ability to use the right and left hands simultaneously, which requires coordination of the right and left hemispheres of the brain. The activities in Lesson 4 (pages 67–69) are helpful for this as well.

- 1 Draw a large square on half of a piece of paper and a circle on the other half.
- 2 With a crayon held in each hand, trace the square with one hand while simultaneously tracing the circle with the other hand.
- 3 After a few minutes, turn the paper upside down and do it again, using the other hand for each shape.