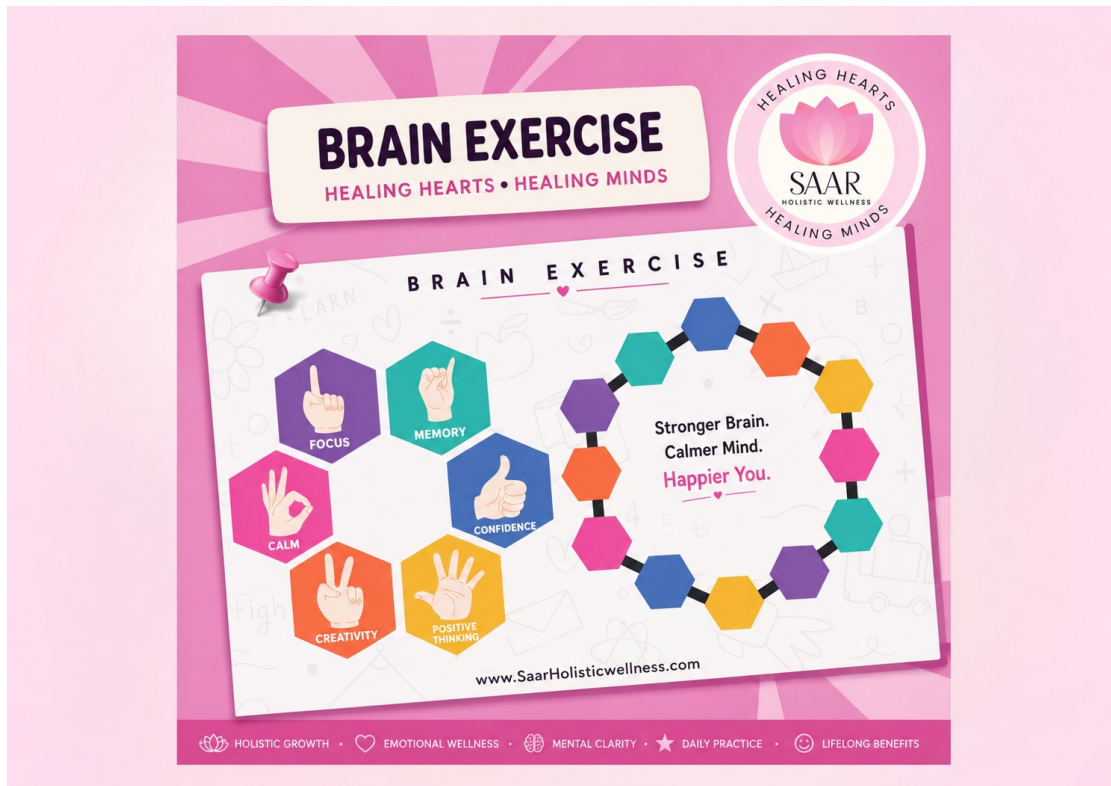


# Brain Gym Exercise for Children

A scientifically guided bilateral brain activity designed to support children's emotional regulation, focus, attention, and sitting tolerance.



- **Improves Focus & Concentration:** Regular brain gym exercises help children improve attention span, listening skills, and task completion abilities.
- **Supports Hyperactivity Regulation:** These activities channel excess energy in a structured way, helping children feel calmer, more organized, and emotionally balanced.
- **Increases Sitting Tolerance:** Brain-body coordination exercises gradually help children sit for longer periods during studies, meals, and classroom activities.
- **Bilateral Brain Activity:** This exercise engages both the left and right hemispheres of the brain, supporting better communication between thinking, emotional, sensory, and motor functions.
- **Enhances Emotional Regulation:** Children learn to manage frustration, impulsive reactions, and emotional outbursts more effectively.

- **Builds Confidence & Calmness:** Brain gym movements encourage self-awareness, confidence, calm thinking, and positive emotional responses.
- **Beneficial for Learning & Behaviour:** These exercises may support children who struggle with attention, hyperactivity, emotional overwhelm, or difficulty following routines.

*This brain exercise routine is designed and recommended by **Psychologist Reena Chopra** as a supportive wellness activity for children's cognitive, emotional, and behavioural development.*