

Brain Gym Activities

You're busy. You want your child to focus, enjoy, and grow, without long setups or tears.

This pack gives you quick brain-gym games that use what many kids love already: numbers, colors, and simple letter paths (e.g., I-G-S). Each activity takes 5-8 minutes, needs only colored papers, glue and markers.

These games are gentle but powerful. They build focus, two-hand coordination, working memory, and early language. Your child also gets real choice and control: they help pick the letter or task and check it off on a simple home checklist (great for confidence and your Token Economy).

Game 1 – Brain Gym Numbers

Goal: Spot numbers fast, remember them, switch focus, and control both hands.

Time: 5-8 minutes

What you need: 1 sheet of paper + pen

Make the board (takes 1 minute)

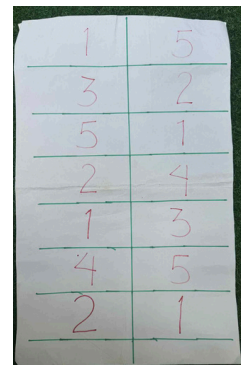


FIGURE 1

1. Draw 7 rows with a line down the middle (2 columns).
2. In each row, write two numbers (1-5). Any mix is fine (e.g., 3 | 5, 2 | 2).
3. Leave space between rows. We will start at the bottom and move up.

How to play (step-by-step)

- Say: "Start at the bottom."
- Child uses left hand to show the left number with fingers (e.g., 2).
- Child uses right hand to show the right number with fingers (e.g., 1).
- You confirm: "Two... one. Match! Next!"
- Move up one row and repeat to the top.
- End with a high-five or sticker.

Expected outcome (today)

- 3-6 correct matches with short waits. Less rushing, more calm focus.

Note (write 1 line in your Communication Log)

- "Day 1, Brain Gym Numbers: matched 4 rows, needed finger help for number 3."

If upset

Pause. Do one easy row. End with a high-five. Try again tomorrow.

Level up (later)

- Different numbers per row.

Game 2 – Number → Dot Match

(Your "numbers in circles" vs. "dot groups in circles" board)

Purpose: number-to-quantity link, visual scanning, two-hand use

Make the board

- Left sheet: big circles with numbers inside.
- Right sheet: big circles with many dots inside.



FIGURE 2

How to play

1. Say: "Find the match."
2. Left hand points to a number on the left sheet.
3. Right hand points to the same number of dots on the right sheet.
4. You label: "Four → four dots. Match!"
5. Do 3-5 matches, then stop.

Language boost

- Child says or signs a sound? You expand: "Fo... four. Yes, four dots!"

Expected outcome (today)

- 3-5 calm matches. Better eye movement left ↔ right.

Note (1 line)

- "Day 2, Dots: 5 matches; looked left-right well; smiled on 'three.'"

Level up

- Use two paper cups to cover the numbers and the dots.

Game 3 – Letter Path with Colors (I)

(Your colored sticker paths + colored handprints)

Purpose: crossing midline, sequencing, color matching, early phonics, choice-making

Make the board

- Use colored papers or stickers to form letters. (Here, we use letter I.)
- Add three colored objects: circle, rounded rectangle, and handprint (e.g., red, yellow, orange) on the left side.

How to play

1. Create additional letter and offer a choice: “What letter today– I, G, or S?” (Executive function!)
2. Child points to START with right hand.
3. Child places left hand on each sticker and matches color to the same-color handprint (“red dot → red palm”).
4. You narrate simply: “Red... yellow... orange...”
5. At the end, say the letter sound (“ayyyy for I”) and clap.

Expected outcome (today)

- Completes one short path with 1-2 gentle pauses. Stays with the same letter for 2-3 minutes.

Note (1 line)

- “Day 3, Letter I: matched colors to palms; said ‘Ayyy’ softly.”

Why initials help

- Familiar letters (I-G-S) make picking easier and teach the habit of choosing, which builds planning. We use Irvin's initials here.

Level up

- Make the path smaller (more precision).
- Alternate hands every two dots (bilateral control).
- Create more letters. Here we use Irvin's initials: I-G-S.
- You can get more brain gym activities in our YouTube Channel.
Visit: <https://somerasolutions.com/free-resources/youtube-videos/>

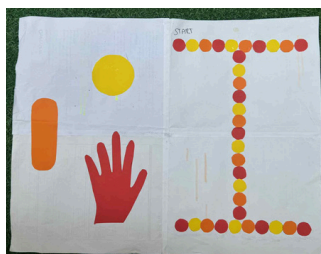


FIGURE 3