



Calm Your Brain

BRAIN BOOGIE BOOSTERS

By The Learning Station & Dr. Becky Bailey

Refrain:

Four ways to calm my brain,
bug crazy mad is just too insane
Four ways to soothe my stress,
caterpillar calm stops the mess

Let's count in English,
the four I adore- One, Two, Three, Four

Chorus:

Follow me. Do what I do.
S.T.A.R. - Smile, Take a deep breath, And Relax
DRAIN - Drain off tension so you can think
BALLOON - Air to your brain helps that's a fact
PRETZEL - Cross your body,
(it puts you in sync) - 3x

Repeat Refrain

Let's count in Spanish,
the four I adore- Uno, Dos, Tres, Quatro
And many more!

Repeat Chorus

Repeat Refrain

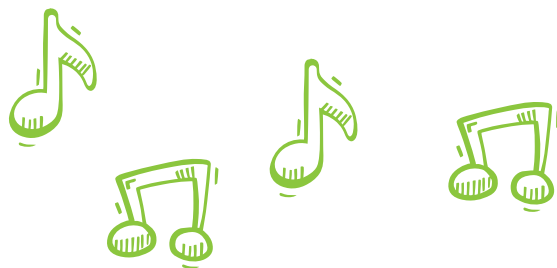
Let's count in Swahili,
the four I adore- Moja, Mbili, Tatu, Nne
And more!

Repeat Chorus

Repeat Refrain

Let's count in Japanese,
the four I adore- Ichi, Ni, San, Shi
And many more!

Repeat Chorus





Calm Your Brain

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A stressed person has elevated cortisol levels, which actually kills brain cells in the hippocampus. The hippocampus is the part of the brain that allows us to make long-term memories from what we learn. Calm your brain or lose your keys!

Follow the directions to become calm and learn to count to four in four languages. The Pretzel is done by crossing one ankle over the other. Then stretch out both arms in front of you, clap and miss so your arms are crossed. Now rotate your wrists so your thumbs are facing down and your palms are facing each other. Interlock your fingers with your palms together. Pull your hands in toward your body and rest them on your chest. Finally, place your tongue on the roof of your mouth. You did it! This complex balanced position turns off the stress response and brings the mind/body into coherence.

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