

2023 HOMESCHOOL FAMILY CONFERENCE

AUGUST 7-8, 2023



Brain Training

Ideas You Can Use in Your Home:

- Crawling
- Stimulate the large muscles
- Walk on a balance beam
- Figure 8's
 - No-no's and yes-yes's
 - Crossing the midline
 - Write letters in the air
- Release neck tension
- Cross sit-ups
- Exercises, Challenges, and Games in P.E. curriculum
- Drink plenty of water

Eye Exercises:

- Near-Far
- Swinging Yo-Yo
- One-Eyed Activities
- Saccades
- Pencil Pushups
- Brock Beads
- Mazes (and Musical Mazes)

Things to Consider:

- Consider probiotics if anyone has issues with digestion.
- Consider tracking things in a journal.

On Difficult Days:

- How can I make this task more manageable?
- How can I eliminate distractions, both external and internal?
- What visual aids can support what we are learning?

Recommended Resources:

- [Homeschooling P.E. \(for the P.E. Challenged Mom\)](#), by Anne Elliott (included in a Homeschooling Torah membership)
- <https://homeschoolingtorah.com/teaching-gifted-and-special-needs-2017-homeschool-family-conference/> - useful for understanding how the brain works
- [Disconnected Kids](#), by Robert Melillo – useful for determining areas of brain injury
- [Ways to Help a Brain Injury](#) – exercises Anne did after her concussion
- [Laird Wellness](#) (health practitioner)