

The 6 Rs – Brain-Building Activities

Developed by Bruce Perry, MD, from research on healing the trauma-affected brain, these activities heal the brain from the brain stem up in as little as 3 months.

Use movements that are:

- Repetitive
- Relational
- Rhythmic
- Relevant
- Rewarding
- Respectful

Activities should last about 10 minutes (7 minutes minimum) and be done 5 – 6 times each day. Activities MUST be led by the adult, NOT the child!

1. Go for a walk. Step, step, skip, step, step, skip
2. Boomwhackers
3. Skip Its
4. Skipping ropes, long and short
5. Ping Pong
6. Badminton
7. Dancing with scarves
8. Playing catch, pick topics for naming as you toss (colours, desserts)
9. Skipping, galloping, jumping, hopping, etc.
10. Dribbling a soccer or basket ball
11. Drumming
12. Mini tramp jumping
13. Deep breathing, 6 seconds in, six seconds out
14. HeartMath by EmWave
15. Funny face contest, facing each other
16. Cat's Cradle
17. Hand clap games
18. Action songs
19. Crab tag
20. Balance boards (Snail Maze, Big Red, Little Grey)
21. Brain Gyms
22. Rocking in a chair together
23. West African hand tennis (ping-pong with hands and a volley ball on a table)
24. The Cup Song (Pitch Perfect)

Here are two dozen ideas to get you going. Have fun and make up more!