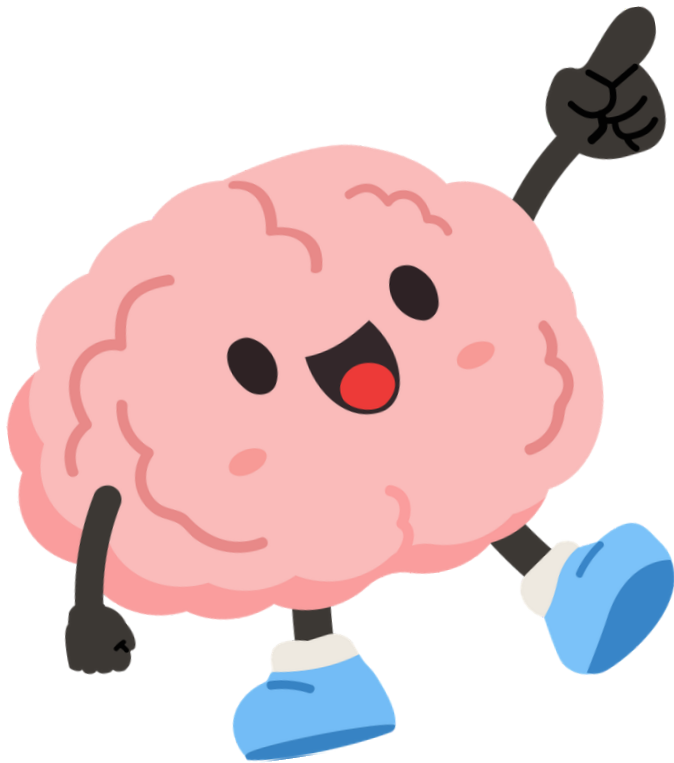
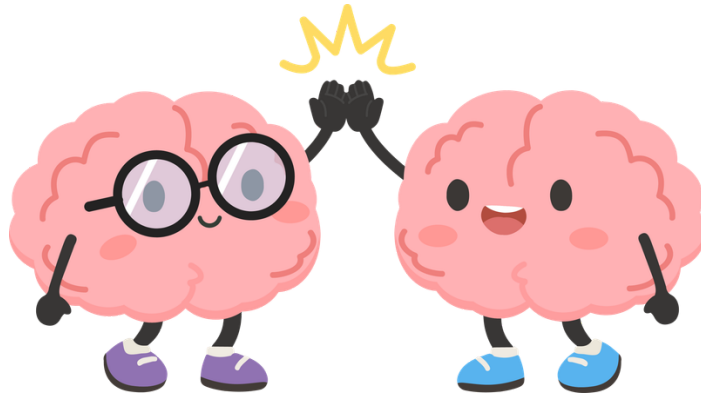


25 Easy Activities to Improve Focus, Learning, and Self-Regulation

***A Neuro-Fitness Resource for Parents, Homeschoolers,
Educators, and Caregivers***



By Tippy Missick, Neuro-Fitness Academy



Welcome!

Children learn best when their brains and bodies work together. Movement, sensory experiences, breathing exercises, and playful challenges help strengthen focus, attention, memory, emotional regulation, and learning readiness.

This guide provides 25 simple activities that can be done at home, in a classroom, during homeschooling, or even while traveling. Most require little or no equipment and can be completed in just a few minutes.

Why Neuro-Fitness Works

Neuro-Fitness combines movement and brain-based activities to help:

- ✓ Improve attention and concentration
- ✓ Support emotional regulation
- ✓ Increase memory and retention
- ✓ Reduce stress and anxiety
- ✓ Improve coordination and balance
- ✓ Enhance learning readiness
- ✓ Build confidence and self-awareness





1. Cross-Crawl March

- **What To Do:** March in place while touching the right elbow to the left knee and the left elbow to the right knee.
- **Brain Benefit:** Crosses the body's midline and strengthens communication between both sides of the brain.
- **Challenge:** Count backward from 20 while marching.

2. Balloon Tap Challenge

- **What To Do:** Keep a balloon in the air without letting it touch the ground.
- **Brain Benefit:** Improves visual tracking, reaction time, and attention.
- **Challenge:** Name an animal each time you tap the balloon.

3. Animal Walk Adventure

- **What To Do:** Move across the room like:
 - Bear
 - Crab
 - Frog
 - Penguin
 - Kangaroo
- **Brain Benefit:** Builds coordination, strength, and motor planning.
- **Challenge:** Create a jungle obstacle course.

4. Brain Breathing

- **What To Do:** Breathe in for 4 counts. Hold for 4 counts. Breathe out for 4 counts. Repeat 5 times.
- **Brain Benefit:** Calms the nervous system and improves self-regulation.
- **Challenge:** Imagine blowing up a giant balloon.

5. Freeze Dance

- **What To Do:** Dance while music plays. Freeze immediately when the music stops.
- **Brain Benefit:** Strengthens impulse control and listening skills.
- **Challenge:** Freeze in funny poses.





6. Balance Like a Flamingo

- **What To Do:** Stand on one foot for 15–30 seconds.
- **Brain Benefit:** Improves balance, body awareness, and focus.
- **Challenge:** Close one eye.

7. Follow the Pattern

- **What To Do:** Clap a simple rhythm. Child repeats it.
- **Brain Benefit:** Builds auditory memory and sequencing.
- **Challenge:** Increase the rhythm length.

8. Sensory Treasure Hunt

- **Find Something That Is:**
 - Soft
 - Rough
 - Smooth
 - Cold
 - Round
- **Brain Benefit:** Strengthens sensory processing and observation skills.
- **Challenge:** Use a timer.

9. Wall Push-Ups

- **What To Do:** Place hands on a wall and perform 10 wall push-ups.
- **Brain Benefit:** Provides calming proprioceptive input.
- **Challenge:** Count in another language.

10. Color and Move

- **What To Do:** Call out colors. Children perform a movement: Red = Jump Blue = Spin; Green = Clap; Yellow = Touch Toes
- **Brain Benefit:** Builds processing speed and listening skills.





11. Memory Tray Game

- **What To Do:** Place 10 objects on a tray. Study for 30 seconds. Cover them. Name as many as possible.
- **Brain Benefit:** Strengthens visual memory.

12. Alphabet Movement

- **What To Do:** Move for each letter:
- A = Arm Circles
- B = Bounce
- C = Clap
- Continue through the alphabet.
- **Brain Benefit:** Combines movement and literacy.

13. Yoga Animal Poses

- **Try-** Cat, Cow, Cobra, Downward Dog, or Butterfly
- **Brain Benefit:** Improves flexibility and emotional regulation.

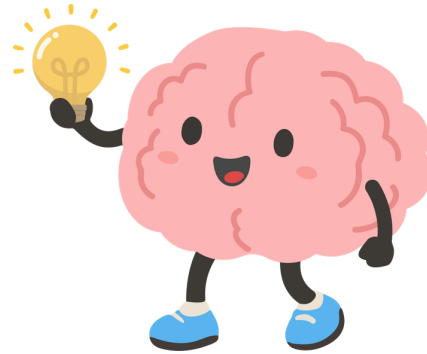
14. Bean Bag Toss

- **What To Do:** Toss bean bags into a basket.
- **Brain Benefit:** Develops hand-eye coordination and concentration.
- **Challenge:** Call out spelling words while tossing.

15. Mirror Movement

- **What To Do:** One person moves slowly. The other mirrors exactly.
- **Brain Benefit:** Improves attention and social awareness.





16. Focus Walk

- **What To Do:** Walk slowly while balancing a beanbag or book on your head.
- **Brain Benefit:** Encourages body control and concentration.

17. Finger Gym

- **Practice:** Finger taps, Finger circles, Thumb-to-finger touches
- **Brain Benefit:** Supports fine motor development and handwriting readiness.

18. Nature Observation Walk

- **Find:**
 - 3 birds
 - 2 flowers
 - 1 insect
- **Brain Benefit:** Improves mindfulness and observation.

19. Simon Says

- **What To Do:** Play classic Simon Says.
- **Brain Benefit:** Strengthens listening and impulse control.

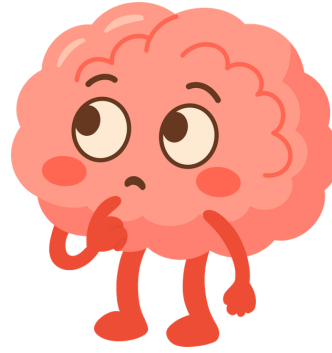
20. Brain Break Stretch

- **Stretch:**
 - Reach high
 - Touch toes
 - Side bends
 - Shoulder rolls
- **Brain Benefit:** Increases circulation and resets attention.



21. Emotion Charades

- **What To Do:** Act out emotions:
 - Happy
 - Sad
 - Excited
 - Frustrated
 - Proud
- **Brain Benefit:** Builds emotional intelligence and self-awareness.



22. Cup Stack Challenge

- **What To Do:** Stack and unstack plastic cups.
- **Brain Benefit:** Improves sequencing and hand-eye coordination.

23. Rhythm Walk

What To Do

Walk while clapping a steady rhythm.

Brain Benefit

Supports timing, attention, and coordination.

24. Gratitude Pause

What To Do

- **Name:**
 - One thing you're thankful for
 - One thing you learned today
 - One thing you're excited about
- **Brain Benefit**

Supports positive thinking and emotional regulation.

25. Brain Boost Obstacle Course

- **Include:**
 - Jumping
 - Crawling
 - Balancing
 - Tossing
 - Problem Solving
- **Brain Benefit:** Combines multiple brain systems for maximum learning readiness.
- **Challenge:** Complete the course while remembering a 5-item sequence.



7-DAY BRAIN BOOST CHALLENGE

Day 1

- Cross-Crawl March
- Brain Breathing
- Freeze Dance

Day 2

- Animal Walk Adventure
- Balance Like a Flamingo
- Memory Tray Game

Day 3

- Wall Push-Ups
- Color
- Move Finger Gym

Day 4

- Balloon Tap Challenge
- Mirror Movement
- Simon Says

Day 5

- Nature Walk
- Cup Stack Challenge
- Gratitude Pause

Day 6

- Yoga Animal Poses
- Follow the Pattern
- Focus Walk

Day 7

- Brain Boost Obstacle Course
- Emotion Charades
- Brain Breathing





Parent & Educator Tips

For Focus: Use movement breaks every 20–30 minutes.

For ADHD: Alternate seated learning with active learning.

For Anxiety: Include breathing activities daily.

For Emotional Regulation: Practice gratitude and emotion identification.

For Learning: Pair movement with reading, math, and spelling lessons whenever possible.

About Neuro-Fitness Academy

At Neuro-Fitness Academy, we help children, families, educators, and homeschoolers strengthen focus, confidence, learning readiness, and self-regulation through movement-based brain training, MIND~CRAFTS activities, coaching, workshops, and educational resources.

Connect with Coach Tippy

Neuro-Fitness Educator • ADHD Coach • Speaker • Author

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"Strong Bodies. Strong Brains. Strong Futures."

