

GOALS: Bilateral Coordination

Symmetrical Integration
 Asymmetrical Integration
 Body Positions

Skill Development	Instructions	Exercise
<p>Infinity Circle exercises help stimulate neural activation of the left and right brain hemispheres.</p>	<p><u>Symmetrical Movements:</u> when your two fingers are making the same movement (mirroring), e.g. both fingers start at the X, both fingers trace the Infinity Circle up & around and back to the X.</p> <p><u>Asymmetrical Movements:</u> when the two fingers are doing opposite movements, e.g. both fingers start at the x, but the right hand trace the Infinity Circle up & around and the left hand trace the Infinity Circle down & around.</p>	<p><u>Exercise 1:</u></p> <ul style="list-style-type: none"> • Go on your hands and knees in front of the Infinity Circle. • Put your left finger on the X. • Place your right hand down on the mat (in line with your shoulder). • Slowly trace the Infinity Circle forwards, then backwards. • Repeat x4. • Swap hands • Repeat x4. <p><u>Exercise 2:</u></p> <ul style="list-style-type: none"> • Use both pointers. Start at the X. • Slowly trace the Infinity Circle forwards, then backwards (symmetrical movements) • Repeat x4.
Feedback/Notes		<p><u>Exercise 3:</u></p> <ul style="list-style-type: none"> • Use both pointers. Start at the X. • Slowly trace the Infinity Circle using asymmetrical movements. • Repeat x4. <p><u>Exercise 4:</u></p> <ul style="list-style-type: none"> • Lay down in front of the Infinity Circle. Keep your elbows tucked in (close to your body). • Use both pointers. Start at the X.

- Slowly trace the Infinity Circle forwards, then backwards (symmetrical movements).
- Slowly trace the Infinity Circle using asymmetrical movements.
- Repeat x4.
- Repeat the above exercise, but this time, do not tuck your elbows in; keep them away from your body (almost at a 90 degree angle). This encourages the bowl/dish body shape for back & hamstrings.

Exercise 5:

- Stand in a high-kneeling position in front of the Infinity Circle.
- Use both pointers. Start at the X.
- Slowly trace the Infinity Circle forwards, then backwards (symmetrical movements).
- Slowly trace the Infinity Circle using asymmetrical movements.
- Repeat x4.

Exercise 6:

- Bring RIGHT leg out (left knee remains on mat).
- Use your LEFT pointer to trace the Infinity Circle using symmetrical movements and asymmetrical movements.
- Repeat x4.
- Repeat, but bring LEFT leg out (right knee remains on mat). Use your RIGHT

pointer like in exercise above.

- Repeat, still with LEFT leg out, but this time use both pointer fingers together to first do symmetrical movements and asymmetrical movements.
- Swap to the RIGHT leg out, and repeat the exercise x4.

Exercise 7:

- Sit on HUNCHES in front of the Infinity Circle.
- Use both pointers. Start at the X.
- Slowly trace the Infinity Circle forwards, then backwards (symmetrical movements).
- Slowly trace the Infinity Circle using asymmetrical movements.
- Repeat x4.

Exercise 8:

- Sit in a squatting position (lift your bottom away from your heels – pretend there is an invisible chair) in front of the Infinity Circle.
- Use both pointers. Start at the X.
- Slowly trace the Infinity Circle forwards, then backwards (symmetrical movements).
- Slowly trace the Infinity Circle using asymmetrical movements.
- Repeat x4.