

THE RECEPTIVE OWL

Brain Gym



Stand behind the child and squeeze their upper shoulders, while encouraging the student to turn their head as far as they can, to the left and right.

Why The Owl Works

The Owl lengthens and relaxes muscles in the shoulders and neck, thus restoring range of motion for turning the head. As the neck muscles relax, listening comprehension, thinking and speaking abilities improves.

The Owl

- Releases the shoulder muscles for better head and neck alignment and turning
- Improves hearing and listening
- Improves short and long-term memory
- Improves listening to the sound of one's own voice
- Improves silent speech and thinking ability