

# THINKING CAP

Brain Gym



## The Thinking Cap

Use your thumbs and index fingers to gently pull your ears gently back and unroll them. Begin at the top of each ear and massage down and around the curve, ending with the bottom lobe. Try to cover as much ear surface as possible.

### Why The Thinking Cap Works

Doing the Thinking Cap stimulates over 380 acupuncture points in the ear, creating the feeling of liveliness and being awake and alert. It also enhances listening and thinking skills, short term memory as well concentration. The Thinking Cap also helps to tune out to distracting and irrelevant sounds and focus easier on the task at hand, such as listening to the radio or the television.

### Thinking Caps

- Improves hearing abilities
- Improves short term memory
- Helps to clear tinnitus
- Improves balance
- Provides a feeling of clarity and lightness
- Vestibular functioning
- Auditory processing
- Thinking skills