Our therapy follows a fully integrative approach. Visual, sensory, motor, and cognitive skills are worked on repetitively and progressively to improve and build ability. Some activities can be used for diagnosis as well.

1. Begin all activities with eyes first. 2. Follow pathways gently with eyes and head. 3. Use dominant pointer finger, then pointer on other hand. 4. Add both hands (where indicated and possible). 5. Add hands and feet in a steady rhythm in this order: ipsilaterally, then contralaterally. 6. Activities can be repeated with our special 3D glasses. 7. Breathe deeply continuously.

Add the following activities when you see these icons:

- **Auditory Integration**
  Where appropriate, add a metronome or our PuzzleArt music to provide auditory visual integration.

- **Amblyopia**
  Where appropriate, use red/green glasses.

- **Brain-Click-Connect™ position**
  Physically “click” both pointer fingers side by side with the top two knuckles firmly connected. Follow a path as indicated. The click physically forms a bridge to connect both sides of the brain. Breathe deeply the entire time.

- **Bilateral Integration [follow a path with two pointer fingers]**
  Begin with both pointer fingers. Move them along a parallel path together or split them and move in opposite directions in tandem. Concentrate on making the movement smooth and even. Continuously speed up as you “follow” for 1-2 minutes. Breathe deeply the entire time.

- **Begin each Bilateral Integration workout with the Brain-Click-Connect™ position and move in any or all of the following sequences for following or pointing**
  1. Two fingers begin together and follow in the same direction.
  2. Two fingers begin together, split slightly and remain parallel as they follow in the same direction.
  3. Two fingers begin together, then split and move away from each other around half the path until they meet and then reverse, each finger staying on same side of the path. Fingers should stay horizontally level as they move evenly up or down chart. Make movement smooth. Continue to speed up, working fingers in tandem.
  4. Two fingers begin together, then split and move away from each other around the entire path, criss-crossing at the mid-point, then continuing back to the beginning. Keep both fingers moving evenly and horizontally level.
  5. Alternate hands during each exercise when following or pointing:
     - Right-Left-Right fingers point or move on the Right-Left-Right (same/ipsilateral) side of the activity.
     - OR Right-Left-Right fingers point or move to the Left-Right-Left (opposite/ipsilateral) side of the activity.
  6. Advanced work -- keep moving and criss-crossing continuously for a set amount of time at same or increasing speed to increase both accuracy and decrease time to complete the path. Accuracy FIRST, then work on speed.

- **PuzzleArt™ Sensory Protocol [tapping sequence workout]**
  **A)** First sit, then **B)** stand as you tap in our PuzzleArt™ sensory integration sequence. Breathe deeply the entire time:
  1. Dominant hand
  2. Non-dominant hand
  3. Dominant hand and foot (ipsilateral)
  4. Non-dominant hand and foot (ipsilateral)
  5. Dominant hand and opposing foot (contralateral)
  6. Non-dominant hand and opposing foot (contralateral)

- **Stereopsis**
  Use our special 3D glasses.

- **PuzzleArt™ One-Two Finger Follow**
  Use the PuzzleArt™ One-Two Finger Follow to move on the path from one end to another. Begin with the dominant pointer finger. As the line becomes thicker, add your middle finger smoothly onto “the follow” (“piggyback” the middle finger onto the pointer finger) and remove your middle finger when the line becomes thin again without pausing. Concentrate. Make the movement smooth. Once both fingers are working well together, speed up and continue for 1-2 minutes. Breathe deeply the entire time. Switch hands and repeat. For **Advanced work**: Two fingers begin together, then split and move away from each other along the entire path, criss-crossing at the mid-point, then continuing back to the beginning. Use the **PuzzleArt™ One-Two Finger Follow** as you follow the path - keep both sets of fingers moving evenly and horizontally level. Repeat at the same or increasing speed to increase both accuracy and decrease time to complete the path. Accuracy FIRST, then work on speed. Start out slowly! Breathe deeply the entire time.
We hope you enjoy the many fun and challenging activities in Brain Builders Nation. The program utilizes PuzzleArt™ Therapy concepts and products for online use. Each activity can help you work with your population on therapeutic categories as indicated by our PuzzleArt™ Therapy icon key.

The PuzzleArt™ Therapy System for Brain Fitness uses a holistic integrative approach to help people of all ages and abilities work on the improvement of twenty cognitive, oculomotor, sensory and perceptual skills. Users are engaged as they develop better focus, improve their ability to think outside the box, relax and more, while working with our colorful and fun approach.

The System is used in clinics, universities, K-12 schools, therapy offices, rehabilitation centers, private and military hospitals throughout the US as well as in 15 other countries. It is the first therapy to use colorful abstract fine art at its core. We hope you enjoy it.

Note: where Brain-Click-Connect™ position, PuzzleArt Sensory Protocol™ and PuzzleArt One-Two Finger Follow™ are indicated, see Concept Basics.

Please read our easy instructions to familiarize yourself with our concepts and methods.

Alli Berman, PAT
is a Brain Fitness expert and the Brain Builders Nation Chief Creativity Officer. She has been an artist, author, educator, creativity consultant, workshop leader, and motivational speaker for the past 30 years. Berman is an educational advisor to the American Academy for Anti-Aging Medicine and the founder of Anti-Aging Art and Brain Fitness Art. Berman’s art is exhibited in museums, galleries and corporate + private collections worldwide. Berman created her interactive PuzzleArt™ and concepts to help others. Thousands benefit from her art, professional development, creativity and educational programs. She uses the system she created to keep her own brain healthy, engaged, and challenged every day! BA/Edu + BA/Art Stony Brook Univ, MS/Abt Pratt Institute.

Susan Fisher, OD
is a developmental optometrist in private practice for 28 years in Westbury, NY. She has been providing vision care at The United Cerebral Palsy Association of Nassau County for 19 years and is the Past-President of the New York State Optometric Association. Susan received her Doctor of Optometry from the SUNY College of Optometry.
Follow the lines, shapes and colors:
A) within a single PuzzleArt™ piece
B) from one PuzzleArt™ piece to another
C) across three or more pieces of PuzzleArt™

Follow A, B and C in this order:
1. eyes only, keep your head and neck still
2. eyes and head in an exaggerated gentle movement
3. dominant pointer finger
4. switch hands
5. a PuzzleArt™ penlite
6. Tap each matching pair with dominant finger. Some are in the same direction, some are not. Start with top left painting and complete each row from left to right in this order: row 1, row 3, row 2, row 4. Switch hands.
7. Pick any shape in any PuzzleArt™ piece on the 2nd row: Trace it, use dominant finger. Switch hands.
8. Close eyes and picture it. Describe it.
9. Draw the shape but larger without looking at it.
1. Follow the squiggly blue path and then the red path from **START** to **END**.

2. Follow in this order:
   A) eyes only, keep your head and neck still
   B) eyes and head in an exaggerated gentle movement
   C) dominant pointer finger
   D) switch hands

3. Use a PuzzleArt™ penlite

4. Use both your pointer fingers in the Brain-Click-Connect™ position and keep them together as you follow each path from start to end.

5. Breathe at least 3 deep breaths while following each path.
Can be played as solitaire, or
two to eight players or up to four pairs of players. The object of the game is to make as many
unique words possible using one or more letters in three minutes.

1. Set timer: one to three minutes. Look at all the letters on all the PuzzleArt™ cards without
moving them.

2. Make words using the letters from different cards, and write down the words in a list. List
as many words as you can before the three minutes are up.

3. You can return to a card more than once for the same or different letters, as long as you
chose a letter from at least one other card in between to make your word.

UP THE ANTE: To make the game harder, use only one letter from each card for your words.
You can use any color letters to make your words.

UP THE ANTE: Use only one color to make your words ex: choose only black letters on blue,
or only red letters on black, or only orange letters on white.

After the time is up, each player in turn reads their words to the other players and taps or
points to each letter on each card as they spell their words. If more than one player has the
same word, all players cross that word off their list.

Once all players have shown their words, and the duplicates have been crossed off the lists,
each player counts their remaining words. The player who has the most non-duplicated
words wins. Take a deep breath as you give them a round of applause.

All players look at the PuzzleArt™ pieces. Starting with the player to the Dealer’s right,
each player in turn says and spells the word, pointing to the letters on one piece. Get one
point for each word. Play passes to the next player.

*The letters on any piece may make more than one word; if the player names the second or
third word before the next player begins, they earn an extra point for each additional word.

If the player finished their turn and play has passed to the next player, any other player can
shout “pounce,” name the additional word(s), and claim one point for each additional word.
The first person to shout “pounce” wins the bonus point. Keeping score is optional.
1. Read each quadrant from left to right.
2. Choose one letter pair. Circle all of them with one color. Count them. Fill in the chart.
3. Choose a different letter pair. Mark each of them with a different shape or color. Count them. Fill in the chart.

A) FOLLOW THE PATH from 1 to 2.

B) Count ALL the dots, then ALL the circles.

C) Begin with large, then medium, then small dots or circles:
   1. Use your eyes
   2. Use the pointer finger on your dominant hand.
   3. Use your other hand.
   4. Follow the path from 2 to 1 with a pointer finger as you keep your head still and eyes on the lowest red dot on the path.
   5. Repeat, using both pointer fingers in the Brain-Click-Connect™ position.
   6. Tap once as you count all the red dots, using our PuzzleArt™ Sensory Protocol.
One Minute Brain Builders were designed for Online use. But we understand they are too juicy and colorful and fun to always keep trapped on a screen. You have our permission to print these activity pages for YOUR population ONLY. This is on an honor system and we sincerely hope you will encourage your colleagues to sign up for our reasonably priced monthly program. Please tell them to go TODAY to:

www.PuzzleArtTherapy.com/BrainBuildersNation

Every month we will deliver 5 wonderful treats to your inbox with lots of GREAT BONUSES popping up. . . everyone loves surprises, right?

Printing instructions for PuzzleArt™ Therapy Brain Builders Nation programs

Print on 14 pt coated card stock in color or thinner stock and laminate
Use a quality outside printer or a good color corrected copier - it really makes a difference
Many Brain Builders pages can be used with both: 8.5x11 and 11x17 card stock