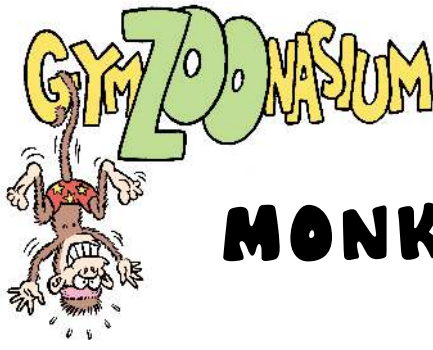




MONKEY EAR SQUEEZE



PURPOSE

- Helps us switch our listening ears on
- Involves crossing the midline, which is an important developmental skill



INSTRUCTIONS

1. Bring each hand up to your opposite ear
2. Gently massage your ear lobes (with your thumb and pointer finger)



WATCH FOR

- Shoulders down and relaxed
- Crossing arms across the body, to squeeze the opposite ear
- Giving each arm a turn to be on top



MODIFICATIONS

- Do Monkey Ear Squeeze with one arm at a time
- Seated- Do Monkey Ear Squeeze in your chair



MORE CHALLENGING

- Let go of your ear with one hand, switch that arm's position (so both arms have a turn on top), and then massage your ears again.



MAKE IT MULTI-SENSORY

- Focus on all the sounds you can hear around you. What can you hear?

