

# SWITCHING PRACTICE

*Practices that support safety, care, and resilience*

## SUMMARY

Navigating the complexity of racism requires resources from both sides of the brain. Cross lateral exercises help us to activate both sides of our body and brain. By engaging both sides, we make available the cognitive resources necessary for complex problem solving and critical understanding. These exercises are based on the research of Eric Jensen. See video for more detailed instructions:

[www.youtube.com/watch?v=ZH6QI8QjkZA](http://www.youtube.com/watch?v=ZH6QI8QjkZA).

LEFT BRAIN	RIGHT BRAIN
Logic	Intuition
Science	Arts
Analysis	Creativity
Facts	Feelings
Parts	Whole
Verbal Language	Body Language

## POINTING TO THUMBS UP EXERCISE

1. POINT- With one hand point with the index finger to the other.
2. THUMBS UP- With the other hand point your thumb up.
3. SWITCH- Now switch one hand from pointing to thumbs up, then switch the other hand from thumbs up to pointing.
4. ADVANCE- Try the switching practice facing out, to the side, and in different positions to challenge yourself further.

## FINGER WALK

1. MAKE TWO L'S WITH YOUR HANDS- With your hands in front of you, create two L's with your hands.
2. THUMB TO INDEX FINGER- Connect right index finger to left thumb, then right thumb to left index finger.
3. WALK- Now walk your fingers up, like in the children's activity "itsy bitsy spider."