COWORKING by Corri

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Improve Cognitive Function

Your senses are continually receiving information and interacting to drive the vast communication network in your brain. They are superconductors. Despite their importance, this is a subject that is often poorly understood and taken for granted. The skills sets you use to accomplish great feats of learning, achievement, decision making and problem solving utilize multiple senses at a time so you do make excellent use of your senses.

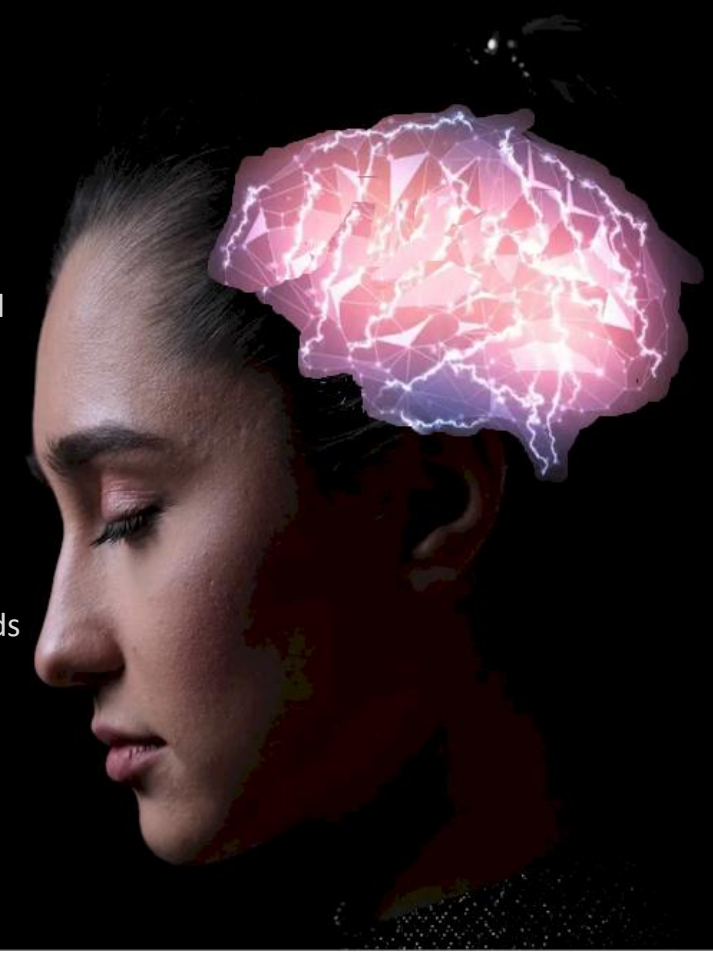
Yet you are capable of more!

Your Senses are the Perfect Tools

What does it take to become a better scholar or problem solver? Do you need to engage in grueling cognitive training? Or could the path to a healthy mind be as simple as meditating or walking three times per week? If cognitive training alone is not the secret to improving cognitive function could it be that strengthening certain brain networks between body and mind or environment and mind could be the key to a better brain?

What is the key to high levels of motivation, self-awareness, and amazing feats of learning or discovery? Your brain is a powerhouse that holds all these possibilities and more. Your senses drive the powerhouse.

Your senses are the perfect tools – superconductors bringing in messages from the physical world to the realm of your mind where you decode the information and discriminate between different kinds of stimuli to perceive the world.



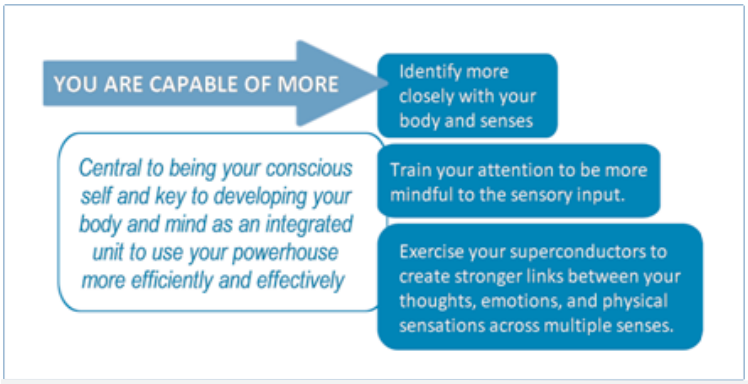
You are very aware of the sensations produced by your five traditional senses, seeing, hearing, taste, smell, touch and two equally important senses: vestibular (balance and special orientation and proprioceptttion body awareness. These seven biological senses detect stimulation from outside your body. Did you know that through research and brain imaging, neurologists have identified more than twenty distinct sensory systems – maybe even senses you never really considered before that detect stimuli from your internal organs and tissues and then relay signals about the current state of your body?

Your central nervous system has a specific sensory system dedicated to each of these senses. All your senses are continually receiving information and interacting. You function in a complex and dynamic sensory environment within which many events must be detected, interpreted, and acted upon.

Do you pay attention to the collaboration, cross-talk or overlapping of your sensory modalities?

When speaking of your seven fundamental senses, no one of your senses works in isolation or apart from the other senses and no part of your brain functions alone. In this way there is a shared responsibility for the completion of any task. There is such depth and constancy to the connection between your mind and body through your senses and all of it happens so quickly and unconsciously, imperceptible and subliminal, the process is difficult to grasp. Think how the following examples exemplify collaboration, cross-talk, or overlapping of sensory input.

Despite the importance of these superconductors and their connections in your life, how well do you understand how your sensory modalities work, how they interact with each other to provide a coherent awareness of your environment, and how they affect you? Do you take your senses for granted? You might go through your day and scarcely pay attention to what your senses are telling you. How can you remember when you never registered the sensory input?



The skills sets you use to accomplish great feats of learning, achievement, decision making and problem solving utilize multiple senses at a time so you do make excellent use of your powerhouse. Yet, you are capable of more. You can exercise your superconductors to use your powerhouse more efficiently and effectively.

Through exercises focused on your individual senses you can become more keenly aware of how and when any one sensory pathway heightens to a point where it automatically activates, alters, influences, or suppresses one or more of your other senses.

The first exercise is an awareness assignment to keep you tuned into all your fundamental senses. The second exercise activates your sensory memory to keep it sharp. We recommend both exercises be done on a daily basis. The remainder of the exercises focus on one sense at a time.

Beyond the suggestions we offer, please explore other challenges that help you strengthen or optimize all your senses. Keep in mind that exercises may be aimed at training your attention to focus on your environment instead of your thoughts, while others may be aimed at enhancing your accuracy or reaction time. If you have been using your senses in an appreciation for speed over accuracy you may want to find exercises to increase accuracy along with speed.

#1 Stay Tuned into your Fundamental Senses

For best results, you will need at least five minutes for this first exercise. Take a few slow breaths to start. Aim your focus on each one of your senses by asking yourself the questions below. To strengthen your senses and their neural pathways and gain the most benefit, conduct this exercise in different environments and different times of the day.

Concentrating on one sense at a time, ask yourself:

1) What are three things I can hear? (my own breathing, people talking in the next room, a police siren)
2) What are three things I can see? (the tree outside my window, the couple holding hands, a glass of water)
3) What are three things I can feel? (the keyboard under my fingers, the cool, my hair tickling my ears)
4) What are three things that I can smell?(the shampoo in my hair, food cooking, locker room odors)
5) What are three things I can taste? (my gum, salt on my lips, toothpaste)
6) How am I aware of my body position at this very moment?
7) Which of my 600 muscles is flexed? (from your toes and calves to your jaw and eyes)

You will quickly find this exercise becomes quite easy. When that happens challenge yourself to identify the barest of signals or make it 4, 5 or 6 things. You can make it more challenging by setting out to zero in on things that are distinctive, curious, unidentifiable, or barely perceptible for each sense.

Scents and sounds do form powerful and long-lasting memories. Still, your brain is largely an image processor. In fact, 90% of information you transmit to your brain is visual and creates visual memory. When you activate your sensory memory, you engage in the processes of attention and perception which you need to carry out cognitive tasks. The thing is the most vivid details of sensory memory seem to fade quickly. Obviously, if you could retain the information for longer it would be beneficial.

Here's an exercise to help keep your sensory memory razor sharp. It is an exercise that has been traditionally practiced by actors. We are suggesting that you use a different object every day. Let's start with a coffee mug:

Try it. Hold the cup and study its characteristics: recognize its structure and design; memorize its height, color, ridges, contour, ridges, smoothness and how it reflects light. Next engage your other senses: How does it feel in your hand? How heavy is it? What does the object feel like when you run your finger along the edges or against your lips? What sound does it make when you put it on the desk or tap it with your fingernail? Does it have a detectable odor? How does the cup balance on a surface or on your hand? Now put down the cup and close your eyes. With those characteristics imbedded in your mind, recreate the experience of exploring the cup.

When you activate your sense memory you utilize the same brain circuits as you did when exploring the actual object.

It's always stimulating to explore an object that interests you, but you may find it even more challenging to characterize and memorize details of objects to which you have paid very little attention or things that you cannot hold in your hands. Vary the type of items you explore: small, large, thin, thick, granular, fluid; things that have significant details and require deeper focus or time, things with texture, flexibility or movement. Whether you explore a postage stamp, feather or wheel of a car each object you recreate in your mind provides your brain with a new experience and new challenges.

Some objects will provide you with distinct memory markers. For example, a takeout cup or plastic bottle will have a distinct odor or even taste. Coffee grounds will feel different than dried rose petals, metallic objects may be more reflective than paper items. In any object you choose, one or more sense markers may be difficult to detect. Of course, you may have to exercise caution because you simply might not wish to taste everything or it may not be safe to touch everything. In which case, employ your imagination and remember that.

Exercise One Sense at a Time to Keep your Superconductors at Peak Performance

Like all muscles in your body, your senses can be strengthened through exercise. You won't need a gym full of equipment for these next exercises. Each section that follows is dedicated to one sense.

Exercises for your eyes, not only enhance cognitive function they can help to ensure that the two eyes work together effectively. When you exercise your vision you stimulate your entire brain. Are you making full use of your potential visual acuity? How adept are you at tracking movement, using peripheral vision, reading small text in the distance, depth perception, or focusing?

Research shows that there is a high degree of correlation between great acuteness of vision and athletic success or decision making ability. Your brain sees before your eyes. The better the quality of information reported by the eye, means the brain is faster at triggering the appropriate subconscious response.

There are so many exercises. Here are just six to get you started.

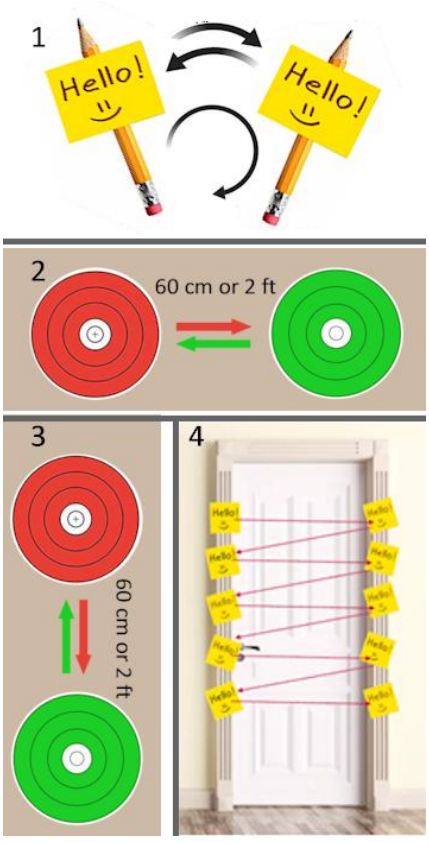
1) Keep your vision sense mentally sharp by making rapid eye adjustments to track movement. This type of exercise helps you to anticipate and make predictive decisions based on an interpretation of what you see.

   A. Attach a button or a sticky note to the end of a pencil or popsicle stick. Write something on the sticky note that can be a target for your eyes and easily kept in focus.

      Hold the end of the pencil with one hand and fully outstretch your arm. Keeping your head still and moving only your eyes, your goal is to track the target. You will move the target

      - in a horizontal plane from side to side
      - in a vertical plane up and down
      - in circles.

      Start slowly and gradually increase the distance. Do not move the target beyond the point where you can no longer maintain focus.



2) Place two targets spread out horizontally or vertically roughly 60 centimeters or two feet apart. Stabilize your head and quickly jump your eyes back and forth between the two targets.

3) Using sticky notes, make 10-12 targets (see diagram). Evenly space the targets along on each side of a door frame (5-6 per side). Stand about 5 feet from the targets. Again keep your head still. Use quick eye movements to jump from target-to-target in a zig-zag pattern from top to bottom, then bottom to top.

4) Use music or a metronome to pace any of these eye exercises. You can increase speed to increase difficulty. Add a new dimension to any vision exercise by covering one eye.

5) Massage your temples and frontal lobe and the bridge of your nose. Warm your eyes with your palms. Roll your eyes. Blink furiously and then slowly. A blinking exercise may involve closing the eyes, pausing for two seconds, then opening them again. While the eyes are closed, the eyelids can be consciously squeezed tight for extra stimulation.

6) How observant are you? Try looking around right now at all the things you may not have noticed inside, and outdoors too. You may have been looking at the things that were right in front of you rather than observing what was above, behind, beyond, or under your feet. Take notice to identify things that might be shrewdly placed to appear almost hidden. Then close your eyes and list everything you can you remember?

Strengthen your powers of observation by doing this exercise

7) Challenge your brain to identify everything in your peripheral vision. Call out what you see, but do not move your gaze. Note how your judgement of size or color contrast may be different from one visual field to the next.

How sharp is your ear for the sounds of everyday things and discerning what is going on around you? You might be amazed at how many things in your environment sound one way or can be barely detectable from across the room, but sound quite different when placed close to your ear.

Here's an exercise you can do anytime. Right now, try it. Stop and listen. What do you hear? Make a point of doing this often. It is particularly good to do this exercise while lying in bed before you go to sleep.

Incorporate one or more of these exercises into your sensory workouts:

1) Talk to yourself and don't forget it is okay to do so out loud. Motivational self-talk and instructional self-talk can help you clarify thoughts, reduce stress, and send different alerts to your brain, all of which help you to focus and speed up cognitive abilities in relation to problem solving and task performance.

2) Sharpen your sensitivy by spending a couple minutes each day to differentiate the various sounds you are hearing. You may be able to detect the distinct sounds in nature such as trees rustling or bird songs. How many individual hums, echoes, swishes, and reverberations can you separate from the cacophony of sounds in your environment.

3) Listen to music includes a variety of instruments (eg. big band or symphony). Try to pick out each instrument. Keeping that type of harmony in mind, is it possible that you can perceive that type of synchronization in the cacophony of your daily environment, too.

4) Take your hearing exercise to a new level by listening for sounds that might imitate something else. People with razor sharp hearing skills can detect everyday sounds that can replicate the sounds of other things. For example, you can imitate the sound of a crackling fire by crumpling a piece of paper. Special effects in movies were often created this way.

5) Listen to detect emotion in a human voice. Listen closely for emotions conveyed in your day to day encounters with people. You can practice this exercise. Instead of just watching a movie, close your eyes, and listen to the human voices to determine what kind of emotions are conveyed to you by the intonations or cadence of the voices and the expressions they use. Then rewind and watch the same segment to assess your first experience.

6) Close your eyes. Hold your hand in front of your face and blow against the palm of your hand. Listen for how the sound of your blowing stops when it hits your hand. You can challenge your sense of hearing even further by standing in front of a wall and blowing out your breath to hear and feel your breath stopped by the wall. Try your voice at difference distances instead breath.

7) Try this exercise to train yourself to navigate with sound alone. Put on a blindfold, spin around on a swivel chair, and stop. Try to determine which way you're facing based on what you hear rather than what you see or feel. For best results put the chair in the middle of a room so that when it stops you are unable to touch anything identifiable with your hands or feet.

Despite the fact that our noses keep us safe, we humans have developed a bias about smell. We tend to shy away from most smells, and not only the ones we do not like. Because of this bias, our noses tend to be weak and do not sense aromas very accurately. Our noses are complex and should be able to detect about 100,000 different odor qualities, but we detect a small percentage of that number. To make it even more complicated, unlike our ability to tell the difference between sights and sounds, many people cannot discriminate tastes from smells. They assume everything that is sensed in the mouth is due to taste. But the fact is our sense of smell plays a significant role in how we taste things. The nose and mouth are connected by airways. Bits of everything that we chew or swallow take a direct route to the olfactory system. Eighty percent of what we experience when we eat or drink is olfactory stimuli not flavor.

The bottom line is you need your nose and your inability to smell well can be a handicap. Fortunately, the olfactory neurons in your nose are designed to renew themselves periodically. Your nose is a powerful muscle, and it can be strengthened through exercise. When you enhance your sense of smell you are doing more than exercising those superconductors you are actually increasing the size of your olfactory bulb (the part of the brain that processes scents) and helping your olfactory system in its repair process. While you may not require that your sense of smell reach the levels of a professional perfumer or expert tracker, it's still good for your brain to exercise your nose to rise above the average. You certainly can benefit from a highly evolved nose. After all, a keen sense of smell enhances your taste sensations.

1) To enhance your sense of smell start a daily routine that begins by deliberately breathing deeply through your nose. Do that often throughout the day.

2) The next part of the routine you do twice a day. Sniff four different aromas for 30 seconds each. Begin with aromas that you enjoy. This will help you get over your disdain or bias for smells. Do this for one week; then switch to a different set of smells. Sniffing something with a strong fragrance helps your system create new neural pathways for heightened smell sensitivity. After three weeks introduce an odor that is unfamiliar or that you do not find appealing. Force yourself to sniff it for 30 seconds and reward yourself with a more pleasant 30 seconds of sniffing something you like. Eventually you will be practiced at overcoming the more obnoxious scents. As you progress in the following weeks, progress to less powerful scents. The key with any sniffing exercise is to breathe in the aroma and engage with it so that you can describe it in words. You will probably end up articulating many of the descriptions with words associated with tastes and textures.

3) During the normal course of your day you can practice being more aware of scent by focusing on the aromatic things around you: teas, coffees, chocolate, olive oil, fruits in the grocery aisle. Take ten seconds to sniff a bit more of anything that has an odor: mint, lemon, eucalyptus, cinnamon, rose, strawberry, cloves. Inhale strong scents when you pass by a flower garden, restaurant, perfume counter, fish market, locker room, or spice aisle. Even unpleasant odors stimulate the brain, so don't shy away at the first whiff of smelly sneakers.

4) The variety of herbs and spices in your pantry are excellent for stimulating your superconductors. Savour these aromas for at least 30 seconds to a minute when you are cooking before and after they are mixed with other foods or beverages.

Commit time to sniffing an array of spices. You don't need much. To expand the variety in your pantry, beg a few fragments from friends or a chef simply for this type of exercise. Crush the spices lightly and keep them in tightly sealed containers. Every few days, deeply inhale from each container. Let the scent settle into your nostrils, let it linger until it disappears before you open the next container and repeat the process. Note if the odor sweet, toasty or citrusy? Does it feel cooling, or pleasantly warm?

Challenge your sense of smell by wearing a blindfold and have someone else open the containers. Experiment with fresh and dried herbs so that you eventually can tell the difference by scent alone. If you have plenty of spices have someone mix a few choices and challenge yourself to identify which ingredients are in the mix.

Tips and Tricks:

- When every possible perform your sniffing exercises before you are satiated by your meal. Your body is more attuned to smells when you are hungry.
- If you have difficulty detecting a scent, it could be because a strong fragrance lingers from something such as a strong shampoo, mouth wash, hot sauce, cologne, or strong coffee. Take some deep whiffs of the fresh air or allow some time pass.
- For an instant olfactory reboot, take a whiff of most familiar smell you can possibly sniff. Your own body. The best way to do this is to bury your nose in the inside of your elbow and take a couple of drags. It's a trick used by wine tasters.
- You may have to get closer to the source to makes it easier for your nose to perceive some smells.
- If you still have difficulty with your sense of smell, a little bit of higher energy exercise can be just what you need. Researchers have found that our sense of smell heightens, even from a five to ten minute walk.
- Your nose will not operate in cold, dry air as well as it can when the air is warm and has some humidity.

When you first bite into food your tongue senses the first taste of sweet, sour, bitter, salt, or savory. When you chew food the vapors rise in your mouth. At the same time the more complex but conventional smells rise up the nostrils. Both meet at the same place higher up behind the nose to create flavor. It goes without saying that since your olfactory and taste systems are so closely intertwined, enhancing your sense of smell will help you improve your sense of taste.

Every time you eat food or sip a beverage you have an opportunity to exercise your sense of taste.

1) The slower you chew the more crucial the stimulus for senses and for your brain.

2) Concentrate on your food as you chew, mentally thinking about its texture and the subtle flavors.

3) Try chewing food with volatile aromas while pinching your nose and then compare that taste with sensing the flavor without pinching your nose.

4) Add variety to your diet. Try different foods, spices, herbs, unfamiliar ingredients, recipes, cooking methods, and ways of enjoying the food.

Cooking is an Excellent Exercise for Enhancing Cognitive Function

5) Test your ability to identify different tastes or flavors.

6) To have the best taste experiences you do not want to overwhelm your palate. If you do not already do so, make a point of using a palate cleanser so you can enjoy more subtle flavors of a meal without interference and with a fresh perspective.

   A palate cleanser is a neutral-flavored food or drink that helps remove food residue from your tongue. Palate cleansers stimulate appetite, improve digestion and help to avoid heartburn. Bread and crackers are common palate cleansers because they absorb the natural oil residues of spicy foods. Tortilla chips are used for that purpose. In cultures where diversity of flavors in dishes is customary, bread, biscuits and crackers are not the only preference.

   You can remove the lingering aftertaste of food and reset your taste buds during any meal with just a couple mouthfuls of any of the following palate cleansers:

   - Pickles, apple, banana, celery, or a tart citrus flavour (unsweetened).
   - Traditional choices such as fruit sorbet, pickled ginger, a sprig of parsley, or raw fruits and vegetables served with a squeeze of lime or lemon juice can also be considered an essential component of flavourful dishes.
   - Very lightly flavoured citrus water can sharpen the palate, but may not remove the food residue of some foods.

Exercise your Sense of Touch

Might you be taking your sense of touch for granted? Being more conscious about what you're touching in awakens your brain and stimulates your sensory recognition pattern. Deliberate touching exercises may seem silly or extraneous but to your brain it is diversified and exciting sensory input. When you gently touch the tips of your hair can you feel it tickle your scalp? Did you know that your brain experiences fireworks when you do that? Same when you tap your keyboard or run your hands across the texture of your garments.

Learn to pay closer attention to the sensation of how everything feels with these four exercises:

1) Touch everything with more conscious deliberation.

   Linger in touching, rubbing, or grasping things to really feel every ridge contour, fold, fragment, crumb or facet: fabrics, different woods, metals, ice, grains, leaves, grass, bark, or oils to name but a few. Do not shy away from touching unfamiliar things. Touch things with your fingertips, whole hand, a palm, knuckles, lips, toes, feet, heels. Touch things to your hair, neck, or other parts of your body. Feel the differences when you use one hand versus two hands, your feet, or both together. Try touching things while wearing gloves, socks, and shoes too. With each touch, note the variations in the different sensations and listen for the sounds that are made.

2) Challenge yourself further by using an extension of your hands and fingers. Note that when a tool such chopsticks are used, your perceptual experience is transparently transferred to the end of the tool. You can almost feel the texture of whatever the tool touches. Run the eraser end of pencil over objects to feel the curvature, sharp edges, softness, or hardness. Try the same exercise holding a lighter flexible extension like a rolled up piece of paper or clutch something longer, thicker, or harder, such as a broom handle, stapler, or book. Note the sensation and sound differences with each tool.

3) An excellent time to exercise your sense of touch is when you do laundry. Wet and dry – make time to run your fingers and palms over the fabrics, the seams, and zippers. Feel the roughness, softness, sharp edges, or delicate stitching on your forearms, wrists, neck, or shoulders.

4) This next touching exercise is good to do as you wind down before you go to bed at night. You could choose one thing per day to touch in a variety of ways, using any the suggestions above. As you do so, pay attention to what other senses are being activated in your body. These are just some of the sensations you might become aware of when you touch an object.
    - Take an extra moment to think about how your body responds to each kind of touch.
    - Do you flinch from something cold, even when you know it could be cold?
    - Do parts of your body react differently to touch? For instance do you flinch less when something cold is touched by your hand than by your cheek or inner arm?
    - Pay close attention to the amount of tension in your muscles or the flexibility required to do the touching. Note when your body tenses in anticipation of what will be touched or if it tenses after the touch, and for how long?
    - Does your body relax when you touch some objects?
    - Does a touch trigger familiar emotional sensations or memories?

Vestibular: Your vestibular system is your body's internal GPS system or balance centre. It includes the parts of your inner ear and brain that are stimulated by the position of your head and tells your brain how or if you are moving. Your vestibular sense helps control your equilibrium, eye movement and spatial orientation to help keep you stable and upright. It enables you to use both sides of your body at the same time. You experience your vestibular system at work when you know that you are moving in an elevator and when you know, that you are lying down, standing up, or walking on a balance beam.

Proprioception is your sense of space. More specifically, it is your ability to sense stimuli within your body regarding your body position in relation to the environment. Your brain constantly receives tactile data from the sensory neurons in your vestibular system and the stretch receptors in your muscles, ligaments, and fascia to detect where your body parts are and how they are moving, relative to other body parts. Your brain uses this steady flow of information to produce simultaneous coordinated movement and regulate your emotional responses without the need for you to stop to think, see, or feel every aspect of that movement separately. It is much easier to demonstrate proprioception than explain.

You fire up your proprioceptive sense every time you move, stretch or bend your joints. This sense sends your feet and hands to the right place. You can walk or climb stairs without looking at your feet. Blindfolded you can confidently brush your hair or clap your hands with just the right amount of pressure. You quickly react to catch something that is knocked off a table. Without staring at your hands or feet, you can coordinate your movements to run and dribble a basketball or drive a car. You experience proprioception every time you move around obstacles or detect small deviations, such as rocks or depressions in the ground when you walk on a path.

You can sharpen these senses through attentive body-mind integration techniques like swimming, rock climbing, karate, tug of war, and cartwheels. If vigorous athletic activities are not to your liking, you can rock in a hammock or do body position poses in yoga. Household chores like sweeping, vacuuming, dusting, and washing windows are great proprioceptive input, too.

Even without over stimulation less strenuous but attentive exercises like the ones that follow can help you feel more alert while providing good proprioceptive input for your brain:

1) Dancing – any kind of dancing: The basis of dance is rhythm, but it is first and foremost a stimulating mental activity that connects mind to body. It involves memory, synchronizing coordinated movement with sound, visual spatial skills, attention, creativity, social interaction, mood, and emotions. It is something you can do by yourself or with others.

2) Tai chi is a graceful, relaxed, and fluid type of martial art that looks like a slow-motion dance.

3) Jumping rope – whether you jump with two feet, run in place or advance to any kind of fancy footwork jumping rope helps you with hand foot coordination to maintain rhythm and control.

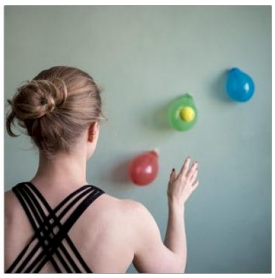
4) Stork standing:
   - Starting position – stand with your feet hip-width apart and your hands on your hips.
   - Shift your weight onto your left foot and lift your right a few inches off of the ground.
   - Stand in this position for 30 seconds and switch sides.
   - Repeat 2–3 times. Try the same exercise with your arms outstretched.

5) One-leg balance – same starting position as stork standing:
   - Stand on your left foot and lift your right foot in front of you a few inches off of the ground. Hold for 2–5 seconds and return to the starting position.
   - Lift your leg to the side of your body, hold and return to starting position
   - Extend your leg behind you hold and return to starting position. Switch sides and repeat.
   - As your balance improves, lift your foot higher or hold the position longer. Add dimension to any type of proprioceptice exercise by closing your eyes, because the eyes give invaluable feedback to establishing the moment to moment information of balance.

6) Tightrope walk – repeat this 3-4 times and make sure you are doing this on a level floor.
   - Tape a straight line about (1–2-meters) long on the floor. Alternatively, you can follow the line of your flooring or walk along any straight edge.
   - Stand with your feet hip-width apart and your hands on your hips.
   - Place one foot on the line or beside whatever straight line you are adhering to. Then, place your other foot directly in front of it as if you're walking a tightrope.
   - Walk to the end of the line without stepping off to the side. Turn around and walk back.

7) Hand-eye coordination drills strengthen eye muscles, require strong motor skills, and focus on objects that cross from one side of the body to another and thus work both sides of the brain. Juggling is an advanced example of this kind of drill. Our drills are less complicated using a small ball, balloon or bean bag to train your reaction time, spatial location and efficient movement.

- Balloon bump – toss a balloon in the air, bump it with two hands follow it to keep it in the air. Bump it gently to keep it near or bounce it further away. Bump it with both your hands, or alternate hands. Progress to tracking it and using your knees or feet or head. Two balloons or a bean bag adds another degree of difficulty.



- Catching challenge - toss a small ball or bean bag in the air and catch it with one hand. Switch hands. Catch it with your palm upturned as well as with your palm facing away from you. Practice tossing at different heights and distances in front or to the side of your body. Practice tossing different shaped objects such as a set of keys, plastic golf ball, pencil, elastic band, or crumpled paper. Catch a ball in your hat or in a smaller receptacle such as a plastic cup.
- Toss a ball against a wall and catch it with two hands. Switch to catching with it one hand and then alternate tossing and catching with your left and right hands. Change the angles from which you aim for the wall to change the predictability of the way the ball returns to you so that you have to move to catch it. Work on throwing the ball from different distances and aiming for different points on the wall, or aim for the floor so that the ball bounces off the wall. Catch the ball when it is high and catch it just before it hits the floor. Try catching it off the wall in a plastic cup. Playing with another person instead of using a wall can cause the path of the ball to be less predictable.
- Practice dribbling a small ball with one hand. Play with different speeds and distances from the ground or switch back and forth between hands.
- Target practice – set up three targets on a wall. Aim a beanbag or plastic golf ball to hit a target. Start close to the target. As your accuracy increases, progressively move further away from the target and play with smaller targets. Try standing at different angles rather than directly in front of the target. You can add another level of difficulty by turning away, then quickly turning and aiming for the target. Change the height of the targets. Hit them in a specified order.
- Small balls and small targets are good for hand-eye coordinated activities. Vary the type of ball and distances to make exercises less predictable. Use your non-dominant hand to develop both sides of your body and brain. Remember that when an exercise is too easy it is no longer challenges your brain.

Inspired and Committed, We Celebrate Your Journey

At Corro, we believe in the power of people. We are inspired to expand humanity's capacity for wisdom, compassion, and courage.

In our commitment to helping you achieve long-term personal development and use your organizational platform for positive impact, we celebrate the journey of lifelong learning while fostering an all-inclusive community driven environment of meaning, personal connection, and fun.

Corro is not just a Work Space – Our Aim is Helping the Community Thrive through People Success