

Infinity Walk

- 1.) Place 2 small chairs/objects 3 feet apart.
- 2.) The child beginning in the middle of the 2 objects starts walking around the chairs in a “figure 8” pattern outside then inside the chairs.
- 3.) When the child has the pattern well established, you can add educational visual materials i.e. picture cards, phonic cards, spelling words, sight words, math facts, etc...

Objective= When the body moves through this pattern there is an increase in the activity between the left and right hemispheres of the brain. This movement pattern increases the automaticity of upper and lower body rotation/counter-rotation thus improving the body’s overall coordination and endurance.

How to use the Infinity Walk= I recommend many families use the infinity walk for homework with spelling words, math facts, memorizing Bible verses and as a warm up to reading/homework. If children watch TV they can do so while doing the infinity walk especially the kids who need “chill out” time after a stressful school day. The infinity walk would be useful in the resource room at school as well.

Time and distance of Infinity walk= I recommend doing the walk for a minimum of 5 minutes, however the longer the greater benefit. Set up the infinity walk at least 7’ from the TV.

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