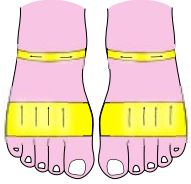


## Lymphatic System reflexes

The Lymphatic System is part of the immune system and plays an important part in eliminating waste products from the body.



### Otter

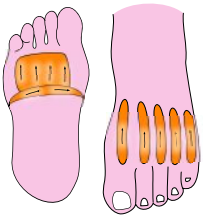
*Here is Otter floating free  
Out on the glittering, deep blue sea  
Down he swims with a splashy splash  
Up he pops with a silver fish*



Slide your fingers gently down the top of the feet. Use gentle, circular movements around the ankles. Sweep up the centre of the back of the leg.

## Chest & Lung reflexes

The lungs oxygenate the blood in our body and the chest allows their expansion and contraction.



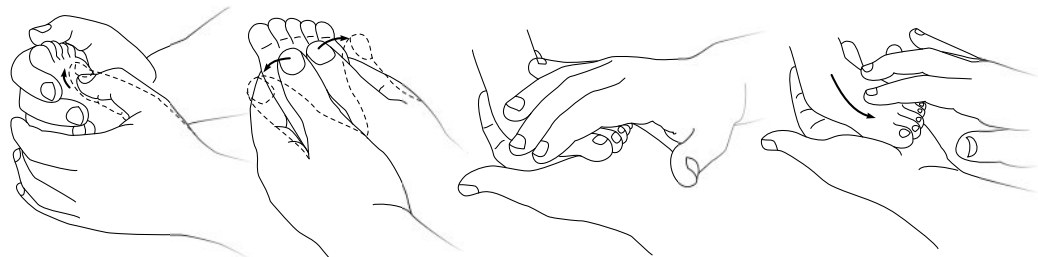
### Hare

*Hare running wold, Hare running free  
Kicking his heels, hopping with glee  
Over the open plains to the sea  
To visit Otter, his friend, and have tea*



Caterpillar walk up the ball of the base of each foot. Butterfly stroke across the base of the ball of each foot. Gently caterpillar walk the top of the foot, from the base of the toe down the metatarsals.

## Techniques



Caterpillar

Butterfly

Hand stroking

Finger stroking

p4



## Quick Reference Guide

This guide provides a quick reminder of the reflexes and techniques you have learned in your classes. For best results use regularly or incorporate them into your daily routine. Ask your instructor if you have any questions.

## Solar Plexus reflex

Always begin and end with the Solar plexus, it helps to calm your child down.



### Mouse

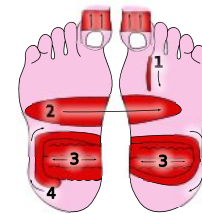
*Her favourite place, that Mouse likes best  
Is curled up in her cosy nest  
There's nowhere that she'd rather be  
It fills her up with joy and glee*



Hold your child's foot in your hands and with your thumb gently press on the Solar plexus reflex.

## Digestive System reflexes

Good health begins in our digestive system with good diet & nutrition to feed our body and create a healthy gut biome for the second brain residing there.



### Mole

*Down, down under the ground  
Through the tunnels down, down  
Into rooms large and round  
Warm and cosy deep underground  
A sound in the silence, let's have a peep  
It sounds like snoring it's Mole fast asleep*

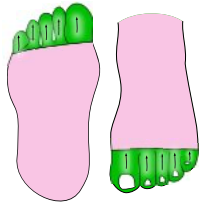


- To begin, caterpillar walk down the tops of the big toes. Then follow the numbers:
  1. Slide your thumb down the joint between the big & second toes.
  2. Starting on the right foot, slide your thumb across from right to left.
  3. Caterpillar walk, to and fro, across the lower centre of each foot.
  4. Starting on the lower right foot, gently caterpillar walk to follow the horseshoe around both feet.

p1

## Head reflexes

Work the top of the big toe for quick access or individual teeth on each toe for more specific work.



### **Squirrel**

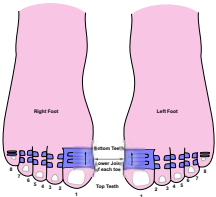
*Squirrel running through the trees  
Collecting nuts, rustling leaves  
He carries them down to the ground below  
Buries each one in its own little hole*



Gently caterpillar walk up the toes on the bottom of the foot. Then down the tops of the toes, nail down. Gently circle the tips of each toe.

## Teeth reflexes

Work the top of the big toe for quick access or individual teeth on each toe for more specific work.



### **Squirrel**

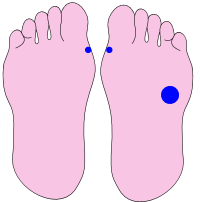
*Squirrel running through the trees  
Collecting nuts, rustling leaves  
He carries them down to the ground below  
Buries each one in its own little hole*



Gently caterpillar walk down the top of the big toes, hold/circle on top. Work each tooth reflex on each foot; good to support teething.

## Immune System reflexes

The immune system creates special cells that fight infection and strengthen your child's immune system.



### **Badger**

*When Badger bumbles through the wood  
All his friends feel safe and good  
He brings them treats along the way  
Visits each one every day*

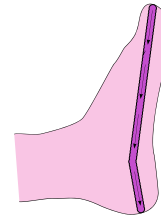


Place your thumb and forefinger on the blue points below the big toe and gently circle clockwise. Then hold the large blue spot on the left foot.

p2

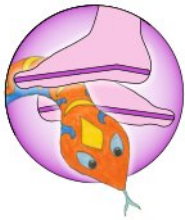
## Spine reflex

The spine isn't just about the back; it contains the Central Nervous system which supplies nerves to the entire body.



### **Snake**

*Snake is playing in the sun  
Hide and seek, having fun  
Sliding down the mountain side  
Slithering up the other to hide*



Gently caterpillar walk down the inside of each foot. Slowly work your way back using tiny gentle circular movements.

## Eye & Ear reflexes

All conditions affecting the head can impact on the eyes and ears – we are interconnected, nothing is separate.



### **Owl**

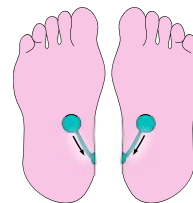
*Sitting high up in his tree  
Everything Owl hears and sees  
Keeping watch on all his friends  
If trouble comes a hoot he sends*



Caterpillar walk from the edge of the foot, below the little toe. Repeat 3 times on each foot.

## Urinary System reflexes

The kidneys filter waste from the blood before eliminating it, along with excess water, from the body via the bladder.



### **Frog & Toad**

*Frog and Toad are music lovers  
They're very close just like brothers  
Frog plays violin, the fiddle  
Toad plays banjo and sings the riddles  
Ribbldee, ribbldee, ribbldee, ree  
Join the song with Frog and me*



Hold the large circle with your thumbs. Slide them down toward the small circle on the side of the inner foot. Repeat three times.

p3