SHORTENED PI CORE TECHNIQUE: 2ND GRADE

Teacher: Sit up straight. Close your eyes.
Teacher: Rub your hands together. Feel the warmth of your hands.

Teacher: Right hand on right eye to improve math and reading
(2-second pause for students to place hand)
Teacher: Go deep inside the eye
(2-second pause for students to silently focus)
Teacher: To improve math and reading
(students are silent and listen)
Students: To improve math and reading
(students repeat the auto-suggestion)
All: AH, AH
(students/teachers vocalize while focusing on the phonemes going deep inside the eye/brain)
All: EE, EE
(students/teachers vocalize while focusing on the phonemes going deep inside the eye/brain)
All: AI, AI
(students/teachers vocalize while focusing on the phonemes going deep inside the eye/brain)
Teacher: Feel the sounds go deep inside
(students are silent while focusing on the eye/brain)

Teacher: Right hand on left brain to improve math and reading
Teacher: Go deep inside the brain
Teacher: To improve math and reading
Students: To improve math and reading
All: AH, AH
All: EE, EE
All: AI, AI
Teacher: Feel the sounds go deep inside

Teacher: Left hand on left eye to be creative
Teacher: Go deep inside the eye
Teacher: To be creative
Students: To be creative
All: AH, AH
All: EE, EE
All: AI, AI
Teacher: Feel the sounds go deep inside

Teacher: Left hand on right brain to be creative
Teacher: Go deep inside the brain
Teacher: To be creative
Students: To be creative
All: AH, AH
All: EE, EE
All: AI, AI
Teacher: Feel the sounds go deep inside

Teacher: Relax and open your eyes.

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