

## **Хвилинка психогімнастики**

Нейропсихологічна гра "Майстерні руки"

<https://www.youtube.com/watch?v=H3jbfL0zUYo>

Гімнастика для мозку

<https://www.youtube.com/watch?v=difXRMjl79k>

<https://www.youtube.com/watch?v=zGKX9LjYb04>

<https://www.youtube.com/watch?v=s2f8Dt18G94>

<https://www.youtube.com/watch?v=vFTu3gtuqS4>

<https://www.youtube.com/watch?v=BJqvX2vu8fc>

<https://www.youtube.com/watch?v=hUYuxKwG2u8>

<https://www.youtube.com/watch?v=hUYuxKwG2u8>

Дихальні вправи

[https://www.youtube.com/watch?v=Y2SN\\_PGP3d8](https://www.youtube.com/watch?v=Y2SN_PGP3d8)

<https://www.youtube.com/watch?v=bmOPmkcOAT0>

<https://www.youtube.com/watch?v=fWU9INOh74I>

Гімнастика для очей

<https://www.youtube.com/watch?v=9znAKmoG9tg>

<https://www.youtube.com/watch?v=lQBfNW6INmc>

<https://www.youtube.com/watch?v=3b7Ajdo1Vgw>

[https://www.youtube.com/watch?v=u4wWOo\\_t7Zo](https://www.youtube.com/watch?v=u4wWOo_t7Zo)