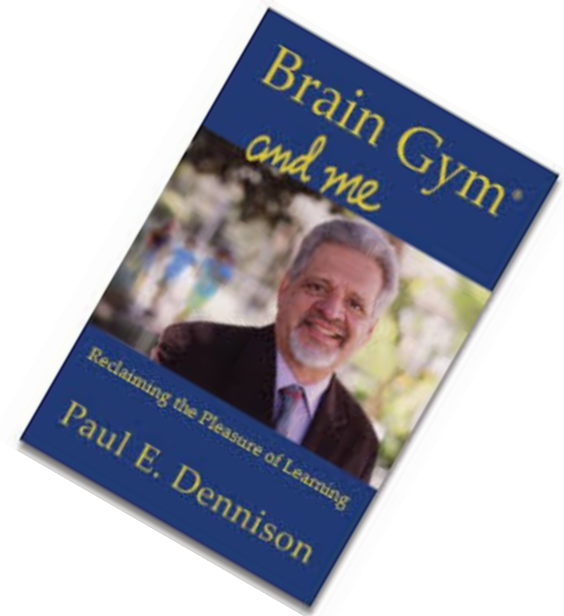
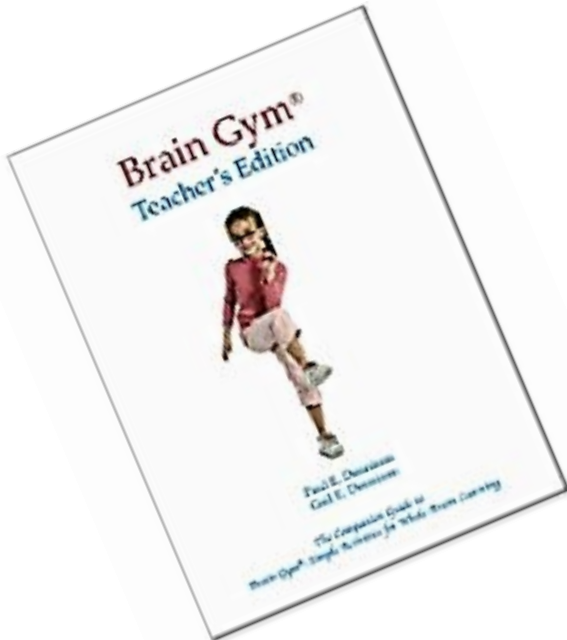




Brain Gym for Beginners

Teresa Doğueli



With Learners for Life

How do you feel right now?

Gauge yourself

On a scale of 1-10 rate how you feel?

- Relaxed
- Overwhelmed
- Focused
- Tense
- Calm
- Stressed

1= totally relaxed

10= tight and stressed



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PACE Yourself

PACE

Water



Energy

Brain Buttons



Clear

Cross Crawl



Activate

Hook Ups



Positive

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1) Drink Some Water



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2) Do Brain Buttons



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3) Do the Cross Crawl



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4) Get in Hook Ups



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How do you feel now?

Gauge yourself

On a scale of 1-10 rate how you feel?

- Relaxed
- Alert
- Bored
- Focused
- Tense
- Calm
- Stressed
- Sleepy

← **1= totally relaxed** **10= tight and stressed** →

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Did your number change?

- Do you feel any different?
- What did you notice after you did the movements?
- You should feel more:
 - - relaxed
 - - focused
 - - awake
 - - alert

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Think about your Students

- Movements took 2 minutes
- Imagine the difference this can make for your students

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Brain Gym® Philosophy

“Movement is the door to learning”



Brain Gym Paul E. Dennison and Gail Dennison
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Brain Gym®

- Brain Gym develops the brain's neural pathways the way nature does – *through movement.*
- Programme of **26** physical movements
- Enhances learning and performance in ALL areas
- Helps learners with specific learning & behavioural problems

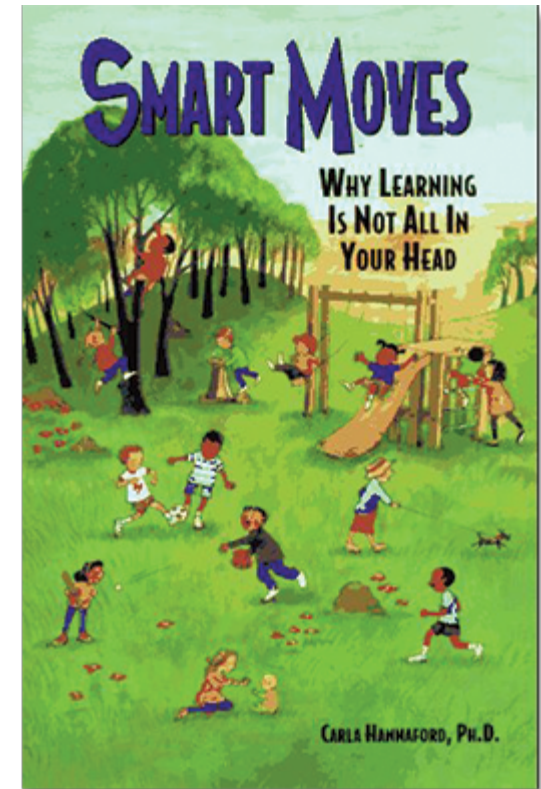


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Problem Students or SOSOH?

Stressed out, Survival-Oriented Humans

- Excessive activity-hyperactivity
- Difficulties in maintaining attention and focus on a task
- Disruptive behaviour
- Learning difficulties
- Inability to control behaviour in alignment with social norms
- Marked discrepancy between seemingly high verbal skills (constant talking) and the ability to communicate effectively
- Erratic, non-graceful, unbalanced or poorly controlled movements
- Have been exposed to stressors which require them to be concerned more with survival than reason



Smart Moves: Why Learning is not all in your Head Carla Hannaford
Great Ocean Publishers 1995

Brain Gym[®] can Improve:

- Reading, Spelling, Math, Comprehension, Handwriting, Writing
- Self Confidence, self esteem, coordination, communication
- Concentration and memory
- Overcoming hyperactivity and excessive daydreaming
- Stress release and achievement of goals
- Organizational skills
- Performance skills

FOR LIFE

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Drinking Water



Begin with water to anchor as you go

Activates the brain for:

- Efficient action between the brain and nervous system
- Efficient storage and retrieval of information

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Brain Buttons

Improves academic skills such as:

- The correction of letter and number reversals (as in Dyslexia)
- Keeping one's place while reading
- Crossing the visual midline for reading



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Midline of what?

BRAIN HIERARCHY

FRONTAL LOBE

- *Abstract Thinking
- *Problem Solving
- *Reasoning
- *Executive Functioning
- *Organizing
- *Motor Functions
- *Regulates Emotions
- *Expressive language

FUNCTIONS

- *Organizes thoughts on paper
- *Remembers facts from teacher
- *Starts and completes tasks
- *Tells stories

TEMPORAL LOBE

- *Speech
- *Auditory Processing
- *Hearing
- *Behavior
- *Emotions
- *Short-Term memory
- *Long-term memory

FUNCTIONS

- *Processes what the teacher teaches
- *Fear
- *Fight or Flight
- *Retains Facts

FRONTAL LOBE

PARIETAL LOBE

PARIETAL LOBE

- *Sensory Information

FUNCTIONS

- *Taste
- *Touch
- *Smell
- *Temperature

OCCIPITAL LOBE

OCCIPITAL LOBE

- *Visual System
- *Visual Information

FUNCTIONS

- *Processes words on a page
- *Knows shapes and sizes
- *Recognizes letters
- *Knows left from right

TEMPORAL LOBE

SPINAL CORD

CEREBELLUM

CEREBELLUM

- *Balance
- *Coordination
- *Attention
- *Rhythm
- *Proprioception
- *Vestibular

FUNCTIONS

- *Kick a ball
- *Throw a ball
- *Jump on one foot
- *Ride a bike



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Look at the chart and say the COLOUR not the word

YELLOW	BLUE	ORANGE
BLACK	RED	GREEN
PURPLE	YELLOW	RED
ORANGE	GREEN	BLACK
BLUE	RED	PURPLE
GREEN	BLUE	ORANGE

Left – Right Conflict

Your right brain tries to say the colour but your left brain insists on reading the word.

Cross Crawl



Improves academic skills
in:

- Spelling
- Writing
- Listening
- Reading and Comprehension

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Hook Ups

Improves academic skills

in:

- Clear listening and speaking
- Test taking and similar challenges
- Work at the keyboard



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6 more Brain Gym® Movements

- The previous 4 movements were part of a sequence called **PACE**
- Next, you'll see 6 more Brain Gym® movements to use for similar benefits



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1. The Thinking Cap

Activates the Brain for:

- Assisting short term working memory
- Aiding silent speech and thinking skills
- Waking up hearing mechanism so that we can hear with both ears together
- Remembering before/ during a test



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2. The Elephant

- Whole mind & body activation
- Strengthens hand/eye coordination
- Improves attention & can be very beneficial for learners with ADD & ADHD
- Improves balance & equilibrium



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3. Lazy Eights



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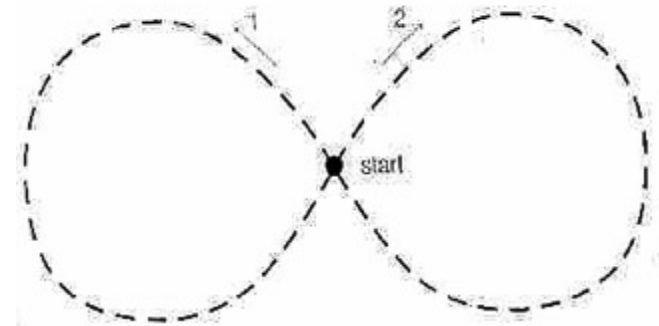
Improve academic skills in:

- The mechanics of reading
- The decoding of written language
- Reading comprehension
- The mechanics of writing

AND

- Strengthen eye-hand coordination
- Clear eye strain & sore neck & shoulders
- Strengthen inner eye muscles & help to focus simultaneously on the same central point while reading
- Help learners with Dyslexia
- Clear writer's 'block'
- Aid test-taking

Lazy 8's



4. The Calf Pump

- Helps you to be more motivated & ready to move
- We do it whenever we feel 'stuck'
- Helps communication become freer
- Can be of particular help with speech-impaired and autistic learners



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5. The Energy Yawn

- Addresses skills that require use of verbal communication
- Provides increased energy and alertness
- 50% of nerves in body are related to head & face and as tension is frequently held in the jaw muscle, this is highly beneficial for relaxing & calming the nervous system to relieve stress & tension
- Increases sensory intake



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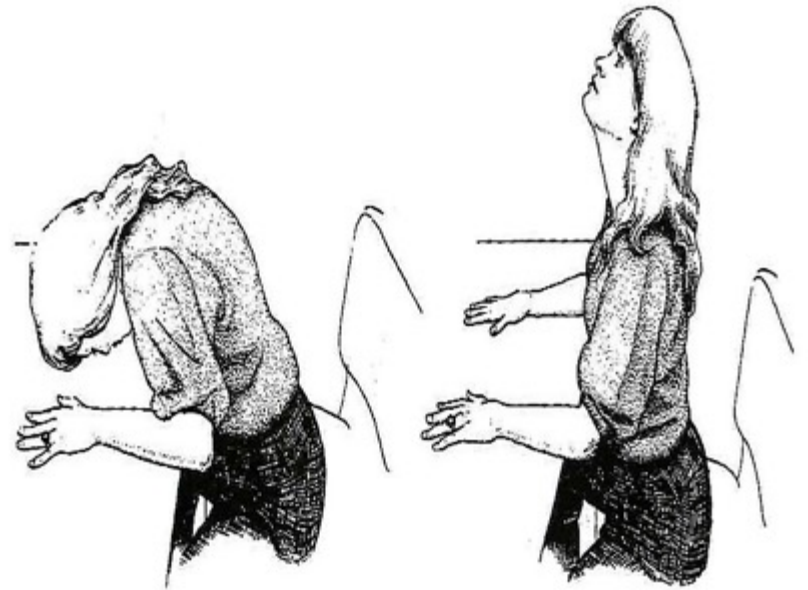
6. The Energizer

- Energizes & wakes up the system after sitting for a long time at a desk or in front of a computer
- Increases oxygen flow
- Relaxes neck & shoulder muscles
- Reactivates focus



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THE ENERGIZER



Observable effects of Brain Gym in 6 weeks

Ability to:

- Relax and have fun in the classroom, enjoying the learning process
- Carry on intelligent conversations and think about things that are important to them
- Focus their attention on a task for a long enough period to complete it well
- Show care and concern for other learners, teachers and themselves
- Listen quietly and attentively as others share their ideas
- Work and play well with others (fights decrease dramatically)
- Come to an equitable understanding following a fight
- Stand up for themselves in a confident, positive way when being abused by others
- Confidently express their creativity in myriad ways, through music, art, poetry, dance and interpersonal relationships
- Appropriately express anger as well as affection
- Attain fine motor coordination and balance
- Exhibit use of inner speech for deductive reasoning and control of their own behaviour
- Experience success and celebrate the success of others
- Implant themselves in your heart as incredibly wondrous human beings and magnificent survivors!

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For Additional Information

Log on to <http://www.braingym.org/>



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