Brain Gym for Beginners

Teresa Doğuelli
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

Water  Brain Buttons  Cross Crawl  Hook Ups

Energy  Clear  Activate  Positive

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1) Drink Some Water
2) Do Brain Buttons

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3) Do the Cross Crawl
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
- Calm
- Stressed
- Sleepy

1 = totally relaxed  
10 = tight and stressed
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
Think about your Students

- Movements took 2 minutes
- Imagine the difference this can make for your students
Brain Gym® Philosophy

“Movement is the door to learning”

Every child has a limitless capability just waiting to blossom in its own way.

Paul Dennison

Brain Gym® and Me: Reclaiming the Pleasure of Learning

Brain Gym Paul E. Dennison and Gail Dennison

With Learners for Life
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
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
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
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
Midline of what?
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
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
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
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
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
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
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
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!
For Additional Information

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