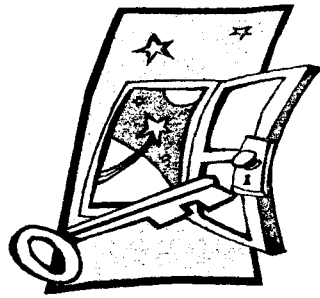


Brain Gym® - "Movement is the door to learning"
-Dr Paul Dennison



Why Brain Gym?

Brain Gym® was originally developed to help children and adults with learning difficulties such as dyslexia, dyspraxia ADD and ADHD. Now it is being recognised that anyone can benefit from doing the exercises and Brain Gym® consultants in many parts of the world are helping improve the functioning and quality of life for people from all walks of life, from education to the arts, business to healthcare, sport and personal development. The movements are easy to learn and safe to use no matter what age or ability.

What is it and what does it do?

Brain Gym® uses a series of physical movements and repatterning to strengthen the neural connections between all parts of the brain and can improve:

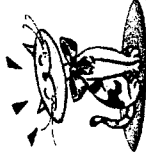
- academic skills - reading, writing, spelling & maths
- memory, concentration & focus
- physical co-ordination & movement
- communication skills
- achievement of goals
- ability to deal with stressful situations

PACE



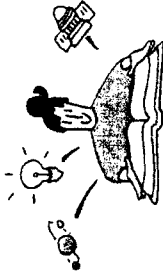
3. ACTIVE Do you feel like MOVING?

You can co-ordinate the activity in both sides of your brain by "Cross Crawling". Either sitting or standing, lift one knee and touch with the opposite hand. Repeat slowly 10-25 times.



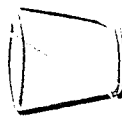
2. CLEAR Are you thinking CLEARLY?

Stimulate your "Brain Buttons" by placing one hand over your belly button whilst rubbing the accupressure points just below your collarbone to the right and left of your breastbone.



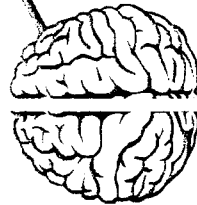
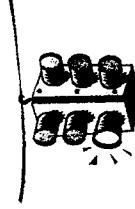
1. ENERGETIC Do you have enough ENERGY to learn?

Drinking water increases your learning potential



4. POSITIVE Do you feel ready to LEARN?

Calm down by using the "Hook Ups" technique which centres and balances your thinking. Either standing or sitting, cross one ankle over the other and whilst reaching out in front of you with the backs of your hands together, cross your arms, interlock your fingers and releasing your elbows bring your hands in and up to your chin. Press your tongue up to the highest part of the roof of your mouth. Hold for 30 secs to 1 min then uncross hands and legs and bring your fingers together in a "steeple".



PACE - A quick "tune up" for the brain!

Hemispheric Functions

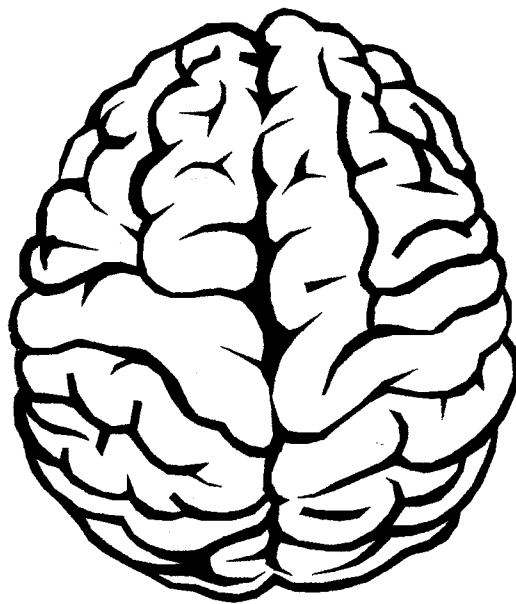
Logical



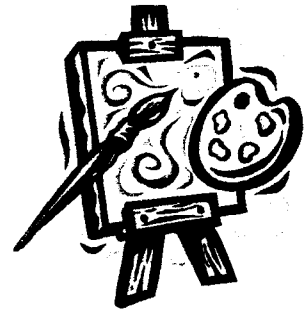
Sequential



Language



Numbers



Analytical

1600 times faster

Logic
Brain

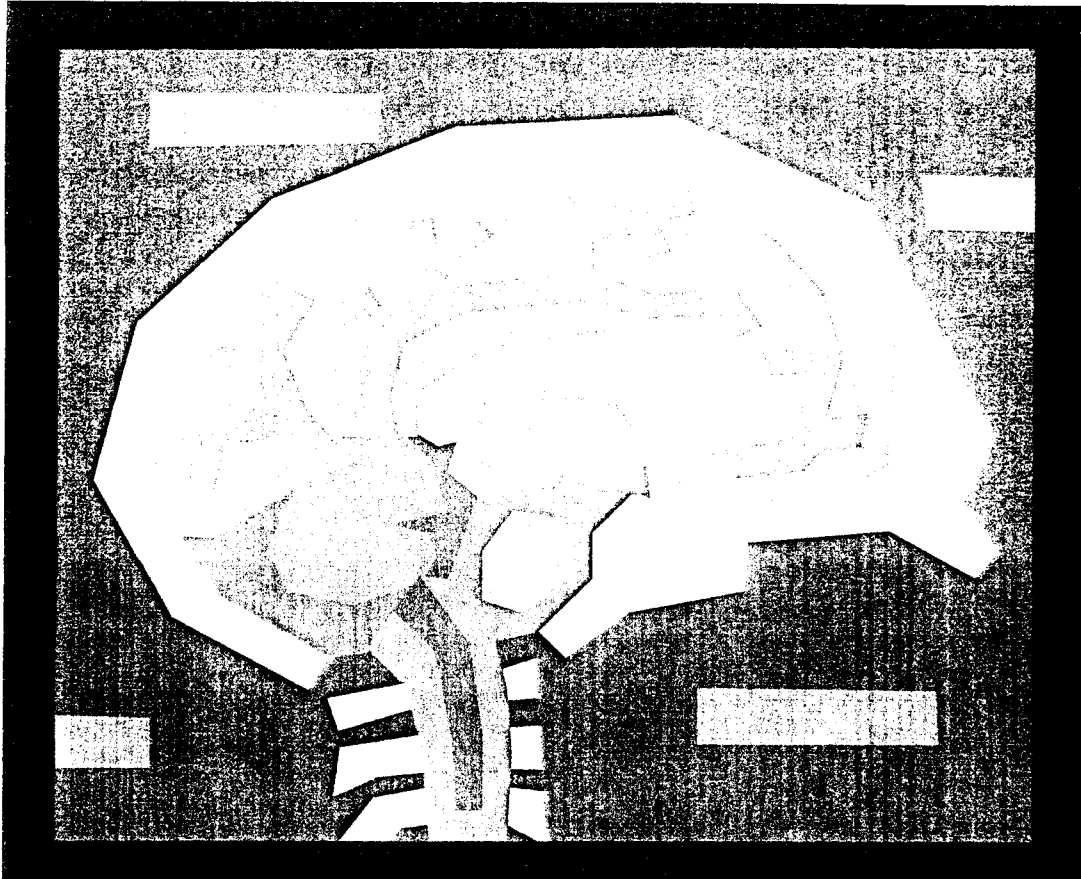
(=detail)

Gestalt
Brain

(= the bigger picture)

Maclean's Triune Brain

Functional divisions of the brain



The Triune Brain Theory

Dr Paul McLean, head of the Laboratory for Brain Evolution and Behaviour at the National Institute for Mental Health, has proposed the triune brain theory, according to which the human brain is, in reality, three brains, each superimposed over the earlier in a pattern of brains within brains.

The first is an ancient, primitive reptilian brain,

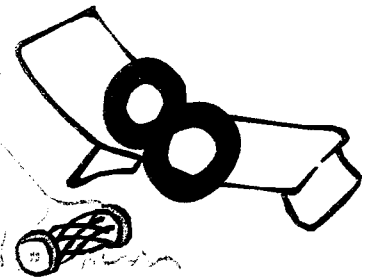
The second, and next oldest brain is the limbic, or mammalian brain and registers rewards and punishments, is the seat of emotion, and controls the body's autonomic nervous system.


Finally, over the limbic brain lies the neocortex, or "thinking cap".

From The Creative Brain

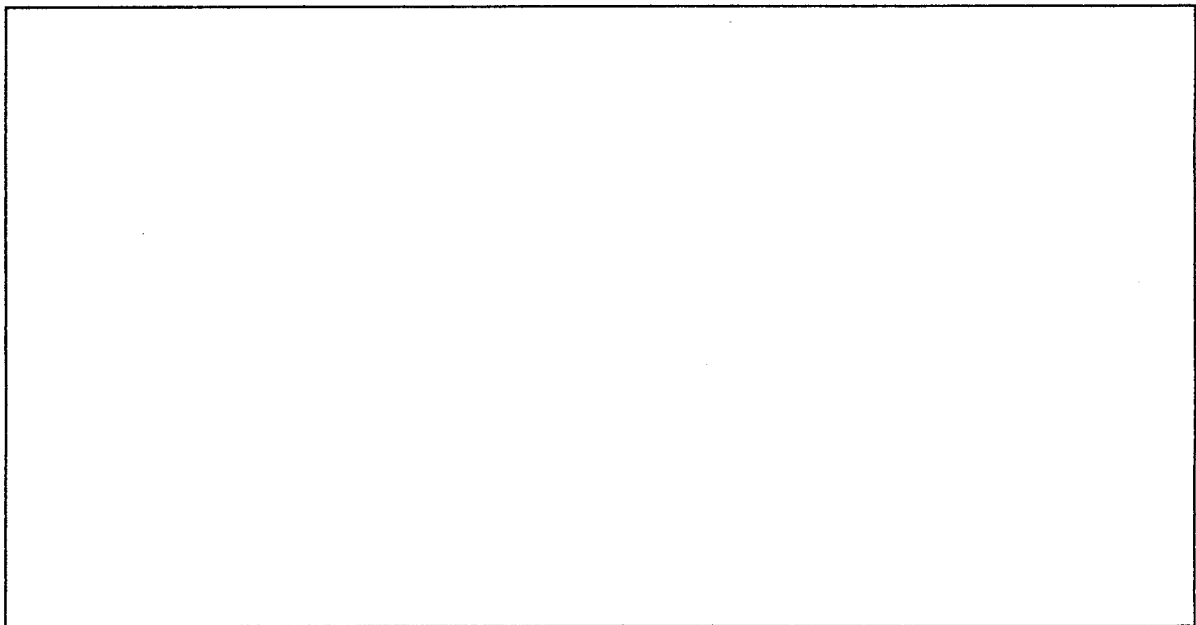
Ned Herrmann

Lazy 8's



Extend one arm straight out in front of you, pointing your thumb up to the ceiling. Focus your eyes on your thumb, keeping your neck relaxed and your head upright and draw a large sideways figure 8 . Start in the middle and circle up and out to the left, round and back to the centre, repeating on the right to make a continuous flowing movement.

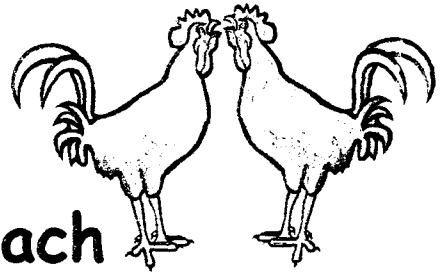
Do 3 with each arm and finish with one, both hands clasped together with your thumbs making an X. You can also do this exercise with a pen and paper, drawing with right, left and then both hands.



Draw a reminder for yourself here

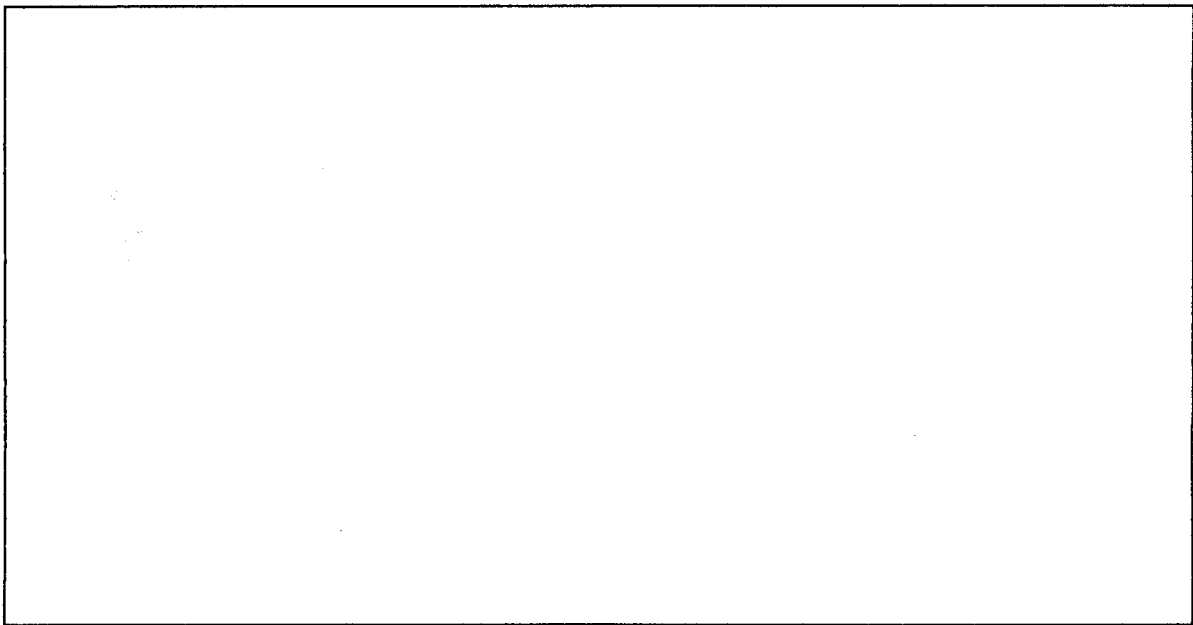
Good for improving balance and co-ordination as well as reading, writing and comprehension

Double Doodles



With a pencil or pen in each hand, simultaneously doodle with both on either side of a line of symmetry which runs down the page.

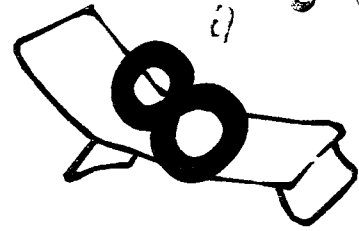
Double doodles can also be done in the air, "conducting" along to a piece of music. Do them in the sandtray, or on the steamy wall of the shower.



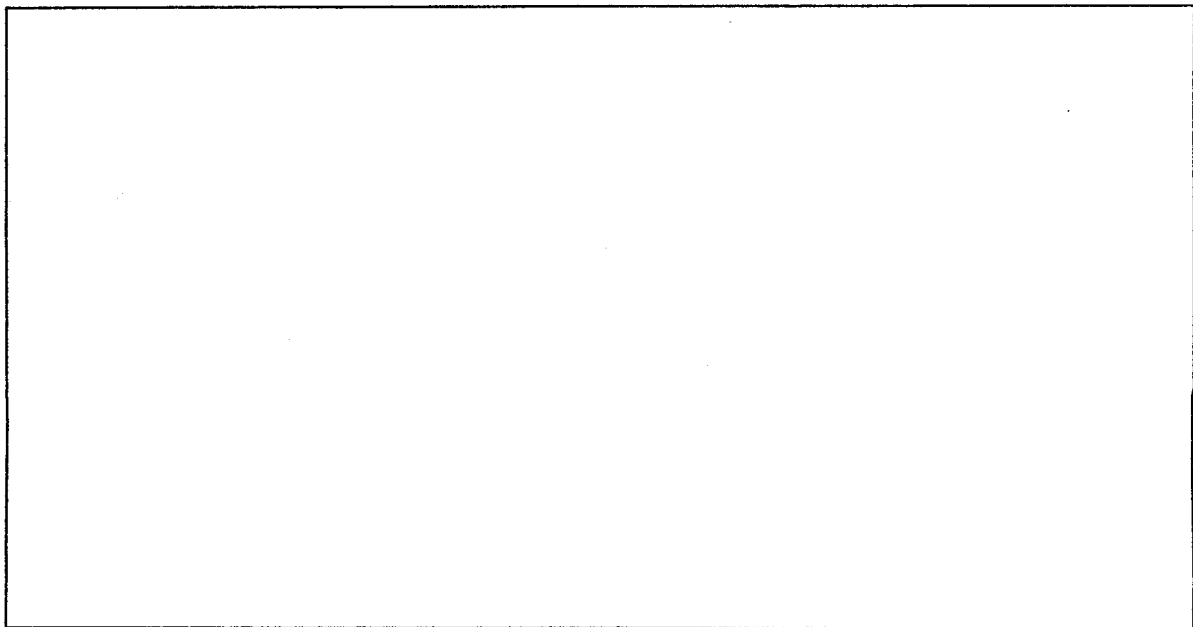
Draw a reminder for yourself here

Good for improving balance and co-ordination as well as reading, writing and comprehension

Alphabet 8's



Draw sideways figure 8's as for Lazy 8's, 3 with the right hand, three with the left and three with both hands clasped. Continue with the right hand and draw a letter "a" in the left hand side of the 8, followed by 2 more Lazy 8's. Keeping the movement flowing, make a letter "b" in the right hand part of the 8, followed by 2 more Lazy 8's. Continue until all the letters of the alphabet have been incorporated.



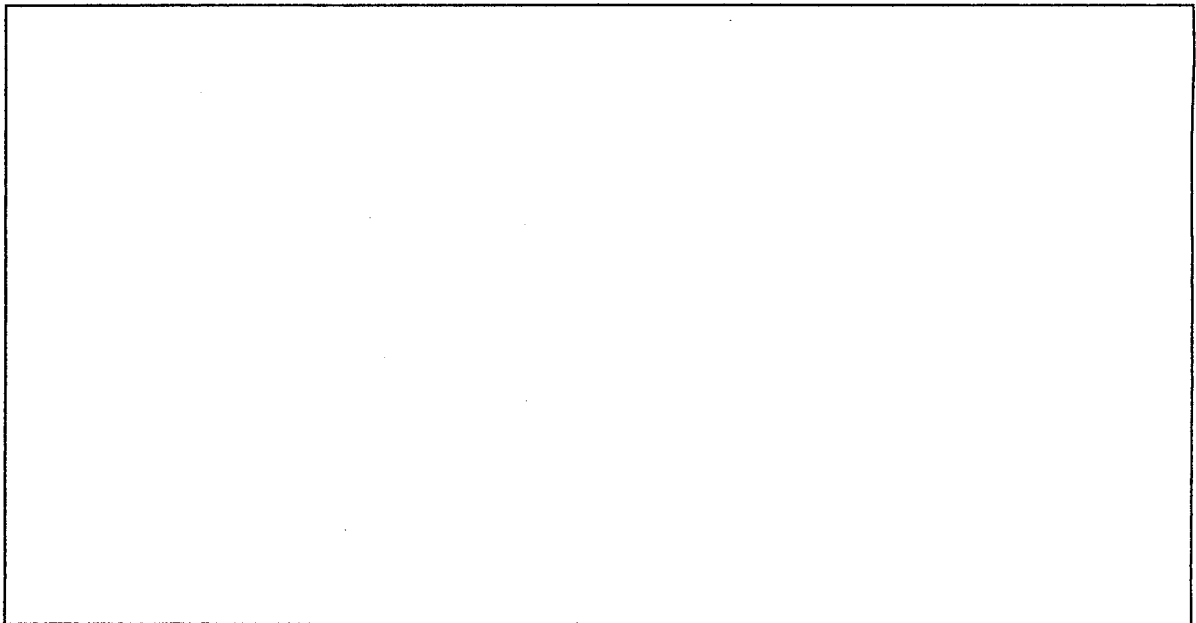
Draw a reminder for yourself here

Good for improving writing skills, especially to distinguish b's & d's etc and enhancing creativity.

Arm Activation



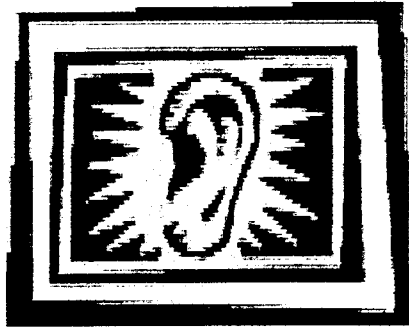
Breathe in and reach one arm towards the ceiling and then exhale as you press against the front of your upper arm with your other hand for a count of 8. Repeat backwards and sideways inhaling as you release the pressure and exhaling on the effort.



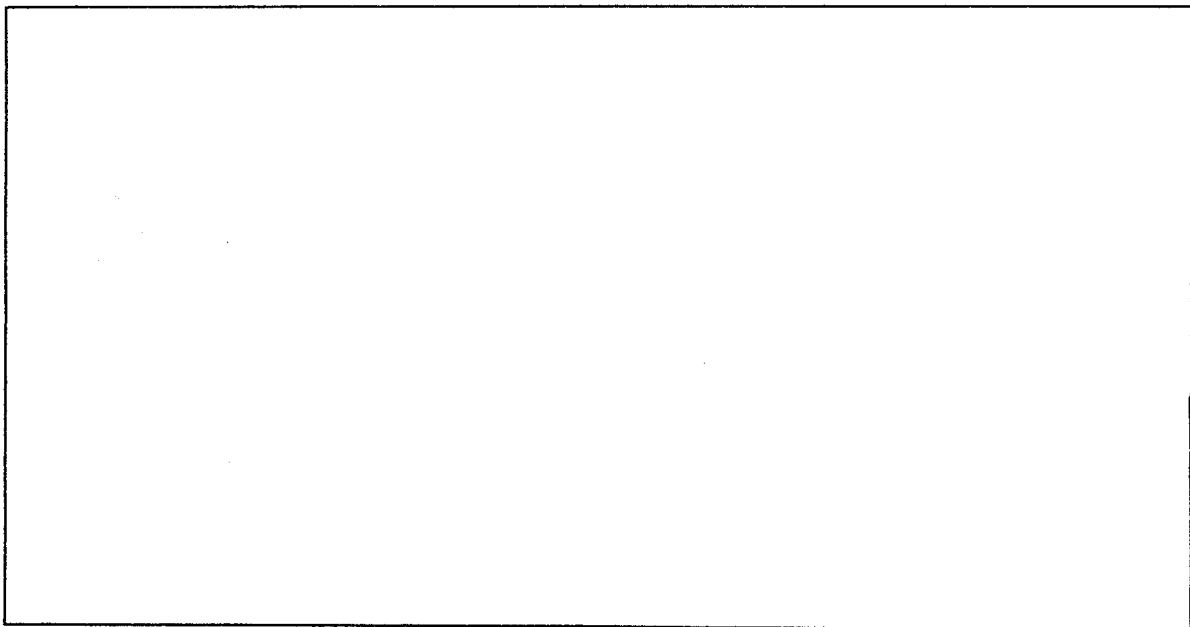
Draw a reminder for yourself here

Good for relaxing the shoulders for easier handwriting, spelling & creative writing.

Thinking Caps



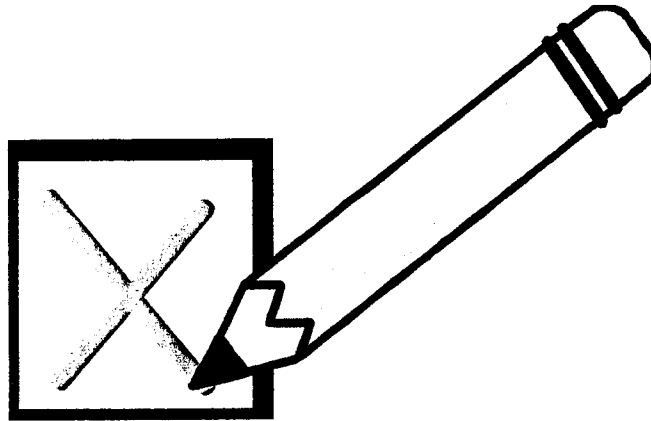
Holding the top of each ear, gently uncurl the outer edges of both ears from top to bottom, at the same time. Repeat at least twice more.



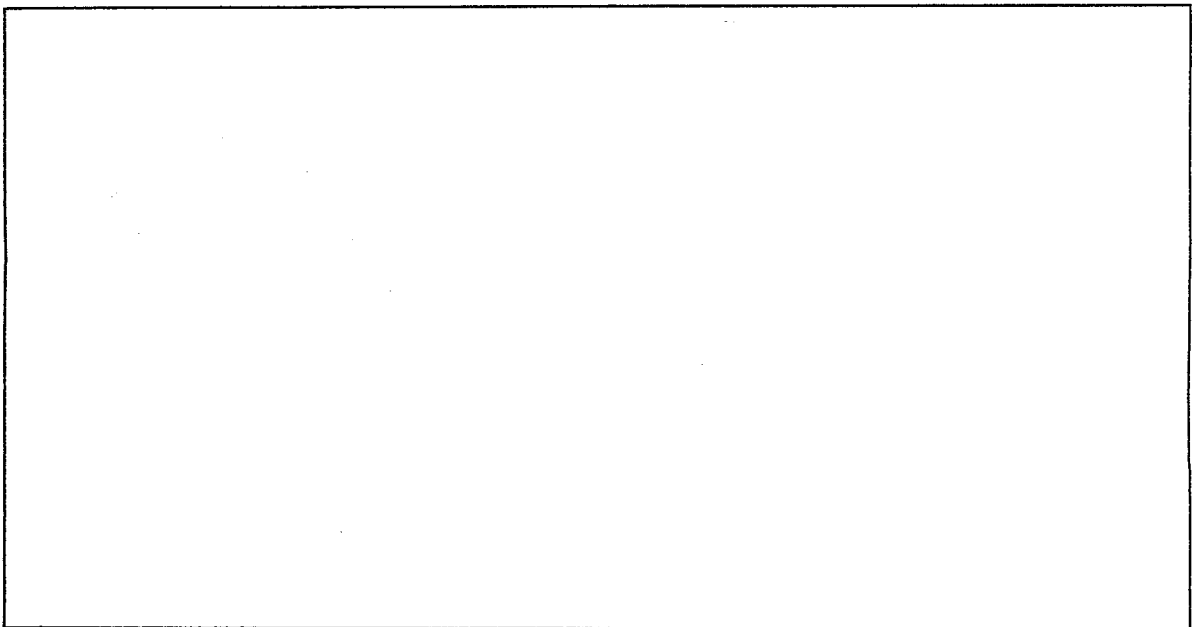
Draw a reminder for yourself here

**Good for increasing listening ability, short-term
memory & abstract thinking skills**

Think of an "X"



Imagining a large "X" helps to integrate right and left brain functioning. Practise looking at an "X" on a board and then projecting an image onto a blank board.



Draw a reminder for yourself here

Good for concentrating

Resources

- Further training opportunities
- There is a Professional Training Programme for Brain Gym® which is comprised of internationally accredited modular courses, validated by the international Educational Kinesiology Foundation based in the USA (a non-profit corporation) and, in this country, by an affiliate organisation, the Educational Kinesiology UK Foundation. The UK Foundation keeps a register of all currently qualified Brain Gym® Instructors and Consultants in this country. There are further ways to expand upon the training you have been involved in today:

- **The Brain Gym® Course:** This is a four day accredited foundation course in Brain Gym. Completion of the course entitles participants to use Brain Gym in any existing professional work area and it is an excellent way to get a thorough grounding in Brain Gym. It is a complete stand-alone course or can be the first step on the road to a professional licence. Contact the Educational Kinesiology UK Foundation for a list of local instructors. Alternatively, The Brain Gym® Course can be provided specifically for your group or school. Your course presenter will be able to provide further details of the course content. In order to teach Brain Gym professionally completion of the Training Programme is required.
- **Further training days:** Further one or two day trainings are available in Brain Gym to deepen knowledge of the activities and the process. These may be with a specific focus as required.

- **Further information**

- The contact details for the Educational Kinesiology Foundation in the UK are: EKF, 12 Golders Rise, Hendon, London NW4 2HR Tel: 020-8202 3141 Fax: 020-82023890 Email: brain.gymbg@euphony.net Web site: www.braingym.org.uk If you wish to be kept informed of courses. Conferences and other events involving Brain Gym, you may wish to become a Friends member of the UK Foundation. The US international web site is useful for further information and research on Brain Gym. The web site address is: www.braingym.org
- Jill Wallis and Suzanne Wade will be running a 4 day Brain Gym course in May, June and July in Bradford. We are also available to run courses in your area should you wish to organise one.
- We also run many different INSET options for schools and other workplaces.
- Contact: Jill Wallis~ jill.wallis@ntlworld.com
- www.circuleight.com
- Suzanne Wade~ suzanne.wade@sarras.co.uk
- www.hiddenresources.co.uk

a c d e g o

q s o b o h o k o m

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