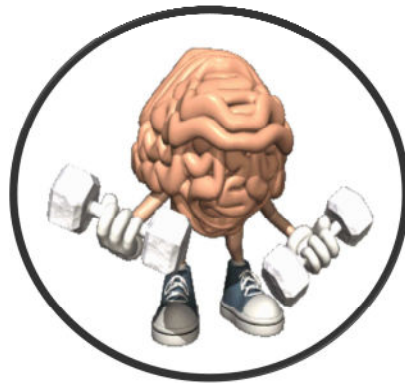


BRAIN GYM

Educational Kinesiology



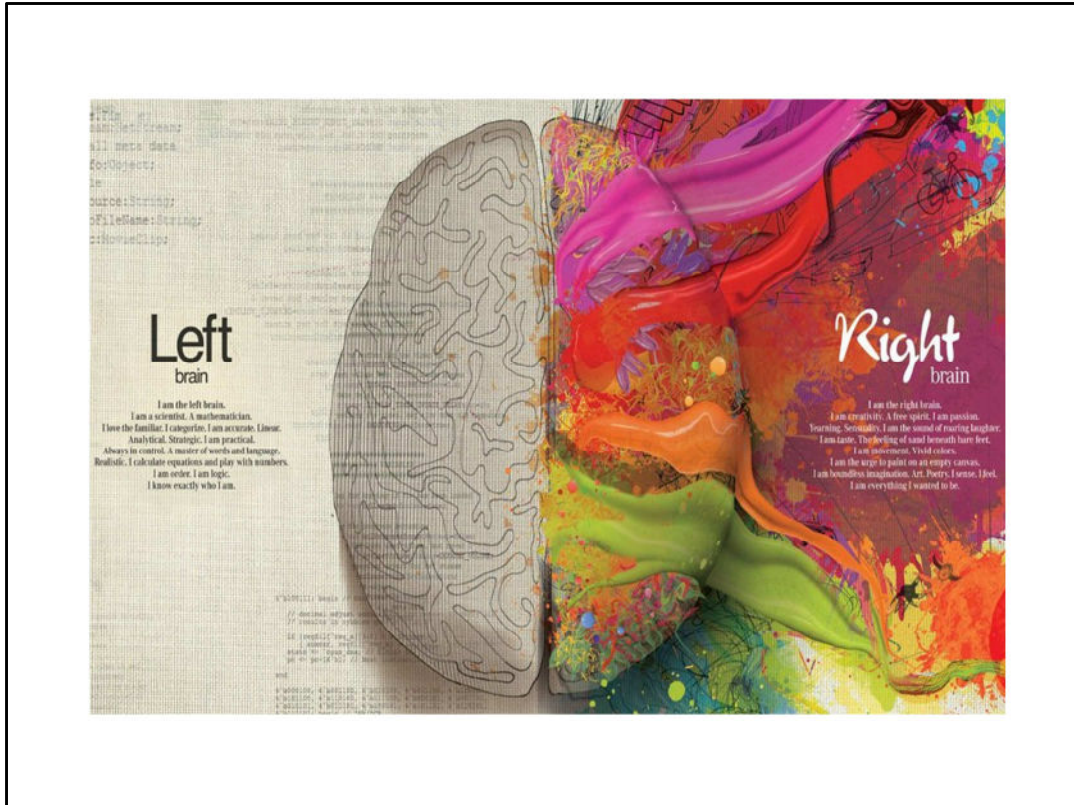
Educational Kinesiology or Brain Gym, is an approach to learning directed toward specific neurological effects, to the clarification and implementation of life goals. The word kinesiology means “the science of movement”, and so Brain Gym is based on the principle that we can educate the whole person through movement.

It was created in the 1970’s by Dr. Paul Denisson and Gail E. Denisson, who “were seeking more effective ways to help children and adults who had been identified as learning disabled”. The program is being used in 80 countries.

The consistent use of Brain Gym movements wakes up neural connections in the whole brain and body to make us feel safe and emotionally centered.

Brain Gym has helped improve many lives through improved vision, self- confidence and high self – esteem and is being used to arrest the challenges of autism, ADD, ADHD and other special needs of children and adults.

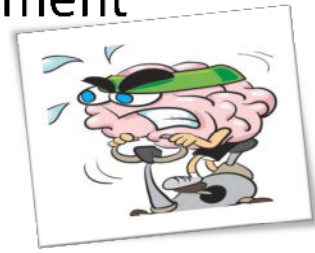
The basic idea behind Brain Gym is that the brain will develop, and learning will be enhanced, by certain bodily movements.



With the advancement of neuroscience a great connection between the brain and the body has been discovered, and the impact that tension and stress have on our brain. Brain gym is a system of activities and movements designed to connect both brain hemispheres (right and left), with the final aim of improving the brain functions, balance the effects of daily stress and tension and, reach an optimal state on people to help them stay in shape, think, learn and get concentrated at any time.

Brain gym was created by the pioneer of brain research, Ph. D. Paul Dennison, who based his work on educational kinesiology and learning psychology, with the purpose of helping people with attention disorders, learning disabilities, communication and behavior issues.

Brain Gym is a set of movement activities to help children, adults, and seniors to



- ★ Learn ANYTHING faster and easily
- ★ Perform better at sports
- ★ Be more focused and organized
- ★ Start and finish projects with ease
- ★ Overcome learning challenges
- ★ Reach new levels of excellence

Where is Brain Gym Used?

Brain Gym movements and processes are used by thousands of people around the world, to make their daily lives more comfortable and enjoyable.

School Systems



Business world



Athletics



Personal Growth

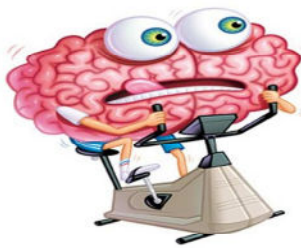


Brain Gym is used in school systems around the world to help students achieve more easily.

Brain Gym is used in the business world to help workers at all skill levels to do their work more effectively and easily.

Brain Gym is used in athletics, promoting both personal skill and team communication.

Brain Gym is a wonderful personal growth tool, allowing people to make rapid changes in areas where they may have felt “stuck” for a long time.



BRAIN GYM

Is an Educational Kinesiology Program of 26 quick, enjoyable and energizing activities designed to directly enhance brain and body integration. It allows access to full learning and living potential in all areas.

Because of our information travels from body to brain, we can learn most efficiently as we move. Simple, neurologically specific movements can actually take us out of stress, help signals cross the hemispheres of the brain, improve vision, coordination, cognition, and behavior.

Brain Gym assists us in coordinating, organizing, and filtering sensory information, allowing tasks to be performed with maximum efficiency. The “task” can be anything: reading a sentence, calming down after recess or a board meeting, changing a habit, working through a relationship issue, making an important life decision.

Brain Gym represents improvements in:

- * Attention spans, discipline, attitude, general performance and behavior

- * Comprehension and understanding



- * Concentration, focus

- * Creative writing (decoding and encoding of written symbols)



- * Energy levels



- * Eye – hand coordination



- * Fine motor skills

- * Following directions



- * Mathematics and computations

- * Reading and writing abilities



- * Self confidence and self – esteem

- * Short and long – term memory

- * Speech

- * Spelling





FAQ'S BRAIN GYM

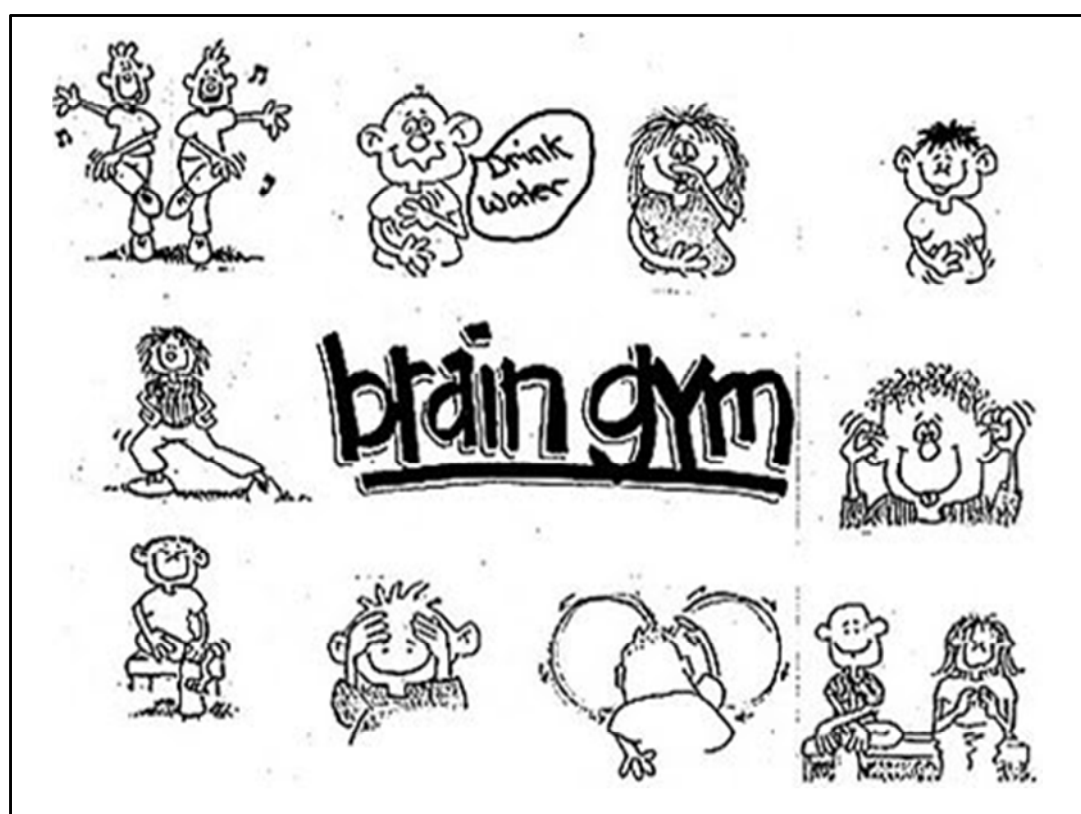
What is the basis for Brain Gym? Paul Dennison, Ph. D. spent years with many development experts, studying their work and that of others before creating what is now known as Brain Gym in the 1970's. research modalities include: repatterning, applied kinesiology, behavioral optometry Alexander technique, Traeger, Laban, Felderkrais and Yoga.

Who benefits from Brain Gym? The movements are beneficial for persons of all ages, abilities and walks of life.

In what ways does Brain Gym help people? It improves listening skills, concentration, organization and memory with resulting higher academic achievement levels. It also contributes to better self – control in young children and helps teenagers develop self – confidence and social skills.

Does Brain Gym contribute to physical as well as mental changes? Doing Brain Gym movements has been shown to provide improved blood flow and balance, better oxygenation and a healthier physiology.

How frequently is it recommended to practice Brain Gym? Those who show the greatest improvement do a minimum of 10 to 15 minutes a day. Many teachers have found that starting the day with Brain Gym movements helps children to calm down, focus and perform better.



Brain Gym Exercises



These brain training exercises are based on the work of Dr. Carla Hannaford a neurophysiologist and educator with about 30 years of teaching experience. Dr. Hannaford maintains that learning occurs in every part of our bodies, not just our brains & that intentional body movements can contribute to our learning.

Her ideas are specifically targeted to school age children but the principles apply to young & old adults as well.

Don't be fooled by the seeming simplicity of these Brain Gym Exercises. Educators & students attest to the beneficial effects of these movements. It might be like walking which is so simple & easy but done consistently has a tremendous impact on well being.

Hannaford's ideas are presented in her aptly titled, excellent book "Smart Moves." Following are 10 free brain exercises based on Hannaford's book. For more, simply pick up a copy of Smart Moves.

These & other brain training exercises are also especially effective for children with learning difficulties. A good time to perform them is right before learning activities.

Read through the list once or twice before trying the movements then dive in, enjoy but be patient.

Before introducing the brain-body movements, a piece of advice from Dr. Hannaford that we fully agree with - DRINK WATER! In fact, we, Healthy World Online, have a whole website on the importance of water. Click for the importance of healthy water.

Our brains are 90% water & depend on it to think clearly. Just think of how fuzzy minded you get when you lose water when exercising. Replenish and you're back to normal.

Drink water, or have children drink water, before & after learning, especially before exams. Be consistent & patient & see how this impacts you in a few weeks or even days.

Note: Refer to "Brain Gym.doc" to see 10 brain gym exercises.

... planear, organizar y priorizar

Movimientos de Energía


 Beber Agua


 Bostezo Energético


 Gorra de Pensar


 Botones de Espacio


 Botones de Tierra


 Botones del Cerebro


 Botones de Equilibrio

... comparar, jugar y trabajar

Actitudes Positivas


 Puntos Positivos


 Parte I


 Parte II

Ganchos

14

...enfocar, entender y participar



Lechuza



Activación de Brazo



Flexión de Pie



Balanceo de Gravedad



Bombeo de Pantorrilla



Conector

Movimientos de Alineamiento

Brain Gym in Our Classroom

These short activities can be done with our students to release stress, expand excess energy and enhance learning.

Each exercise can be done in a small area in the classroom or at the student's seat.



Brain Gym exercises are short activities teachers can do with their students to release stress, expend excess energy and enhance learning. Each exercise can be done in a small area in the classroom or at the student's seat. They are generally fun movements that are designed to engage the brain. While many of the activities work best with younger students, older students and even adults can benefit from Brain Gym exercises.

Figure 8s

Students draw figure 8s either in the air with their fingers or on a piece of paper. Drawing figure 8s with the dominant hand loosens up the muscles in the arm and wrist, and serves to ready students for writing essays. The figure 8s should be drawn quickly and loosely. Students should spend about one minute drawing figure 8s before beginning an activity.



Figure 8s

When students use their non-dominant hand to draw the figure 8, it engages the creativity portions of the brain, making this variation a good warm-up for art or creative writing lessons.

Cross Crawl

To perform a Cross Crawl, students touch their left elbows to their right knees while their right arms moves behind them, as if marching. Then students touch their right elbows to their left knees while their left arms moves behind them. Students continue to shift back and forth between the two positions for approximately two minutes.

Students can perform Cross Crawls either sitting or standing.



Cross Crawl

The Cross Crawl helps burn excess energy, making it easier for students to concentrate on the teacher's lesson. Cross Crawls also help with comprehension, as the movement engages both halves of the brain and force them to work together.

Hook Ups

To perform Hook Ups, students sit in their chairs and cross their right legs over their left legs at their ankles. Students then place their right wrists over their left wrists, and curl their hands inward so that their fingers may interlock. Students should rotate their wrists so that their fingers are toward their bodies and their elbows point outward. The hands should then be drawn in to the breast bone. Students should stay in this position for a few minutes, breathing deeply and slowly.



Hook Ups

A Hook Up is a calming exercise that helps students de-stress and focus. It is ideal to perform Hook Ups after play time or recess to bring students' energy levels down and reengage them in the learning process. This exercise will calm students down and make them ready for other classroom activities.



Brain Buttons

Students press their fingertips lightly against their foreheads above each eye, about halfway between the eyebrows and the hairline. Students then close their eyes and breathe slowly. Teachers may find it helpful to count while the students breathe, encouraging a five-second breath inward, holding the breath for five seconds, then releasing for five seconds. Students should repeat this exercise about three times.

Brain Buttons

Brain Buttons help to reduce stress and are ideal exercises between activities. For instance, if students have just completed a particularly difficult mathematics section and are showing frustration with the assignment, they should take a break and perform this exercise.

The Complete Brain Warm - Up:

<http://www.youtube.com/watch?v=VL4an7UC3wA&feature=related>

Read more: <http://www.livestrong.com/article/121468-brain-gym-exercises-classroom/#ixzz1lo1NcDLn>

More brain gym exercises:

<http://www.youtube.com/watch?v=aykuFhQlob4&feature=related>

<http://anamarelys.com/gimnasia/Puntos%20Positivos.htm>