

What is Brain Gym?

Brain Gym is a readiness program for learning

It is a series of 26 simple and enjoyable movements that can be used to enhance an individual's experience with whole-brain learning. It enables students to access those parts of the brain previously inaccessible to them.

Brain gym switches on learning



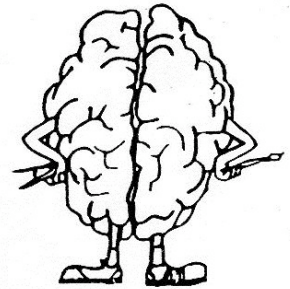
The human brain, like a hologram, is three-dimensional, with parts interrelating as a whole. Brain Gym is designed to facilitate integration of the brain and body in the following three dimensions:

LATERALITY / PROCESSING MIDLINE DIMENSION:

- * lateral integration of the left and right cerebral hemispheres
- * ability to coordinate one side of the brain with the other
- * improves communication skills
- * enables the individual to move freely across the body midline in everyday activities such as listening, seeing, writing and whole-body movement

FOCUS / LENGTHENING DIMENSION:

- * ability to coordinate the front and back areas of the brain
- * this skill is related to comprehension, the ability to find meaning and experience details within their context
- * people *without* this skill are said to have attention disorders and difficulty in focusing and comprehending



CENTERING / STABILIZATION DIMENSION:

- * ability to coordinate the top and bottom areas of the brain
- * this skill is related to organization, grounding, feeling and expressing one's emotions, a sense of personal space, and responding rationally rather than emotionally

The Brain Gym movements interconnect the brain in these three dimensions. It builds on what the learner already knows and does well. These movements help the learner make new nerve connections and strengthen desired neural pathways

**STRESS
CAN'T STICK
TO A MOVING
TARGET!**

MOVEMENT IS THE DOOR TO LEARNING!

BRAIN GYM TEACHES US HOW TO MOVE WITH OUR CHALLENGES SO WE CAN ALL REACH OUR POTENTIAL!

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