

**“Movement is the door to
learning.”**

Paul Dennison, PhD Founder, Brain Gym®

“To move is to learn.”

Rita Edwards, Diplomate OTBrain Gym®
Instructor, Cape Town, SA

“Exercise is really for the brain, not the body. It affects mood, vitality, alertness, and feelings of well being.”

**Dr. John J. Ratey, M.D. Clinical Assoc.
Prof. Harvard Medical School**

**“Movement is the source of
self-creating.”**

Svetlana Masgutova, PhD Founder, Ascension
Institute, Moscow, RU
Founder, International Neurokinesiology Institute,
Warsaw, PL

**“The more you do, the less
you need.”**

Paul HymanToronto, CA
Brain Gym® Instructor
Founder, Addiction Recovery Management
Corp.
President, Brain Fitness International

MOVE TO SUCCESS: ***IN ACTION***

BETH S. STODDARD, MBA

LICENSED BRAIN GYM® PRACTITIONER

FELECIA L. L. PEASE, MS EdADM

LICENSED BRAIN GYM® PRACTITIONER

disclosure

The presenters DO have an interest in selling a technology, program, product and/or service to CME/CE professionals.

disclaimer

We are not licensed to diagnose, treat, or attempt to cure any medical condition. We simply invite you to do some activities that may bring change to how your body interacts, learns, and functions.

Please listen to your body and do not do any movements that may cause discomfort.

Agenda

- Introductions/Acknowledging/Disclaimer
- Brain Gym Principles
- PACE
- History of Brain Gym®
- Safety and Connection
- Studies
- Three Dimensions of Intelligence
- What's Happening in Maine
- Next Steps
- Resources
- Recommended Reading

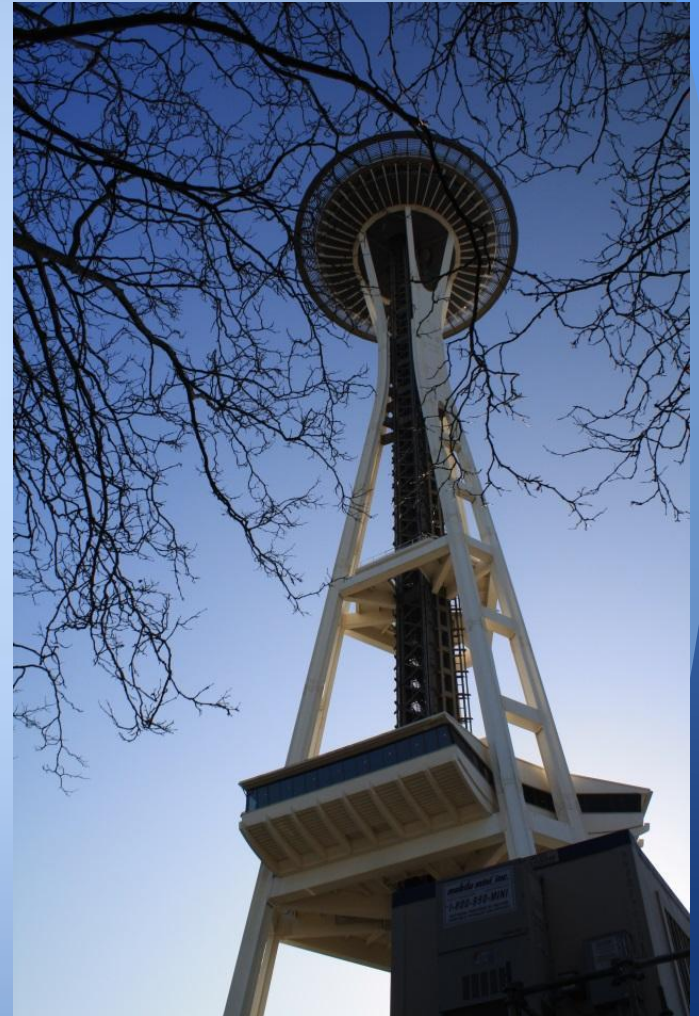
Brain Gym® Principles

1. **Draw Out:** Intelligence is Inborn
2. **Focus:** Attention Follows Intention
3. **Notice:** We Learn What We Actively Experience
4. **Move to Learn:** Growth Is a Search for Balance, Imbalance Is a Search for Growth
5. **Interconnect:** Each of Us Is Affected by Every Other

PACE

Energized > Active > Clear > Positive

- Four step process which creates readiness for learning
- Can be done anywhere at any time
- Your body will do what it needs to do after you do PACE



PACE

Energetic



Drinking Water

- Increases oxygen uptake of hemoglobin 100-1000x, leads to increased comfort, energy, and mental clarity, and reduces eyestrain.
- We lose 2.5 quarts of water per day.
- Water is most easily absorbed at room temperature.

PACE

Clear

Brain Buttons

- Wake up senses
- Increase/Improve
 - Attention to detail
 - Speed
 - Comfort
- Good for
 - Handling multiple tasks
 - Interpreting language
 - Inputting accurately



PACE

Active



Cross Crawls

- Activates both sides of the brain and body (eyes, ears, etc.)
- Helps with
 - Sitting comfortably
 - Following instructions
 - Attention to detail
 - Coordination
 - Public speaking
 - Crossing the midline
 - Maintaining postural flexibility
 - Athletics

PACE

Positive

Hook-Ups

- Connects all 12 meridians and 2 channels
- Both sides working as one
- Helps with
 - Maintaining positive energy
 - Being assertive
 - Staying on schedule
 - Sense of humor
 - Seeing others' point of view
 - Maintaining self-control
 - Setting limits
 - Accessing positive self-concept

PACE

Positive



Part I



Part II

History

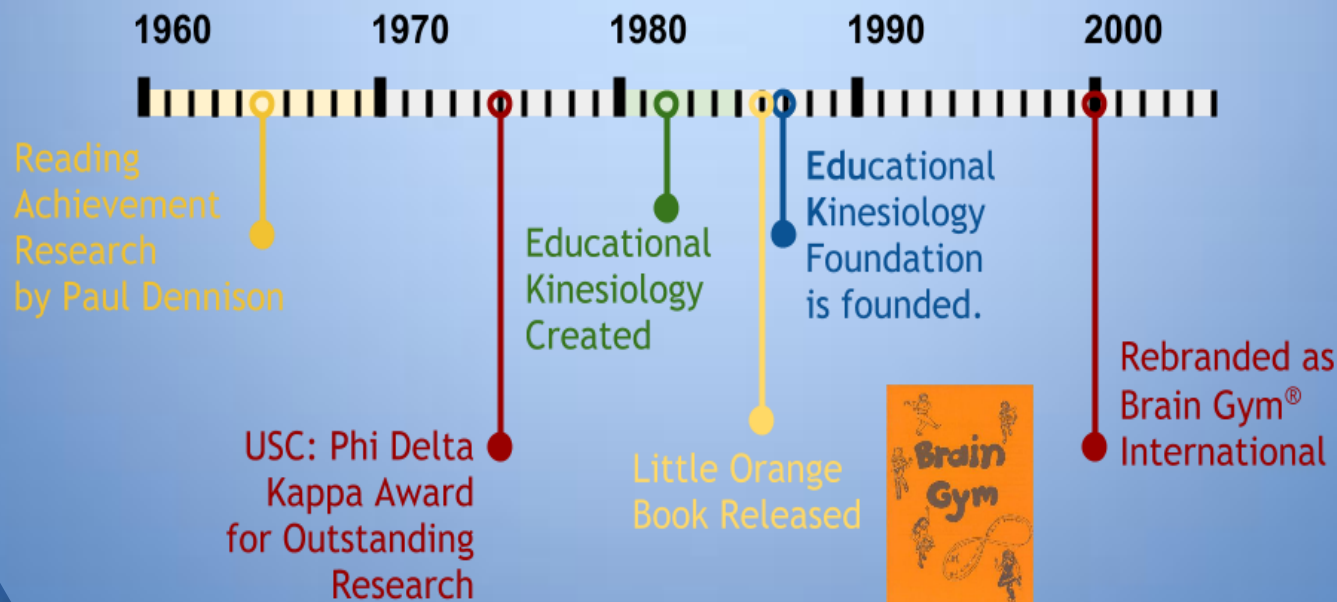


Founders

- Paul E. Dennison, Ph.D
 - Professional educator and pioneer in the field of applied neuroscience and a world authority on cognitive skills and reading achievement
- Gail E. Dennison - co-founder and co-creator
 - Artist and movement educator
- Supported by a handful of dedicated Brain Gym® Practitioners

Global

- Used in 87 Countries
- Available in 40+ Languages



What is Brain Gym®?

The Program

Educational Kinesiology

- 26 movements or poses
 - Based on
 - Natural movements of children 0-3
 - Developmental stages of the human body
 - Create neural pathways for particular skills used in learning
- Movement-based approach
 - Empowers all ages to reclaim the joys of living

The Foundation

Brain Gym® International

- Non-profit foundation
- Based in Ventura, CA
- 30 international faculty members
- Protects quality and consistency of the program and holds trademark.

Safety and Connection



Studies

Results of increased movement for Children -
Particularly Brain Gym movements

SPARK

Dr. John Ratey, M.D.

- 19,000 students in Naperville, IL
- Focus on fitness, not sports.
- Weekly mile run, graded with heart rate monitors for a “personal best.”
- Daily P.E.
- Additional focus on nutrition.

SPARK Results

97% participation (203 8th graders) took the Trends in International Mathematics and Science test.

- Math: 6th place, behind Singapore, Korea, Taiwan, Hong Kong and Japan
- Science: 1st place, followed by Singapore

Results of Pre-K/1st Gr. Brain Gym®

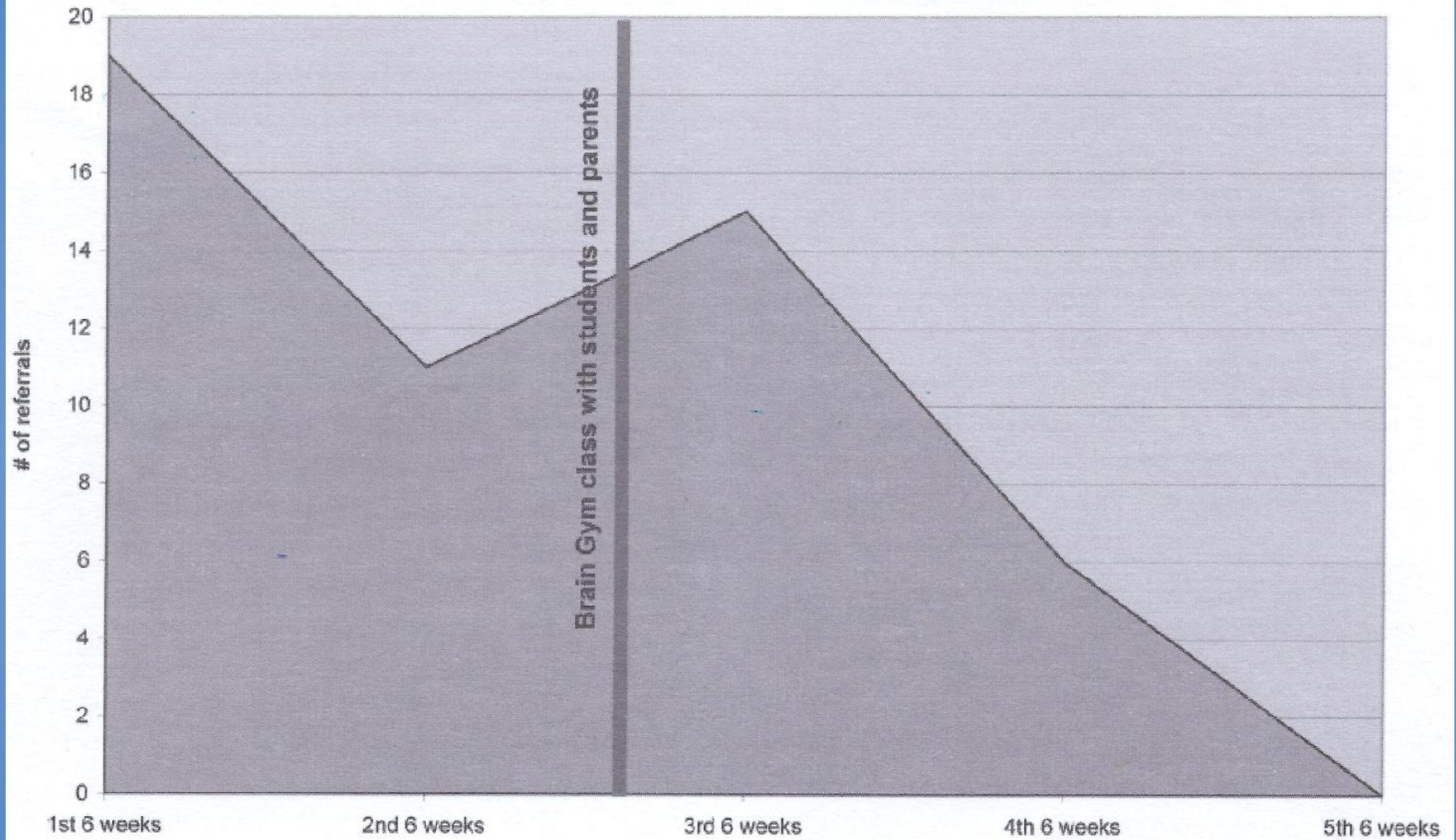
Mt. Pleasant, TX

Thaddeus Trahan, Jr., M.S., Brain Gym®, Touch for Health and Bal-A-Vis-X Instructor. 2005

Brain Gym was used from September to Mid-Year.

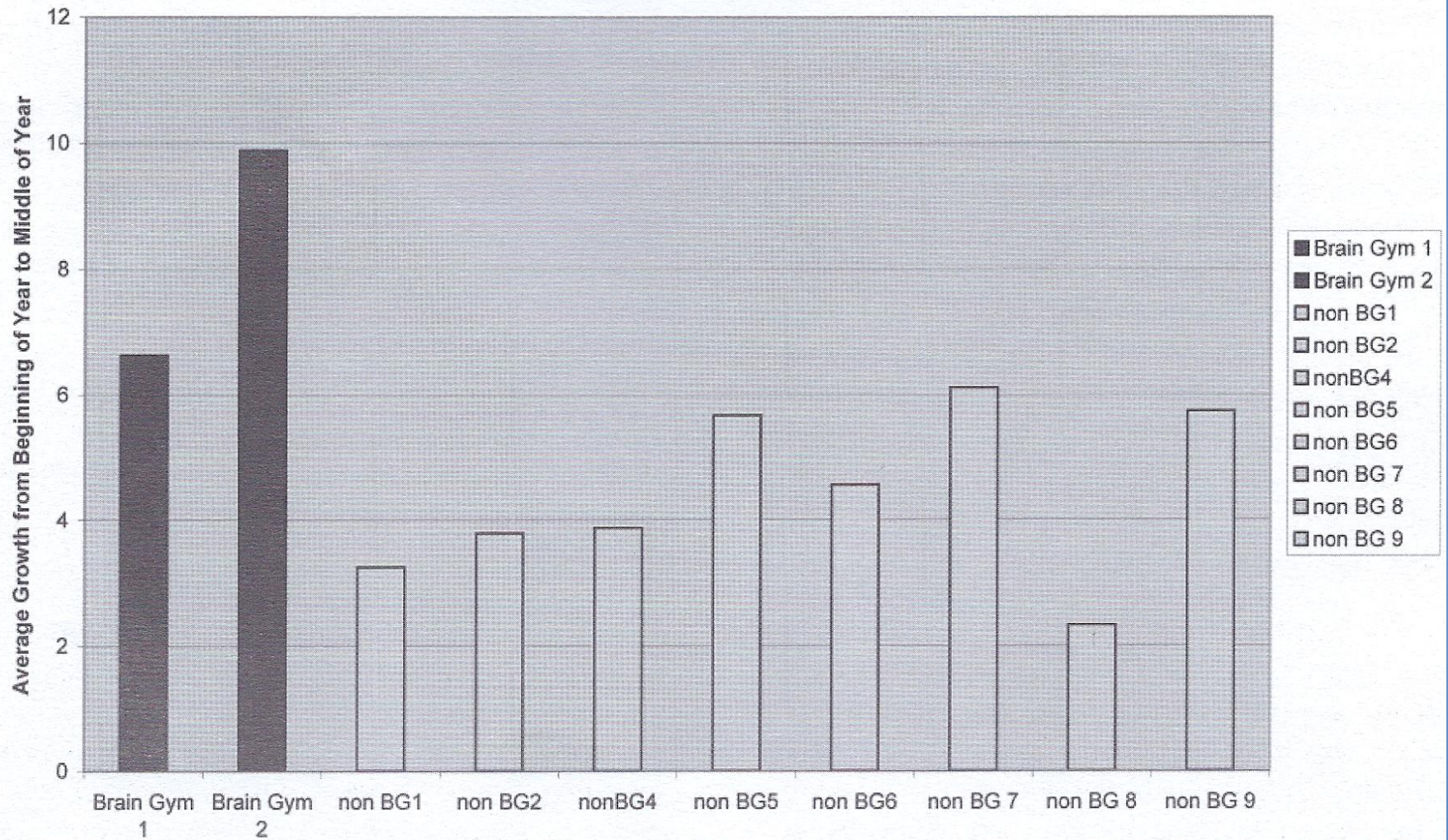
- Discipline Referral Reduction for Pre-K classroom
- Average Reading Score Growth as validated by Texas Primary Reading Inventory (TPRI) 1st Gr
- Reading Recovery Improvement (TPRI) 1st Gr

Discipline referrals for Pre-K classroom



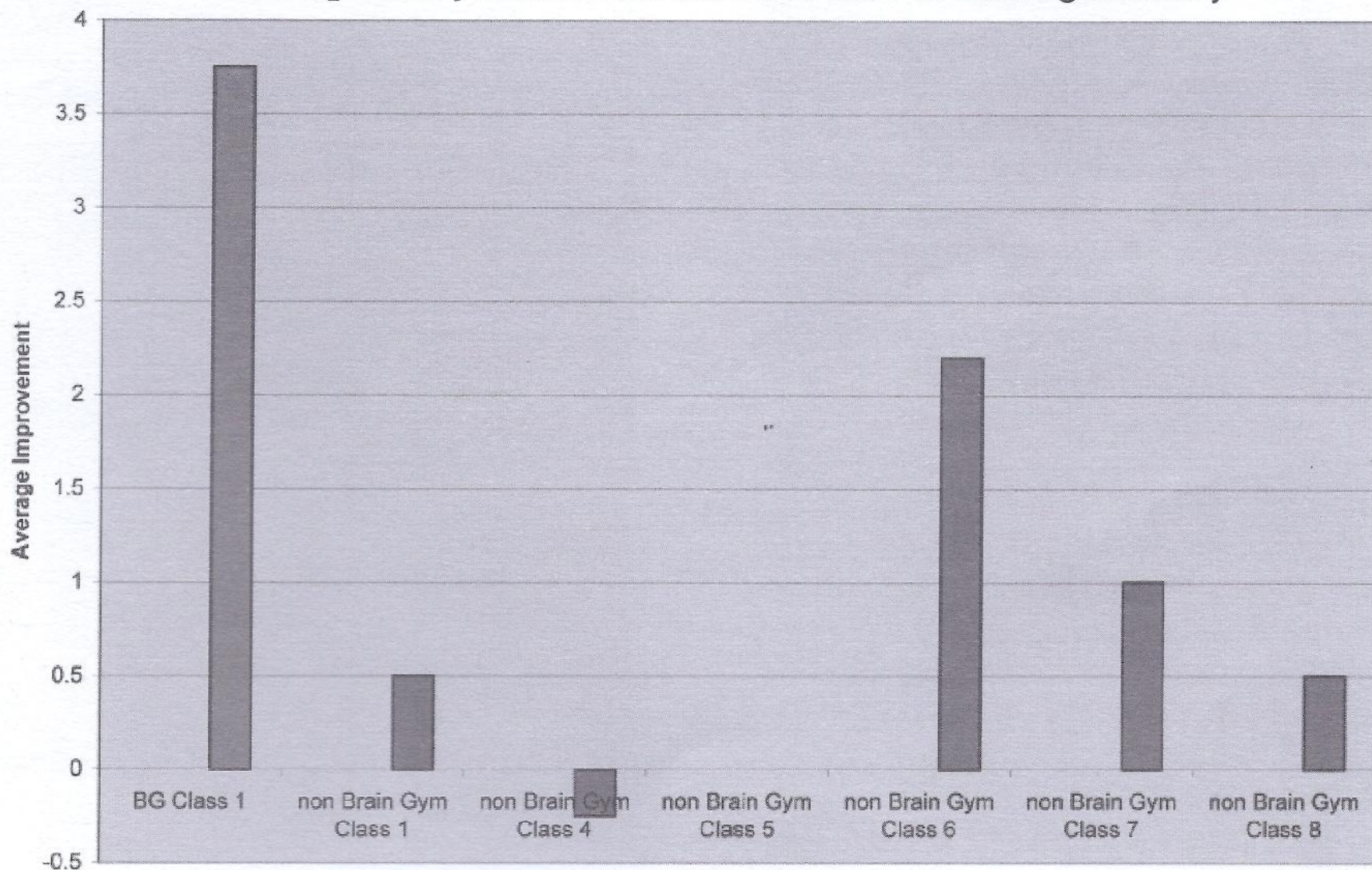
Graph 2: The pre-K group

TPRI Reading Scores



Graph 1: The first-grade classes

Pittsburg Primary TPRI Results MOY-BOY 2004-05 Reading Recovery



Graph 3: The Reading Recovery classes

1st GRADE

How Brain Gym Helped Me with ADHD

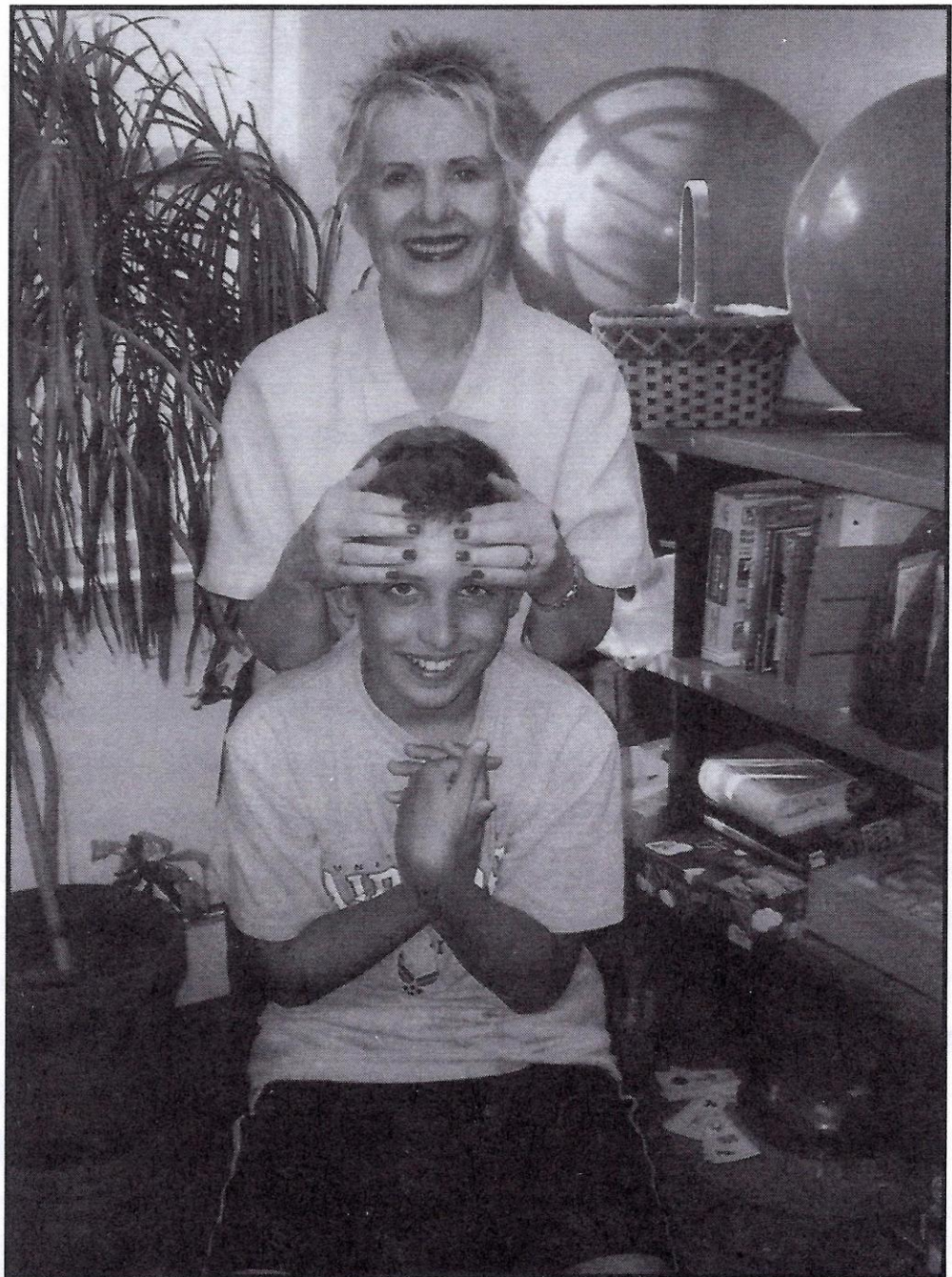
by Raymond Downs, Age 12, Pennsylvania, 2006

Before

- No control over mind and body
- Disrespectful of parents
- Rough, insensitive with friends
- Knew he was a good boy but didn't know how to act like one

After a few weeks

- Stopped meds and started to feel better
- Could set goals and work toward them
- Behavior improved and listened to mom
- Grades up, Friends up, SELF-ESTEEM UP

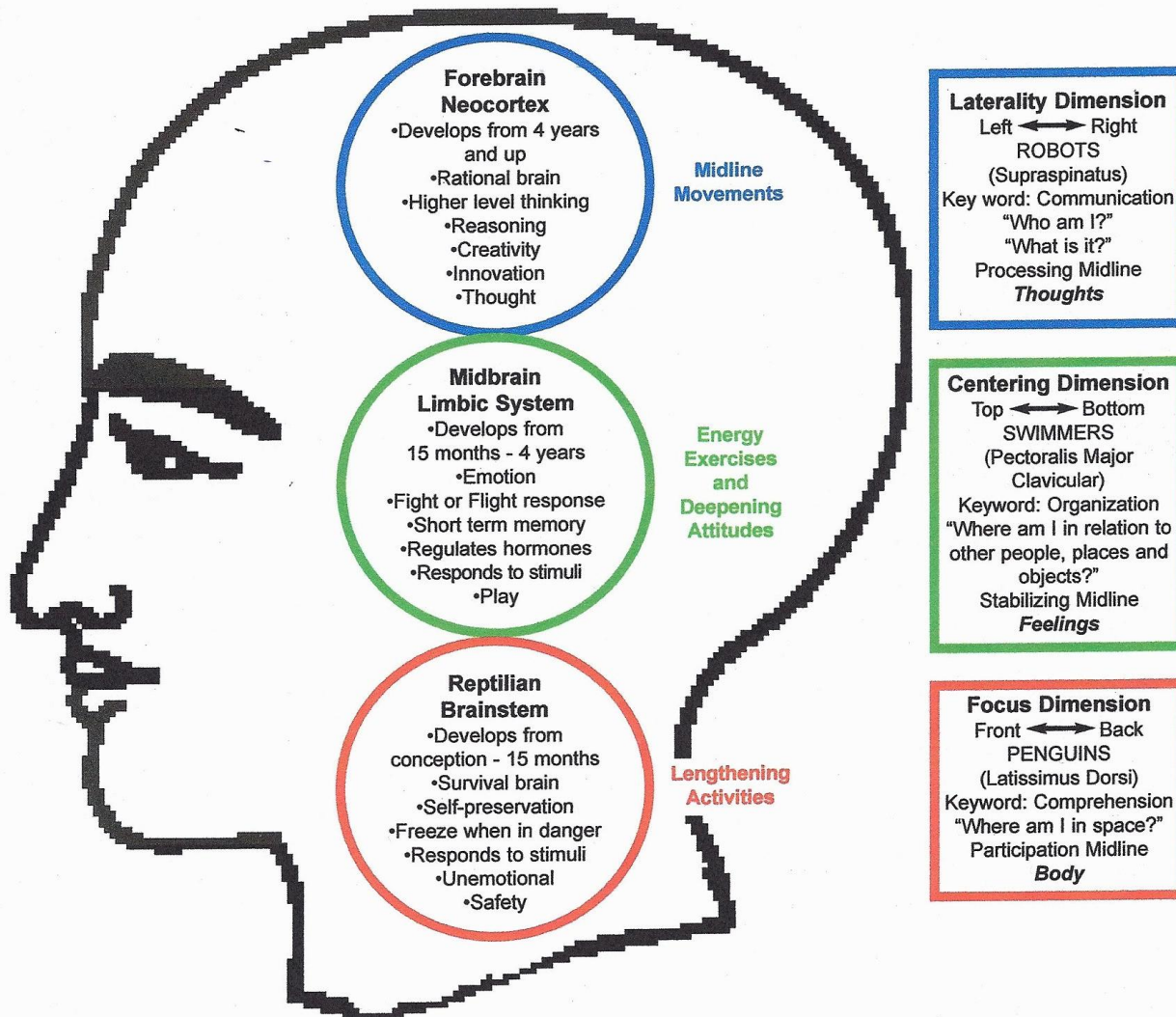


Raymond Downs

Three Dimensions of Intelligence

Focus, Centering, and Laterality

The Triune Brain with Brain Gym® Dimensions



Focus

The Participation Midline

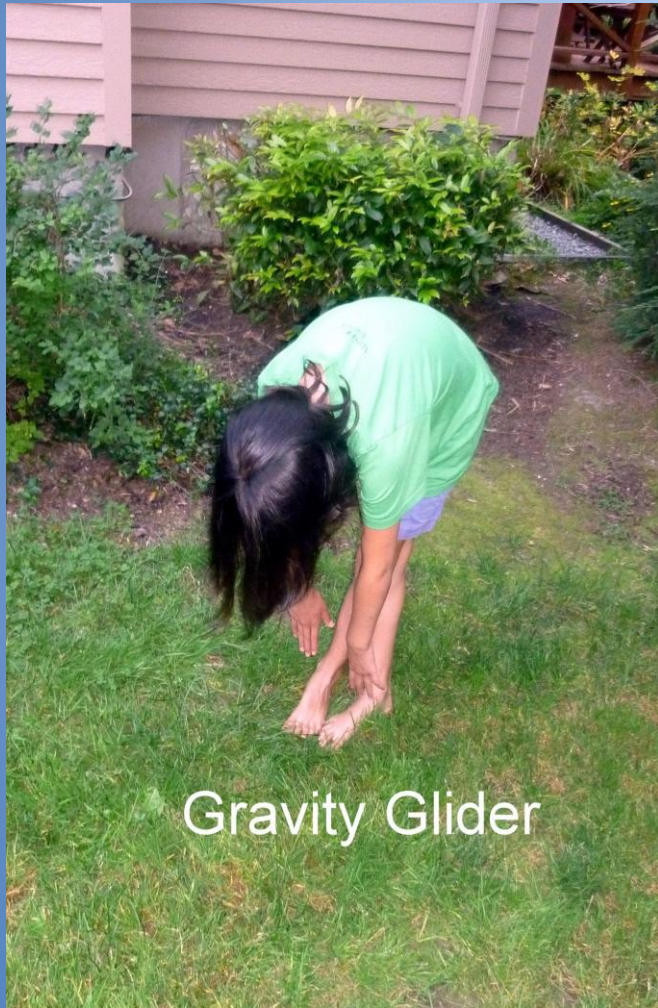
Comprehension

Sensing

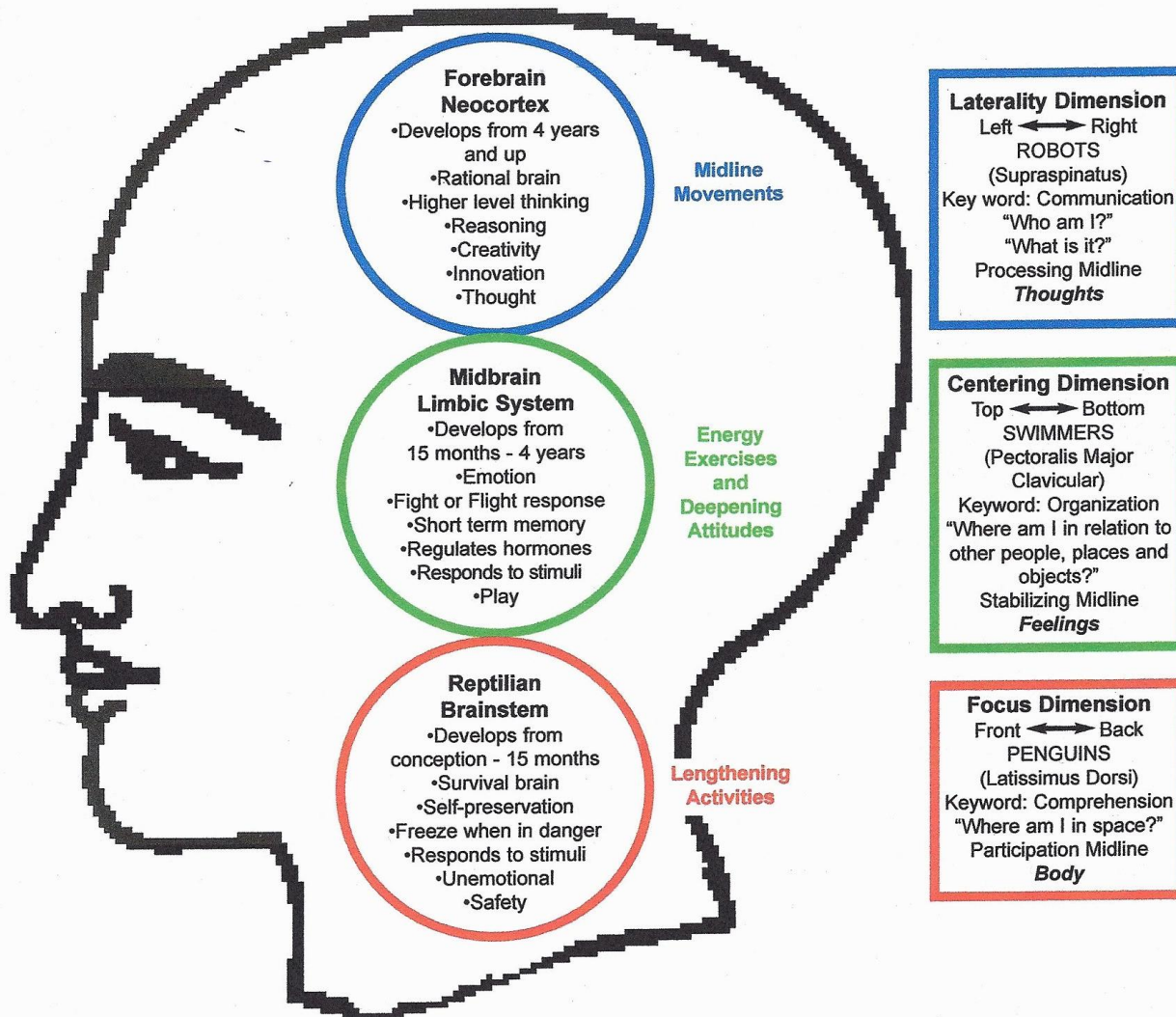
The Back and Forth

We access sensation via the brainstem

TO INTEGRATE THE FOCUS DIMENSION



The Triune Brain with Brain Gym® Dimensions



Centering

The Stabilization Midline

Organization

Feeling

The Up and Down

We access our feelings through the limbic midbrain

TO INTEGRATE THE CENTERING DIMENSION

Balance Buttons



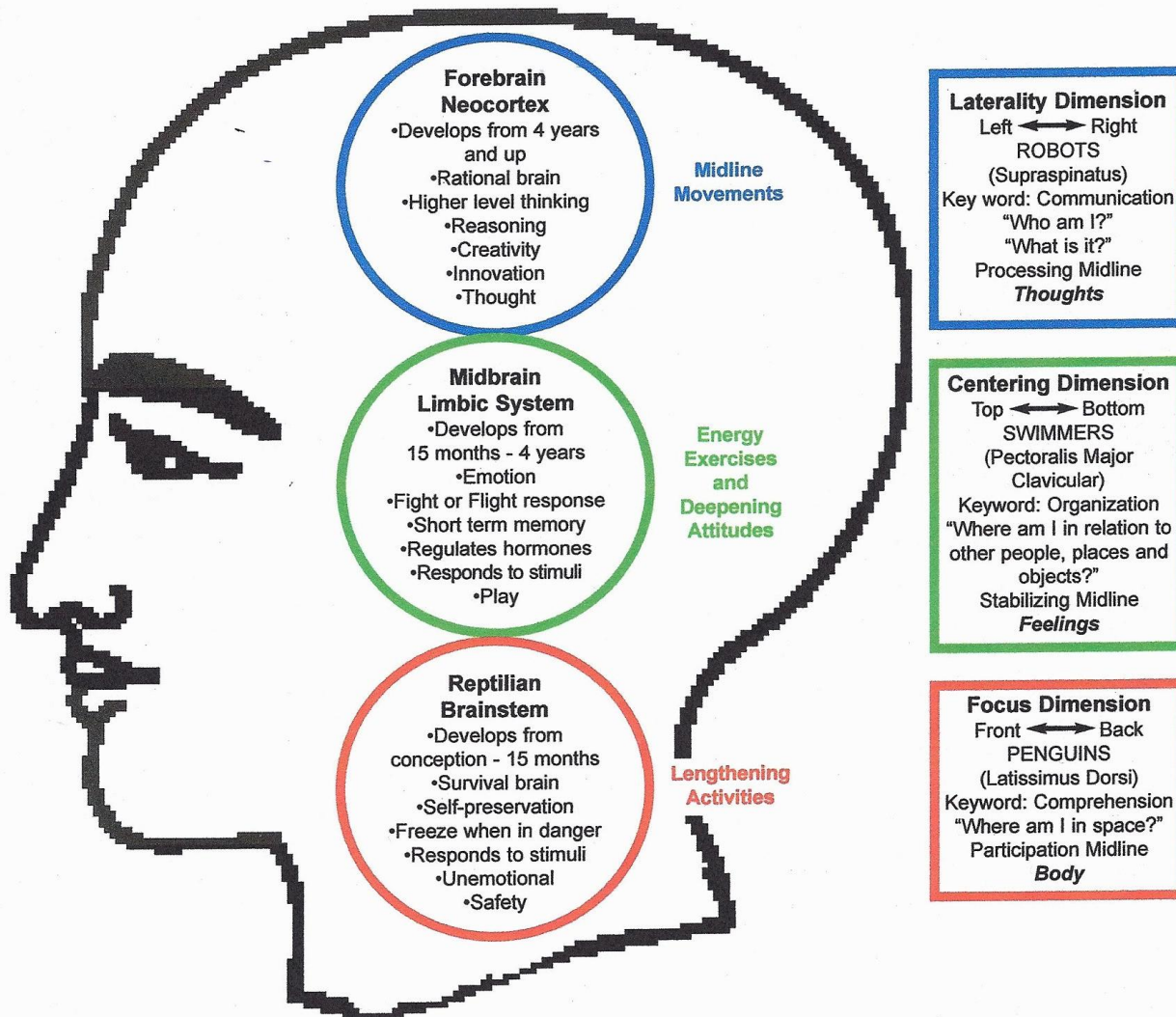
Positive Points



Thinking Cap



The Triune Brain with Brain Gym® Dimensions



Brain Gym® is the registered trademark of Brain Gym International, Ventura, CA., www.braingym.org

Information from Paul MacLean's *Triune Brain Theory*, *Brain Gym for PE, Athletics & Movement Arts* by Carol Ann Erickson and Shirley Miekka,
I Am the Child by Cecelia Freeman and *Smart Moves: Why Learning is Not All in Your Head* by Carla Hannaford.

Compiled by Bonnie Hershey, *The Kinesiology Connection*, kinesconn@aol.com, 8/01

Laterality

The Processing Midline

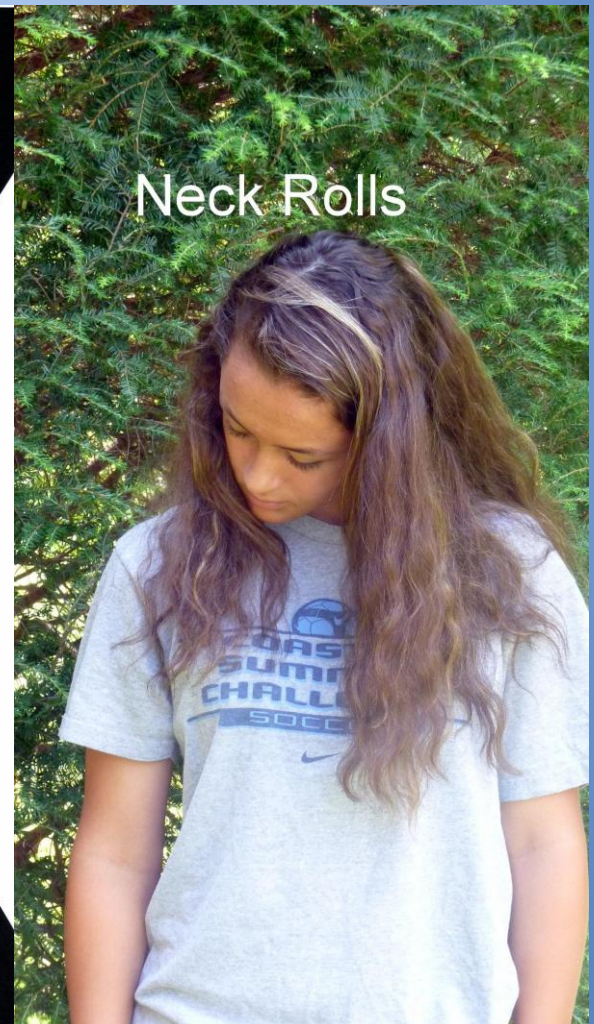
Communication

Thinking

The Side to Side

We access language through the cerebral hemispheres

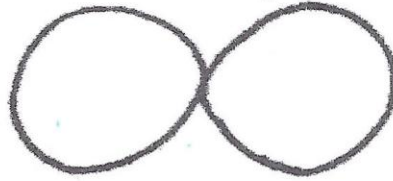
TO INTEGRATE THE LATERALITY DIMENSION





Lazy 8s

The Lazy 8



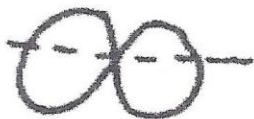
left visual field

right visual field

Some indicators from the drawing
about how the individual learns best:



visual orientation: needs to have
information presented in a pictorial
form



kinesthetic orientation: needs move-
ment to integrate the learning



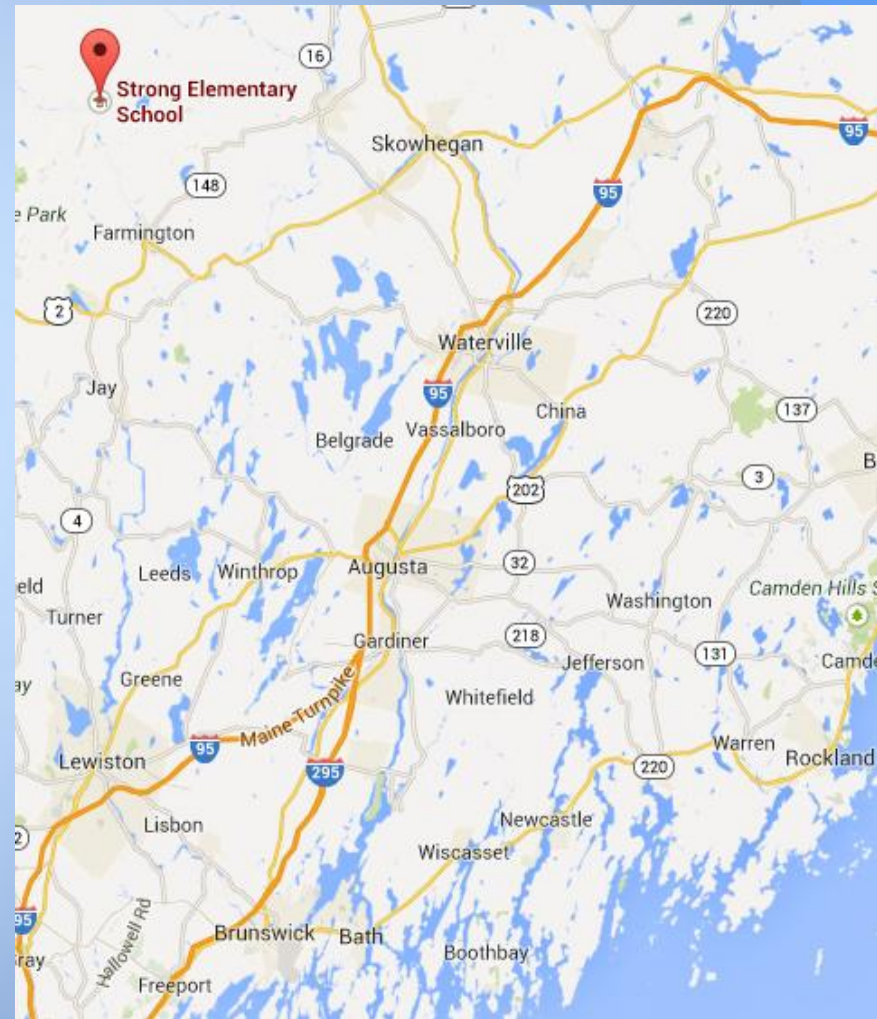
auditory orientation: needs linguis-
tic presentation of information

What's Happening In Maine?

Strong Elementary School - K-8

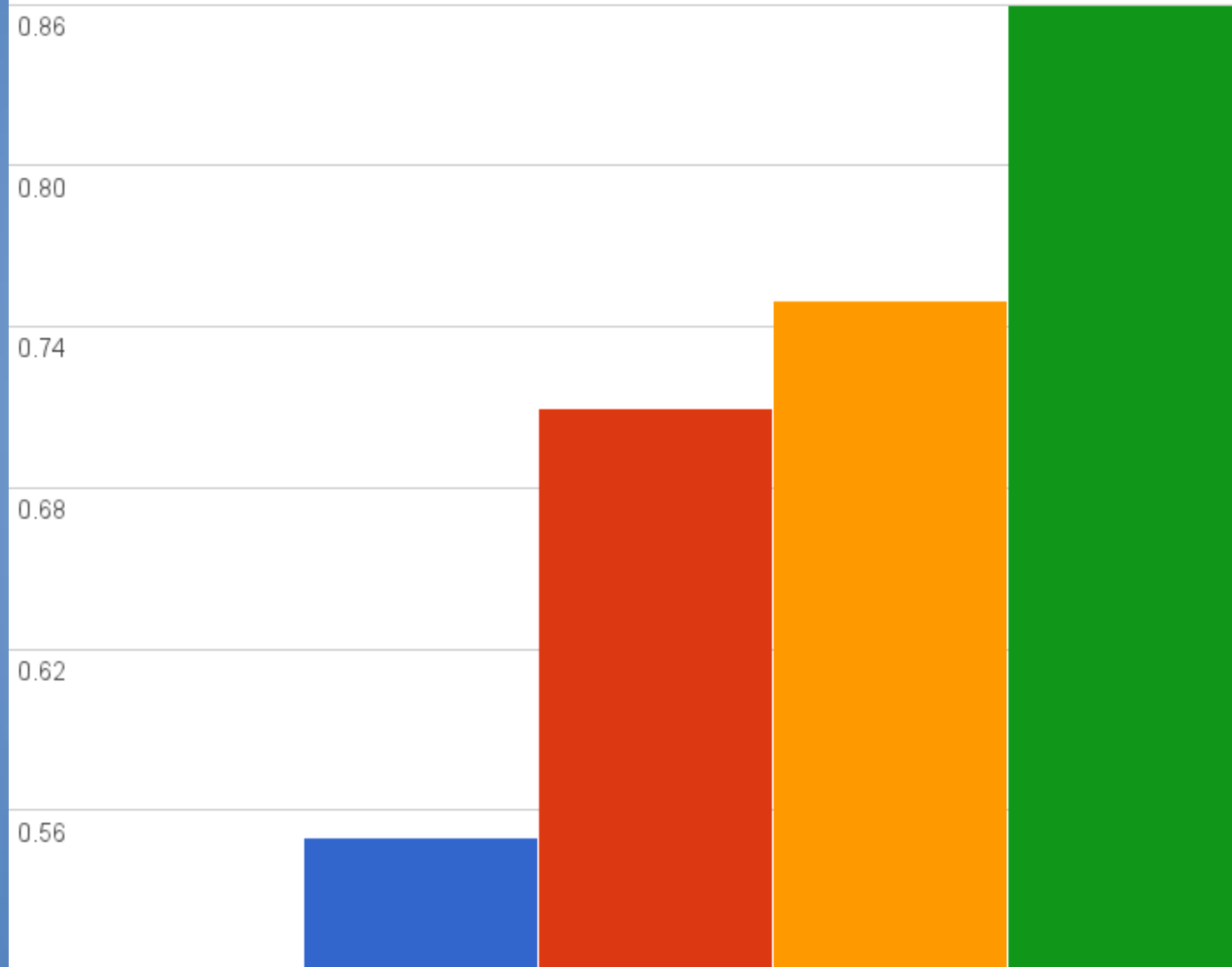
“Toothpick Capital of the World”

- Population: 1200
- School Size: 170
- 63% Free/Reduced Breakfast/Lunch Plan
- 2005 National Blue Ribbon School
- 2011 National Title 1 School



Language Use

Fall 2011 Spring 2012 Fall 2012 Spring 2013



Reading

Fall 2011 Spring 2012 Fall 2012 Spring 2013

0.84

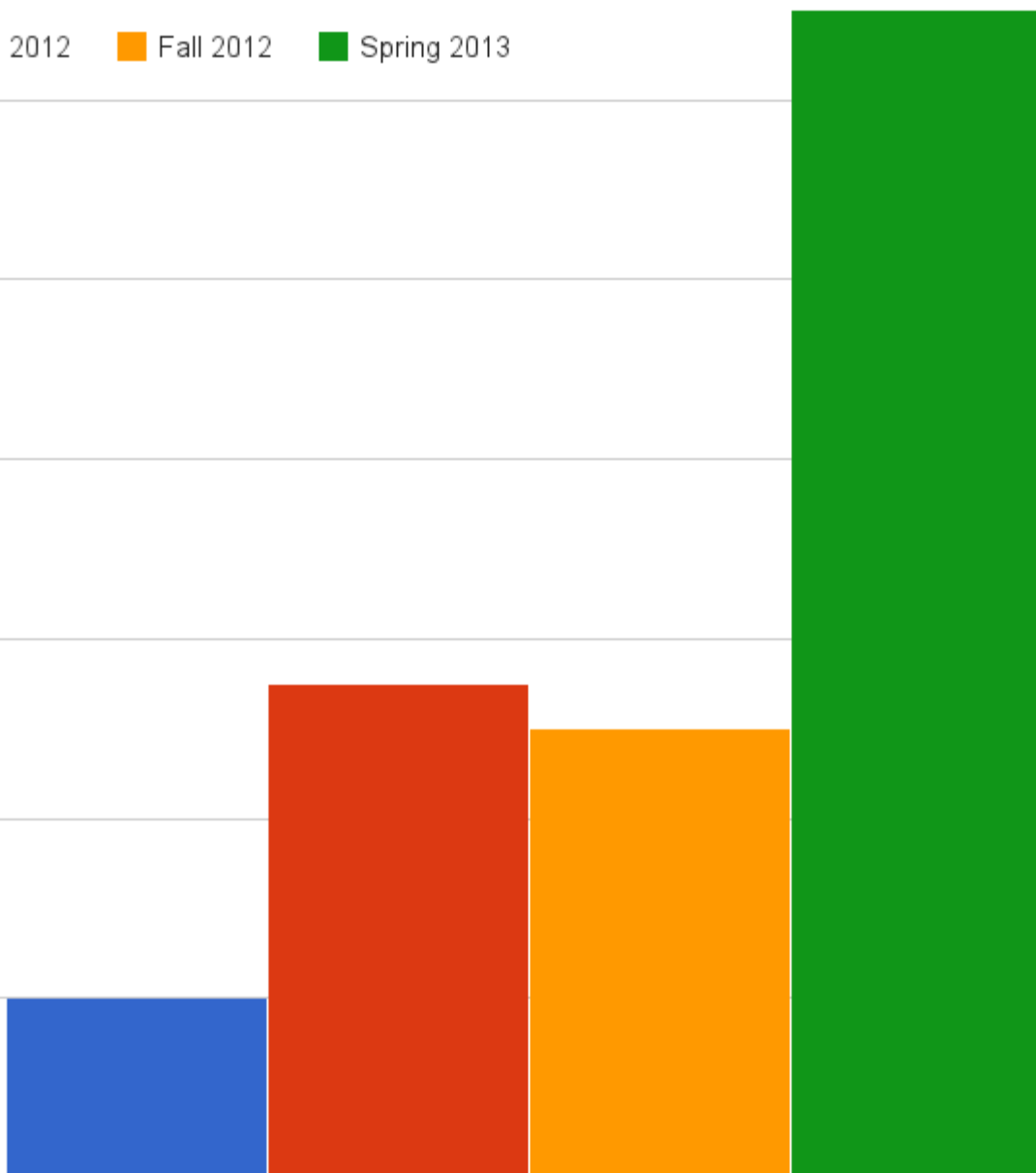
0.80

0.76

0.72

0.68

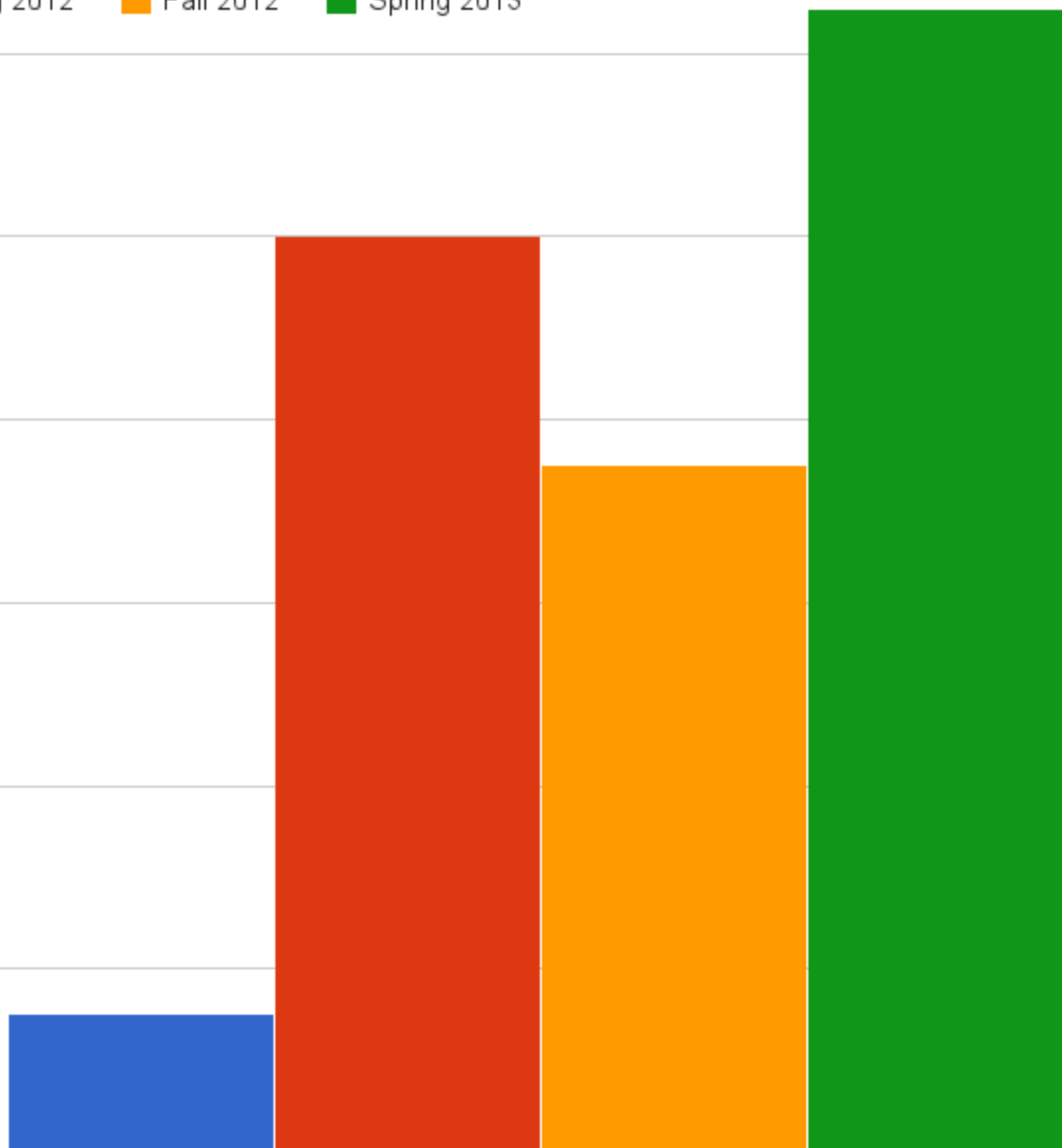
0.64



Math

Fall 2011 Spring 2012 Fall 2012 Spring 2013

0.94
0.90
0.86
0.82
0.78
0.74



Other Places in Maine

Brain Gym is taught and used in

- Schools, Businesses, Adult Ed, Colleges, Senior Colleges, Hospitals, MEOTA, YMCA, Child Care, Muskie Institute (Child Welfare Institute), OT and Pediatric Clinics, and Retirement Homes
- From Fort Kent to Eliot, and Jackman to Calais

Brain Gym has been featured on television

- Portland, Brunswick, and Fort Kent

Next Steps

Implementation and how to use this information



For yourself and others

For you:

- Practice PACE and keep a journal - **Notice**
- Try other Brain Gym movements - keep it simple

For a school:

- In-Service training for staff - 2-5 hours.
- Have someone take the Brain Gym® 24 course.
- Use students as leaders as they learn.

CELEBRATE successes both small and large.

Resources

- Brain Gym® International
 - Website: **BrainGym.org**
 - Store: **BrainGym.com**
- Beth Stoddard
 - Website: **TrainTheBrain.biz**
 - Email: **Beth@TrainTheBrain.biz**
- Felecia Pease
 - Email: **LetItSnowME@yahoo.com**

Recommended Reading

- Brown, Kathy. *Educate Your Brain: Use Mind-body Balance to Learn Faster, Work Smarter, and Move More Easily through Life*. 2012.
- Dennison, Paul E., Ph.D., and Gail E. Dennison. *Brain Gym®: Teacher's Edition*. 1987.
- Hannaford, Carla, Ph.D. *Smart Moves: Why Learning Is Not All in Your Head*. 2005.
- Hornbeak, Denise C. *The SuperConfitelligent Child: Loving to Learn Through Movement & Play*. 2007.
- Madaule, Paul. *When Listening Comes Alive: A Guide to Effective Learning and Communication*. 1994.
- Ratey, John J., M.D., and Eric Hagerman. *SPARK: The Revolutionary New Science of Exercise and The Brain*. 2008.

Thanks



Works Cited

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- Downs, Raymond. "How Brain Gym Helped Me with ADHD." *Brain Gym*® *Journal* No.2 XX.Jul (2006): 8-9. Print.
- Trahan, Thaddeus J., Jr. "Expanding My Teaching from Texas to the World." *Brain Gym*® *Journal* No.3 XXIII.Dec. (2009): 8-9,11. Print.
- Wennekes, Renate, and Susanne Degendorfer. "The Lay 8: A Key to Cerebral Function." *Brain Gym*® *Journal* No.3 X.Dec. (1996): 1,14-15. Print.