



Brain Gym and Brain Injury

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Core Insight

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What is Brain Gym?





- Brain Gym is the introductory level of the Edu-K program.
- It is a learning readiness program.
- Uses 26 easy and targeted exercises that help to place us in an integrated state to assist in learning

What is Educational Kinesiology?

- Kinesiology is the study of Movement
- Educational Kinesiology (Edu-K) is the study and application of natural movement experiences to facilitate learning.

The Brain Gym Exercises

- Divided into:
 - midline movements
 - lengthening activities
 - centering activities
 - positive attitudes
- Can be used:
 - learning menu
 - preparatory exercise

The Brain Gym® Activities

I get ready to ...

... read, scan, write, listen, or speak

The Midline Movements

The Elephant Think of an X Neck Rolls The Double Doodle Alphabet 8s Belly Breathing

Cross Crawl Sit-ups Lazy 8s The Rocker The Energizer The Cross Crawl

... plan, organize, or line things up

The Energy Exercises

Sipping Water The Energy Yawn The Thinking Cap

Space Buttons Earth Buttons Brain Buttons Balance Buttons

... play, work, or cooperate

Deepening Attitudes

The Positive Points

Hook-ups Part I Part II

... hold a focus, comprehend, or participate

The Lengthening Activities

The Owl Arm Activation The Footflex The Gravity Glider The Golf Pump The Grounder

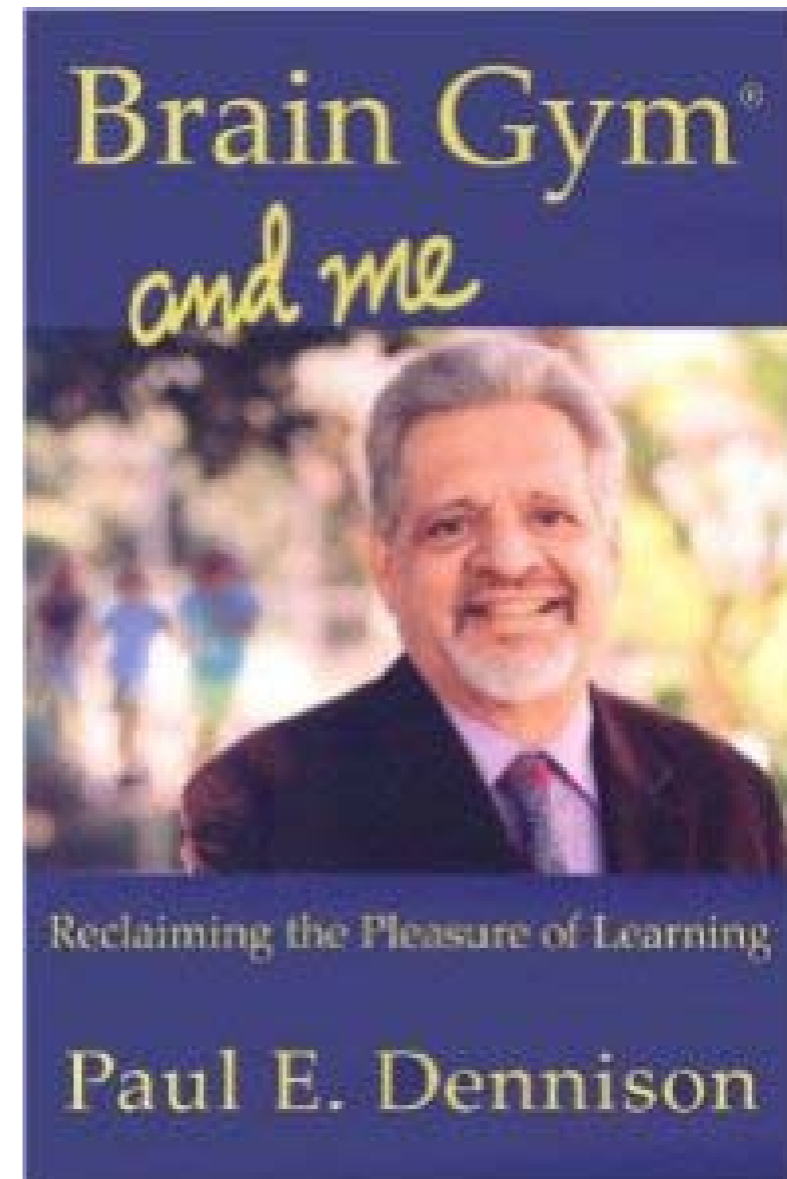
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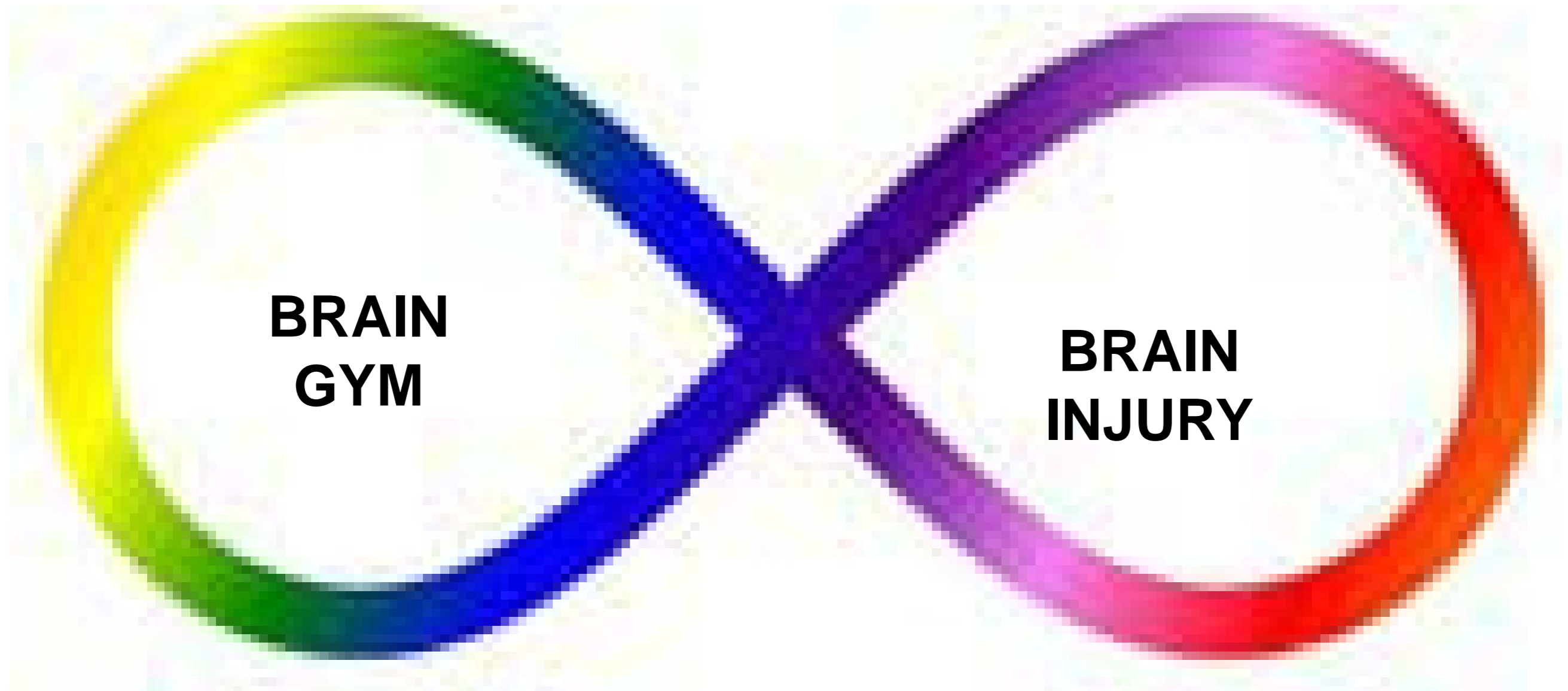
Who Developed
Brain Gym?

Paul Dennison

- Founder of the Educational Kinesiology Foundation
- Remedial Education Specialist
- Developed Brain Gym over the last 25 years



What does Brain Gym have to do with Brain Injury?





Acquired Brain Injury

Definition World Health Organization

- Damage to the brain which occurs after birth and is not related to a congenital or degenerative disease. These impairments may be temporary or permanent and cause partial or functional disability or psychosocial maladjustment. (Geneva 1996)



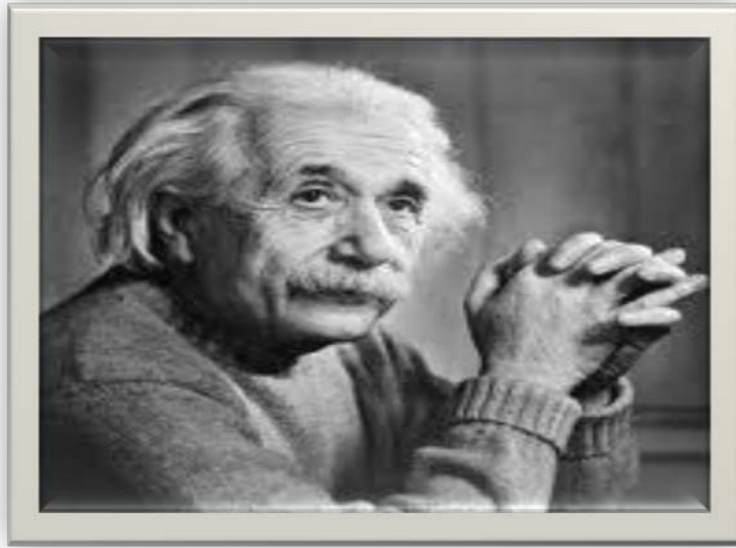
Symptoms Associated with Acquired Brain Injury

Cognitive Impairment Affecting

- Memory
- Attention
- Concentration

Impairment of Executive Function

- Problem solving
- Sequencing
- judgement



Issues often associated with Learning Disabilities

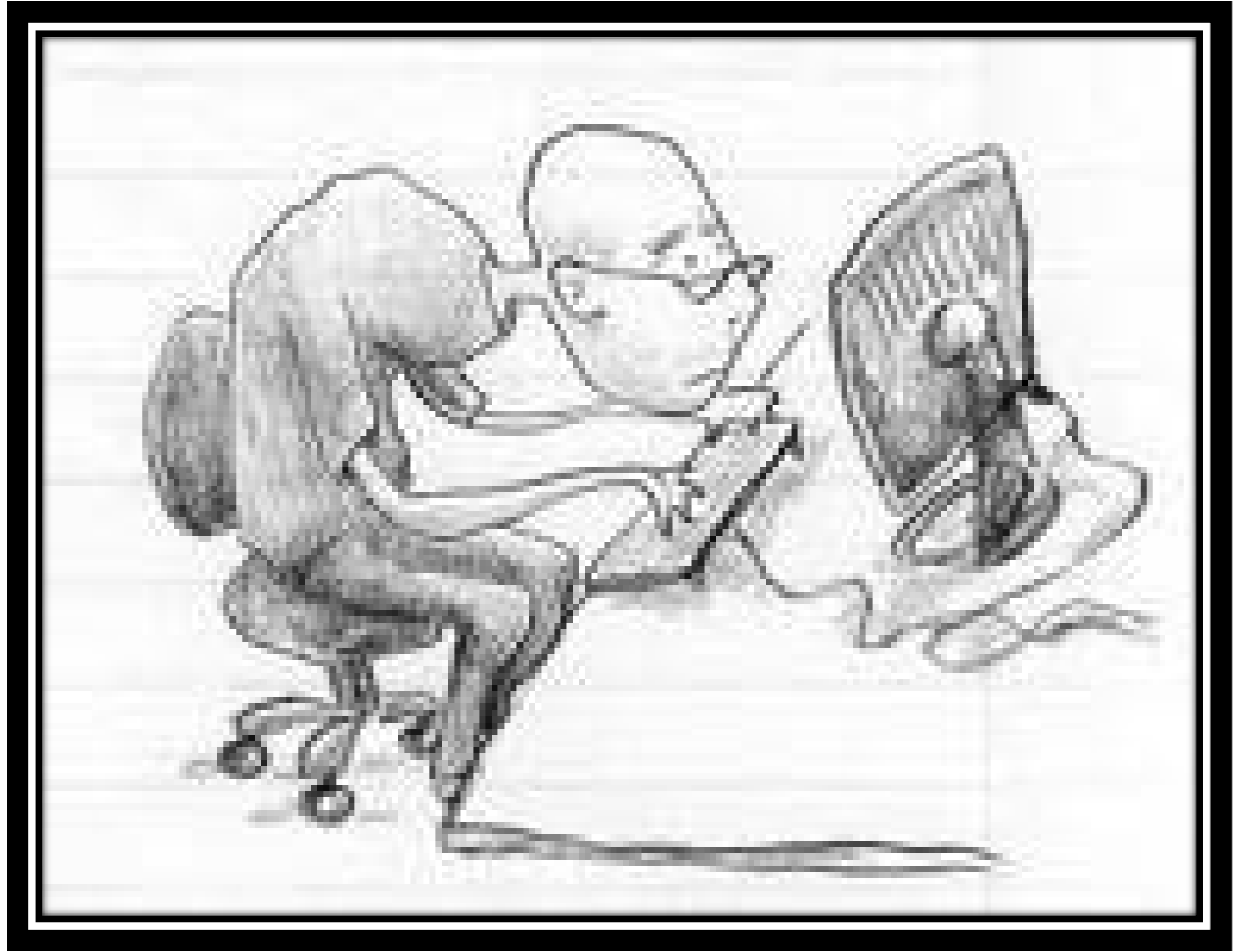
Problems with:

- Focus
- Attention
- Initiating tasks
- Completing tasks
- Memory
- Social appropriateness
- Executive Function

How does Brain Gym Help?

- Brain Gym helps people to develop the skills to notice when they are entering a stressed state (switched off) and gives them tools that are fun and easy to switch back on for learning.









Noticing In Brain Gym

- Noticing is a process of focusing one's attention in the present and paying attention to how and what we do.
- How do we do that in Brain Gym?

Noticing Activity



What does Brain Gym
look like?

PACE

PACE



E
ENERGIZING
WATER



C
CLEAR
BRAIN
BUTTONS



A
ACTIVE
CROSS
CRAWLS



P
POSITIVE
HOOK-
UPS

Integrated vs Un-Integrated States

Integrated

Switched ON

Ready, able to learn
and be productive

Empowered

UnIntegrated

Switched OFF

Stuck and stressed, unable
to learn and unable to initiate
productive activity

Can lead to meltdown

What happens in a stressed state?

- Activate the Fight of Flight response
- Cortex verses Brain Stem
- Changes in Body chemistry activate the Tendon Guard Reflex
- Poor Self Regulation
- "Switch Off"

High Gear

Low Gear

Integrated High Gear

Move and Think

Integrated Low Gear

Stop and Think

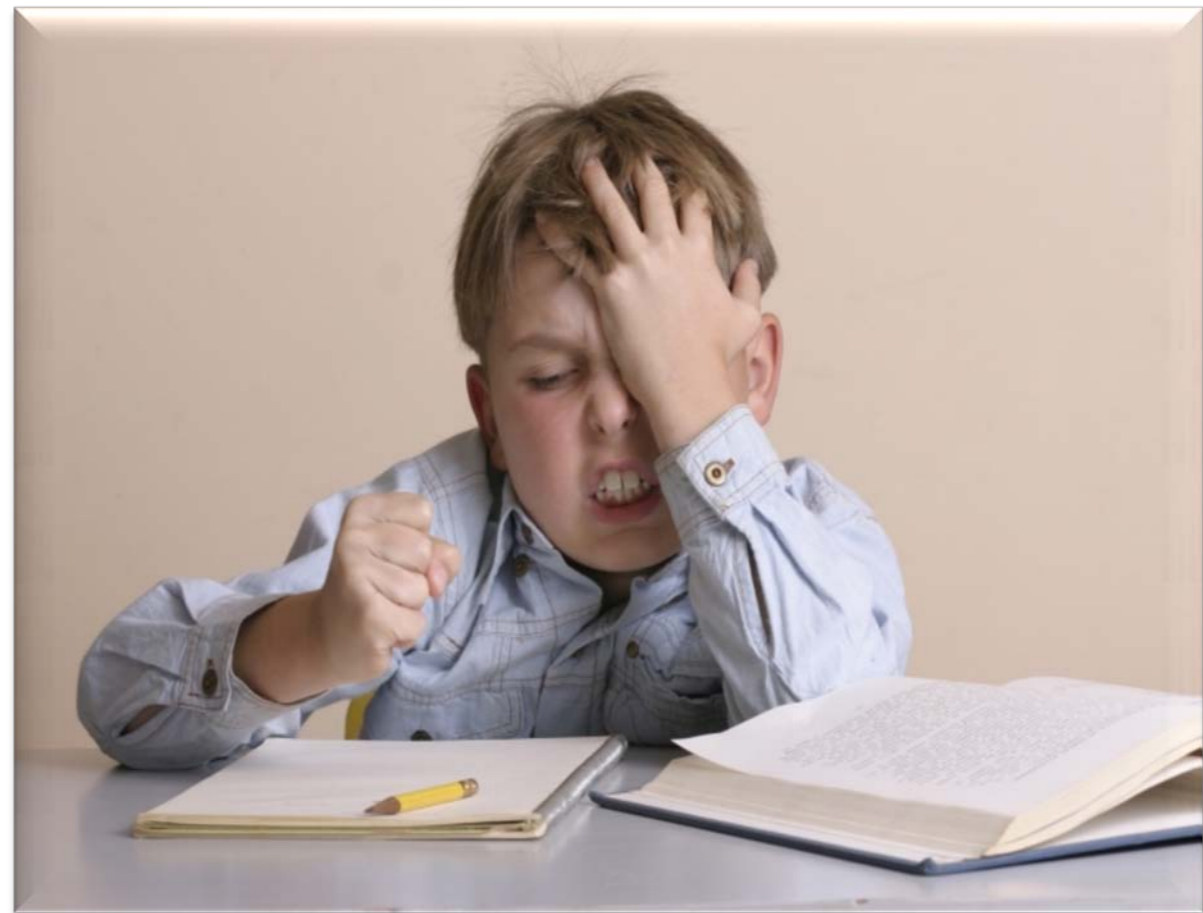
Un-Integrated High Gear

Can't Move and Think

Un-Integrated Low Gear

Can't Stop and Think

What can cause a
stressed state?





Brain Gym Balance

PACE

Set a goal (intention)

Pre Activity with Noticing

Learning menu

Post Activity with Noticing

Celebrate positive changes!!

Writing Balance

Learning Menu

- Arm Activation
- Lazy 8's
- Double Doodle

The Brain Gym® Activities

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The Energy Exercises

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Deepening Attitudes

The Positive Points

Hook-ups
Part I Part II

... hold a focus, comprehend, or participate

The Lengthening Activities

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BRAINGYM®

Positive Attitudes Balance

Learning Menu

- Positive Points
- Hook-ups

The Brain Gym® Activities
I get ready to ...
... read, scan, write, listen, or speak

The Midline Movements

- The Elephant
- Think of an X
- Neck Rolls
- The Double Doodle
- Alphabet 8s
- Belly Breathing
- Cross Crawl Sit-ups
- Lazy 8s
- The Rocker
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- The Cross Crawl

The Energy Exercises

- Sipping Water
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- The Thinking Cap
- Space Buttons
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Deepening Attitudes

- The Positive Points
- Hook-ups Part I
- Hook-ups Part II

The Lengthening Activities

- The Owl
- Arm Activation
- The Footflex
- The Gravity Glider
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Questions ?