

Brain Boosters for Your Kids

Three Brain Gym® Movements to Help You Lower stress, Calm down, and Learn Anything Easily

from
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The Learning Doctor



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Where Can I Learn More about Brain Gym® and What is Brain Gym?

MaryJo Wagner, Ph.D. offers Brain Gym classes for You

You can take Brain Gym 101, the basic three-day Brain Gym class which is the prerequisite for taking other Brain Gym classes and counts toward certification as a Brain Gym instructor and consultant.

Or you could choose "A Day of Brain Gym"—a one-day introduction to Brain Gym.

The Brain Gym Basics TeleChat gives you a 3rd option. This equivalent to a one-day Brain Gym class is offered over the telephone for four 90-minute sessions.

Find a Brain Gym class that fits your schedule at
<http://www.braingymclasses.com/classschedule.htm>

Brain Gym is a movement-based program that Helps Everybody Learn Anything Quickly and Easily.

The 26 movements are simple enough that toddlers in preschool and seniors in nursing home can use them to increase brain function and to calm down.

Children and adults use Brain Gym to help integrate body and mind by developing the brain's neural pathways through movement. It's called whole-brain learning.

Use Brain Gym to improve

- Concentration and Focus (ADHDers love Brain Gym!)
- Memory
- Reading
- Writing (No more writer's block.)
- Organizing
- Listening
- Physical coordination
- Project completion
- Learning (Help those kids with learning challenges.)
- Sports performance

Brain Gym supports people of all abilities in making wide-ranging changes in their lives. Used in more than 90 countries, Brain Gym is taught in thousands of public and private schools worldwide and in corporate, performing arts, and athletic training programs.

Brain Gym works. It's quick. It's easy. And it's fun!

[Sign up today for Brain Gym](#)

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The Cross Crawl

One of 26 Brain Gym® Movements



How to Cross Crawl:

While standing or sitting (even lying down—then it's called Cross Crawl Sit-ups), "march" in place, alternately touching one hand or elbow to the opposite knee. It's most effective when you Cross Crawl slowly. Be sure to raise your knee as high as you can and twist your body as you Cross Crawl.

What Cross Crawl does:

Cross Crawl helps with bilateral integration not only of the right and left brain but also right and left arms and legs.

After a few weeks of Cross Crawl, you'll see an improvement in core postural awareness, muscle proprioception, and vestibular balance. In other words, cross crawl improves not only the ability to cross your body's midline easily and rhythmically, but also your balance, your sense of where you are in space, and your posture. Improves posture and learning is easier.

When to Cross Crawl yourself:

- When you want more energy
- During any activity that requires visual, auditory, and kinesthetic integration, such as listening, reading, writing. Want to read with both eyes, listen with both ears, move your whole body? Cross Crawl is the answer.
- If you'd like to improve coordination
- When you'd like better spatial awareness.
- Try Cross Crawl before dancing, ice skating or playing tennis or golf

When to Cross Crawl with Kids: (same as above)

- If they need to improve right and left coordination
- Before reading, writing, and anything else than requires crossing the midline.
- During soccer practice or any other sports activity



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Positive Points

One of 26 Brain Gym® Movements



How to do Positive Points:

You'll find your Positive Points above the center of each eyebrow and halfway to your hair-line. (You might feel a slight bulge at your Positive Points.)

Gently place three fingers of each hand over these points. Close your eyes and take ten deep breaths. (If children are frightened, they can leave their eyes open.)

Often you'll feel a shift such as a big sigh or dropping your shoulders. The shift lets you know you're finished holding your Positive Points.

Try standing behind a child or adult and holding their Positive Points for them while they sit in Hook-ups.



What Positive Points Does:

The Positive Points are acupressure points which release emotional stress by diffusing the fight-or-flight reflex from the back of the brain.

When to do Positive Points Yourself:

- When you feel stressed out, over-whelmed, or confused.
- Anytime you just want to calm down and relax
- When something is upsetting you.
- To help get rid of negative and obsessive thoughts
- If you're feeling sad or angry

When to do Positive Points with Kids

- During timeouts, temper tantrums and crying jags
- Too much noise and confusion in the classroom or at home
- When they're driving you crazy
- When they're worried or frightened
- When they're anxious about a test or having to read out loud.

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Hook-Ups

One of 26 Brain Gym® Movements



How to do Hook-Ups Pt. 1:

Cross your left ankle over your right. Extend your arms crossing your left wrist over your right. Bring your palms together and interlace your fingers. Bring your hands up toward your chin. Sit quietly for a minute with your eyes closed while you breathe deeply.

How to do Hook-Ups, Pt. 2:

Uncross your hands, arms, and legs. Bring your hands together with your fingertips touching lightly. Keep your eyes closed and breathe deeply (If you forget to do Part 2, no worries.)

What does Hook-Ups Do?

Relaxes the central nervous system. Connects the electrical circuitry of the body. Crosses the center mid-line to activate both left and right hemispheres of the brain. Helps us become emotionally centered and grounded.



When to do Hook-Ups Yourself:

- When you feel stressed out, overwhelmed, or confused.
- Anytime you just want to calm down and relax
- When something is upsetting you.
- If it's hard to make a decision.
- Before settling down to work at a task
- When you want to focus and concentrate
- If you're feeling sad or angry

When to do Hook-Ups with Your Kids (same as above):

- During timeouts, temper tantrums and crying jags.
- When kids are arguing
- Before and during tests
- Too much noise and confusion in the classroom or at home
- If kids can't focus on the task at hand and are distracted by everything around them
- When they're driving you crazy

Note: If this position is difficult because of arthritis or the movement is too complicated for preschoolers, just cross your arms putting your hands on opposite shoulders. It's like giving yourself a big hug.

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Brain Gym Resources from MaryJo Wagner, Ph.D.

Take a Brain Gym from MaryJo. You'll find her schedule at <http://www.BrainGymClasses.com> Check this site to find out how to come to a Brain Gym class free.

Free "Brain Boosters for Your Kids" newsletter for teachers and parents.

<http://www.BrainBoostersforYourKids.com/newslettersubscribe.htm>

Free ADHD NewsTips at <http://www.adhdchildrentoday/newstipssubscribe.htm>

More Brain Gym Resources

Web sites:

www.BrainGym.org for Brain Gym classes, instructors, one-on-one consultants, and general information about Brain Gym.

www.BrainGym.com for Brain Gym books, posters, music, and other resources.

Take a look at Sharon Gerber's [Brain Gym video on YouTube](#) She's got everybody doing Brain Gym: little kids, big kids, adults, even "sophisticated" college kids. What an inspiration. And the music's terrific.

Books:

Paul Dennison, *Brain Gym and Me*. Ventura, CA, Edu-Kinesthetics, Inc. 2006. Brain Gym's founder discusses his own learning challenges, how Brain Gym came about, and some specific Brain Gym movements.

Paul Dennison and Gail Dennison, *Brain Gym*®, *Teacher's Edition*, revised, Ventura, CA, Edu-Kinesthetics, Inc. 1994. Shows how to do Brain Gym movements and what they're for. Basic Brain Gym book although a bit hard to learn Brain Gym from a book.

Carla Hannaford, *Smart Moves: Why Learning is not All in Your Head*, 2nd ed. Great Ocean, 2005. The science and physiology behind Brain Gym. Despite it's theoretical focus, it's easy to read. Highly recommended.

Jerry Teplitz, Paul Dennison, and Gail Dennison, *Brain Gym for Business*. Ventura, CA, Edu-Kinesthetics, Inc. 1997. Although it's for adults, the book is easy to "translate" for children. It's alphabetical and has an index, very useful.

Isabel Cohen and Marcelle Goldsmith, *Hands-on: How to Use Brain Gym in the Classroom*. Edu-Kinesthetics, 2002. Practical "how to" although knowing some Brain Gym already makes the book easier to use. Wonderful variations on the movements and fun photographs of kids in South Africa doing Brain gym.

Sharon Promislow, *Making the Brain Body Connection*, Rev. Ed. Enhanced Learning and Integration, 2005. Although not specifically a Brain Gym book, it reinforces the connection between moving and learning. Includes some Brain Gym

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