



Brain Gym: Teacher's Edition

By Paul E. Dennison, Gail E. Dennison

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Brain Gym Teacher's Edition details the 26 Brain Gym activities used around the world by people of all ages and abilities to make learning easier. This is the revised and enlarged third edition (2010). This is a stand-alone book for parents, teachers and learners who want in-depth descriptions and variations for the 26 Brain Gym activities. Those who need only drawings of the 26 and simple descriptions of how to do them can refer to the small orange book Brain Gym: Simple Activities for Whole-Brain Learning, written in a simple story form that children can understand.

The book references recent research in the field of neuroplasticity as it shows how learners can master the physical skills required for development of academic abilities. The 26 activities, each taking just a minute or so to do, help learners to develop skills of stability, locomotion, and sensorimotor coordination, as well as providing effective tools for self-calming and self-management. When a student can respond to the stress that inhibits the flow of learning, he or she can better access the joy, creativity, and expression inherent in the learning process. This expanded 2010 version of the book offers new information on the physical skills involved in the learning process, ways to use the 26 activities to teach specific academics such as reading and writing, personal accounts from parent and educators, and games for teaching through movement and play.

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Editorial Review

Review

The Brain Gym Teacher's Edition is a must-have for any classroom or business library. The clear, easy, yet profound nature of this work, as outlined in this practical book, has the potential to assist all learners to accomplish what they choose in life, whether it be academic, creative, athletic, or relational. It is time for learning to again become the cornerstone of our lives, opening us to greater awareness, connection, and joy in all we do, and this book shows the way. --Carla Hannaford, Ph.D, educator, biologist, and author of *Playing in the Unified Field: Raising & Becoming Conscious, Creative Human Beings*.

I have been using the Brain Gym program with my students for almost 25 years. It is by far the easiest and fastest way I know of to shift students from scattered to focused, from confused to clear, and from tense to relaxed. I appreciate the additional clarity and support in this NEW edition! --Victoria Kindle Hodson, coauthor of *Discover Your Child's Learning Style: The Key to Every Child's Learning Success*.

A typical classroom experience lacks the quantity of movement required for healthy physiological development. The Brain Gym program demonstrates an intrinsic understanding that a well-developed human machine will excel at all of its tasks, including learning. This program is so fundamental to the biophysical process of learning that it's hard to believe it's not already in every curriculum. --Katy Bowman, bio mechanical scientist, director of the Restorative Exercise Institute, and creator of the Aligned and Well program.

About the Author

Paul E. Dennison is an internationally known educator, a pioneer in the field of movement-based learning, and an authority on the acquisition of cognitive and academic skills. Gail E. Dennison is the originator of Brain Gym International's Visioncircles, Double Doodle Play, and Movement Dynamics courses. Paul and Gail are the co creators of Educational Kinesiology and the Brain Gym program, and the authors of more than fifteen books and manuals, many of which have been translated into dozens of languages.

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