

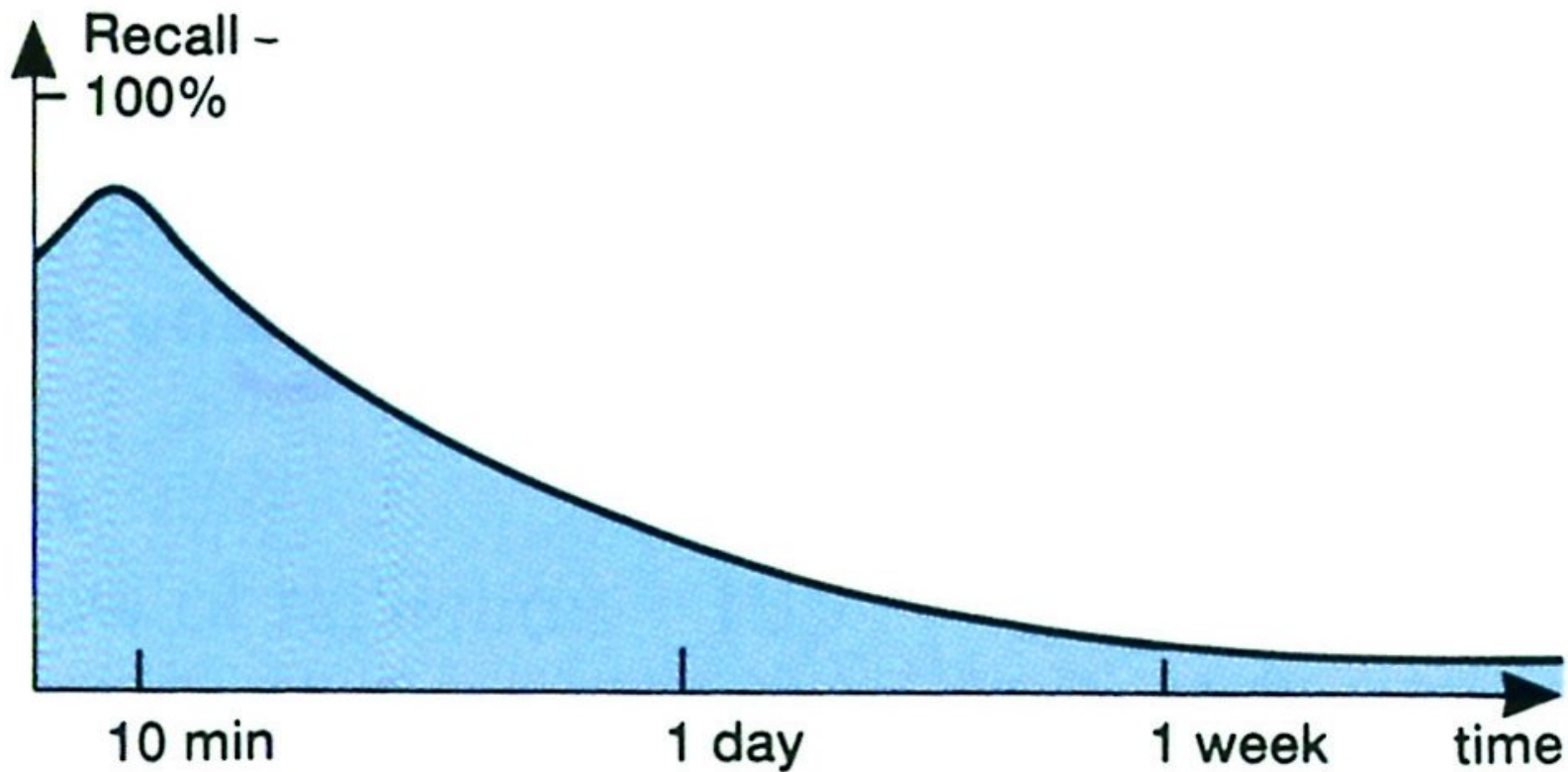


Brain gym starters





This is how quickly your brain forgets things





Your brain is a muscle

- Like every other muscle it needs exercise
 - Brain gym is one way to exercise your mind so that you can learn better.





Your brain is a muscle



- Research shows that structured physical movement can enhance our readiness for learning.
- Physical movement increases the oxygen in the blood stream and leads to improved concentration. In addition, adding a movement or physical action to a learning point will help recall.





Your brain is a muscle

1. With your forefinger and thumb of each hand pinched together, extend your hands out in front of your face and trace large circles in the same direction. Keep your lips and teeth together. Now trace the circles in the other direction. Now try with one hand going clockwise and the other anti-clockwise. Swap again.





Your brain is a muscle



Simple:

Read aloud the colour that
you see.



Top tip only read the
colour.....





Your brain is a muscle



Simple:

Read aloud the colour that
you see.



Top tip only read the
colour.....





Your brain is a muscle



REMEMBER –
JUST READ THE COLOUR
NOTHING ELSE





Your brain is a muscle

JUST
THE
COLOUR



RED YELLOW PINK BLUE
BROWN GREEN BLACK
PURPLE WHITE ORANGE
GOLD BLACK YELLOW
BLACK YELLOW PURPLE
PINK RED BLACK BLACK
BLUE GREEN GOLD BLUE
BLUE ORANGE WHITE
RED WHITE YELLOW



Your brain is a muscle

Easy?

No because your brain is
working against itself

(LEFT BRAIN/RIGHT BRAIN)
and you are likely to make
mistakes and errors.

Try again



RED YELLOW PINK BLUE
BROWN GREEN BLACK
PURPLE WHITE ORANGE
GOLD BLACK YELLOW
BLACK YELLOW PURPLE
PINK RED BLACK BLACK
BLUE GREEN GOLD BLUE
BLUE ORANGE WHITE
RED WHITE YELLOW



Your brain is a muscle

This time simply read what
you can see



RED YELLOW PINK BLUE
BROWN GREEN BLACK
PURPLE WHITE ORANGE
GOLD BLACK YELLOW
BLACK YELLOW PURPLE
PINK RED BLACK BLACK
BLUE GREEN GOLD BLUE
BLUE ORANGE WHITE
RED WHITE YELLOW



Your brain is a muscle

Easy?





Your brain is a muscle

1. With your writing hand hold an imaginary pencil in front of your face and write the keywords from your lesson in the air. Say the letters of the word as you write. When you have finished try and write them backwards. For fun, write the keywords in the air but with your nose! Watch your neighbour and try and guess what the word is. Now try it with your ear!





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Your brain is a muscle

1. Hold your ears and slowly roll your ear lobes between finger and thumb. Do it nice and slowly and all the way around your ear. How does it feel?





Your brain is a muscle

1. With your elbows at shoulder height, practise making big circles, then small circles, forwards and backwards.





Your brain is a muscle

1. Do finger aerobics! With a partner sit alongside each other or either side of your desk. Your partner should place both hands flat on the desk and so should you. Take turns to lift different fingers without taking any other fingers off the desk. Do it together and in sequence. Start with simple lifts with each finger in turn, then taps, then bends, then big stretches! Now one of you be the aerobics instructor and the other has to do exactly the exercises the instructor demonstrates!





Your brain is a muscle

1. Practise shoulder shrugs. Roll your shoulders forwards, then back.





Your brain is a muscle

1. Use finger sums by showing your partner a number sum with your fingers and then seeing if your partner can get the correct answer. Remember crossed hands means add, one hand across your face means take away, hands in a diagonal is multiple and a hand across your face with a dot above and below is divide. Start with 5 times 4 equals...?





Your brain is a muscle - **Brain Buttons**



This exercise helps improve blood flow to the brain to "switch on" the entire brain before a lesson begins. The increased blood flow helps improve concentration skills required for reading, writing,





Your brain is a muscle - **Brain Buttons**



- Put one hand so that there is as wide a space as possible between the thumb and index finger.
- Place your index and thumb into the slight indentations below the collar bone on each side of the sternum. Press lightly in a pulsing manner.
- At the same time put the other hand over the navel area of the stomach. Gently press on these points for about 2 minutes.





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Your brain is a muscle - "Cross Crawl"

- This exercise helps coordinate right and left brain by exercising the information flow between the two hemispheres. It is useful for spelling, writing, listening, reading and comprehension.





Your brain is a muscle - **Brain Buttons**



- Stand or sit. Put the right hand across the body to the left knee as you raise it, and then do the same thing for the left hand on the right knee just as if you were marching.



- Just do this either sitting or standing for about 2 minutes.





Your brain is a muscle -

- **Hook Ups"**
- This works well for nerves before a test or special event such as making a speech. Any situation which will cause nervousness calls for a few "hook ups" to calm the mind and improve concentration.





Your brain is a muscle -Hook Ups"



- Stand or sit. Cross the right leg over the left at the ankles.
- Take your right wrist and cross it over the left wrist and link up the fingers so that the right wrist is on top.
- Bend the elbows out and gently turn the fingers in towards the body until they rest on the sternum (breast bone) in the center of the chest. Stay in this position.
- Keep the ankles crossed and the wrists crossed and then breathe evenly in this position for a few minutes. You will be noticeably calmer after that time.





Your brain is a muscle -Names in the air



- With your preferred hand write out your full name in the air. Use large movements. Do it forwards and backwards. Now use your other hand to write



- your name with both hands simultaneously. If you are right handed, start in the centre and work out. If you are left-handed start at the outside and work in. Try



- this several times before going on to another name



Your brain is a muscle - **Names in the air**



- Another left and right brain activity that helps establish directionality and
- orientation in space. It can be a fun way of practising spelling, previewing or
- reviewing keywords or team building. As an exercise, 'names in the air' can be
- used to help make difficult spellings memorable. Have the student practise it with
- each hand then both hands and then on successful completion place the drawn
- image in their upper left field of vision. Ask them to write it in the air again but this
- time with their eyes closed.





Your brain is a muscle – **Lazy 8's**



- With one arm extended in front of you and your thumb pointing upwards trace the
- shape of a figure eight in the air. The eight should be on its side and as you trace
- it out in large, slow movements focus your eyes on your thumb. Without moving
- your head trace three eights in successively larger movements. Now do it with
- your other hand and then close them





Your brain is a muscle – Lazy 8's



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- shape of a figure eight in the air. The eight should be on its side and as you trace
- it out in large, slow movements focus your eyes on your thumb. Without moving your head trace three eights in successively larger movements. Now do it with your other hand and then clasp them together and do both.
- Before and after research show that binocular and peripheral vision improve after Lazy eights. The activity connects right and left visual fields and improves balance and co-ordination.





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Your brain is a muscle – **Rub-a-dubs**



- Gently rub your hand in a circle on your tummy. Stop, then pat your head with the
- other hand gently, Now do both at the same time and at a similar pace. You
- should be rubbing your tummy whilst patting your head. Try to maintain the
- difference in each movement. Swap around. Pat your tummy whilst rubbing your
- head. This activity connects left and right brain and is pure fun! It focuses
- attention and can take your mind 'off' whatever was preoccupying it beforehand.



Your brain is a muscle – **Cross Crawl**



- While standing begin to ‘march’ in time. Raise your knees and alternately touch
- each knee with your opposite hand. Progressively, move your elbows to each
- knee in sequence. An alternative is to touch each heel behind your back with
- opposite hands.
- Cross crawl activates both halves of the brain together. Research suggests that it
- improves coordination, visual, auditory and kinesthetic ability and can improve
- listening, writing and memory.





Your brain is a muscle – **Alphabet edit**



- Alphabet edit is a challenge. It is a very useful activity for clearing the mind of any baggage brought to the classroom that may be getting in the way of learning. It involves reading aloud the letters of the alphabet from beginning to end or end to beginning. It can be used for practising spelling and for learning the alphabet.





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Your brain is a muscle – Alphabet edit



- A B C D E F G H I J K L
- L t r r t t l l r t t r
- M N O P Q R S T U V W X
- L i t t l r t r r t l l
- Y Z
- L r





Your brain is a muscle – **Alphabet edit**



- Alphabet edit involves reading the letters of the alphabet aloud as a class or small group whilst completing the accompanying action, - **l** left hand raise and **r** is a right hand raise and **t** is both arms together. A further variation (and complication) is to accompany the raise with an opposite leg raise!
- Alphabet edit connects left and right brain, helps hand-eye co-ordination and will improve visual, auditory and kinesthetic ability.

