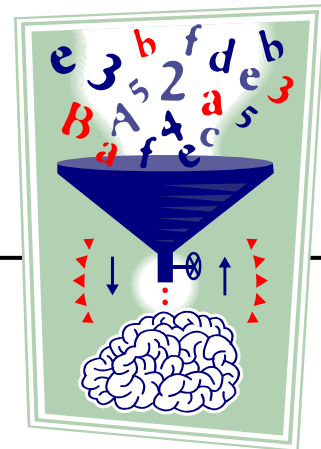


# Brain Gym in Pittsford

## Quick Reference Guide for Parents



### Frequently Asked Questions:

#### What is Brain Gym?

Brain Gym is a research based program of 26 targeted physical activities that enhance learning. Brain Gym developed out of clinical studies conducted by Paul E. Dennison, Ph.D. (1969) while he was looking for ways to help learning disabled children and adults. Brain Gym movements work with all learners and people of all ages. If you would like to read through the research visit the Pittsford physical education web site: [www.pittsfordschools.org/programs.cfm?subpage=76](http://www.pittsfordschools.org/programs.cfm?subpage=76)

#### What does Brain Gym do for the learner?

Brain Gym movements enhance/improve concentration, memory, reading, writing, organization, listening, and physical coordination. It also helps lower anxiety and calm students that are in fight or flight mode.

#### Why Brain Gym?

- Research based to enhance learning
- Activity and movement based
- Used to meet the NYS physical education mandate at the elementary level by adding *6 minutes of Brain Gym per day*.

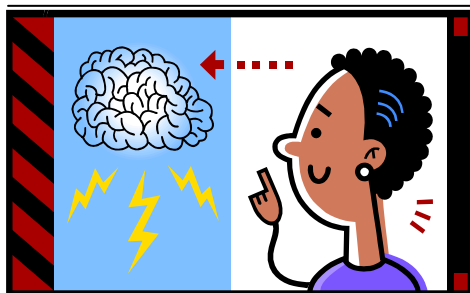
#### What does it mean for the classroom teacher?

Initially it means saying to the kids “let’s get up and move.” Then while the students sip some water and find some space behind their desks, the teacher selects play for the Brain Gym pod cast the students follow along. When the pod cast finishes, move on to the next scheduled part of your day with your kids focused and ready to learn.

[www.pittsfordschools.org/braingym](http://www.pittsfordschools.org/braingym)

#### When is the best time for Brain Gym?

Generally, any time is a good time for Brain Gym activities. If you want to have a regimented time each and everyday, that is great. If you want to have a different time each day based on your schedule, big tests, student presentations, or assemblies, that is also fine. Some teachers find it useful to do Brain Gym activities as a transition between subjects. While others find it equally useful to do Brain Gym activities as a transition between home and school in the morning or between recess and their afternoon schedule. If you fit it in at the end of the day before busses, your students will only be getting the physical benefits of Brain Gym and miss out on the academic.



#### How does Brain Gym work?

Brain Gym activities help warm-up the brain for learning by incorporating water, cross crawl activity (blood flow and oxygen), and relaxation. If any of these parts are missing, it makes learning more difficult and frustrating for the learner.

# ECAP for Learning\*

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## E=Energize with Water



- 75% of Americans are chronically dehydrated. 37% of Americans mistake the thirst mechanism for hunger
  - Lack of water is the biggest cause of daytime fatigue
  - A 2% drop in body water can trigger trouble with basic math and difficulty focusing on the computer screen or printed page
  - Sipping water throughout the day helps your brain and body perform at optimal levels
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## C=Clear with Brain Buttons



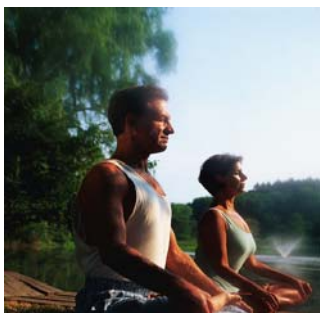
- Switches on the entire brain before an activity, event, or lesson to help improve concentration
  - Activates kidney function and improves blood flow
  - Prepares body to benefit from cross crawl activities
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## A=Active Cross Crawl



- Activates both sides of the brain for whole brain learning
  - Builds connections in the brain to allow for information to flow left to right, front to back, and top to bottom
  - Increases blood and oxygen flow to the brain by increasing heart rate and respiration rates.
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## P=Positive, Relaxed Breathing and Hook-ups



- Helps to calm the mind and improve concentration
  - Use to calm nerves before a test or special event
  - Helps to relax and focus
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