This workshop provides tools to increase communication between the left and right hemispheres necessary for many academic skills such as writing, reading, listening. Knowing the two sides of the brain do best when in cooperation with one another, discussion will include how specific movements assist in building nerve nets between the two hemispheres.

Brain Gym® is a program of easy physical movements that synchronize body and mind. The movements are easy and enjoyable for adults, children and elders. They can bring about changes in focus, organization, comprehension, coordination, communication, memory and more.

LEARNING OBJECTIVES
To experience some of the Midline Movements within the Brain Gym® program
To discover how crossing the midline of the body helps academic skills.
The Midline Movements

Our educational system frequently focuses on mental skills. The Brain Gym movements invite one to back up and first look at the mechanics of movement. Academic success relies on coordination of the two sides of the body. The Brain Gym Teacher Edition states “crossing the body’s vertical midline and working in the midfield are skills central to learning….The midline also provides the needed reference for fine-motor skills….The midfield is the area where ideally the two eyes, ears, and hand work together to express and interpret both spoken and written language.” (p10)

The Midline Movements help “learners master sensorimotor coordination to organize symmetrical, two-sided actions. They pertain to skills of hand-eye coordination, for activation of the visual/auditory/tactile/kinesthetic modalities that must be centralized for coordinated function.” (p25) These movements “are an ensemble of techniques that include adaptations of vision-training methods learned from developmental optometrists; activities from sports, dance, and exercise programs…and movement innovations for releasing visual stress and creating eye-teaming skills.” (p29)

Generalizing that the left hemisphere is active when using the right side of the body and the right hemisphere is active when using the left side of the body, these movements help one access both sides of the brain.

The Cross Crawl  

Lazy 8s  

The Double Doodle  

Alphabet 8s  

The Elephant  

Neck Rolls  

The Rocker  

Belly Breathing  

Cross Crawl Sit-ups  

The Energizer  

Think of an X

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Command Central

- Neo-Cortex, Neo-Mammalian
- 4 years and up
- Higher level thinking
- Rational & Reasoning
- Creativity & Innovation
- Thought