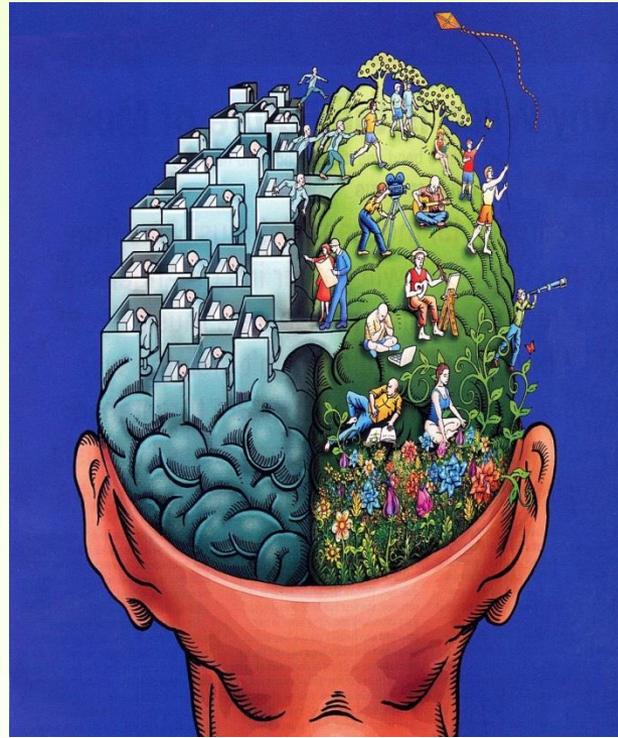


* **BRAIN GYM**

3 EXERCISES

* The left-side of the brain is considered to be adept at tasks that involve logic, language and analytical thinking. The left-brain is often described as being better at:

- * Language
- * Logic
- * Critical thinking
- * Numbers
- * Reasoning



* The right side of the brain is best at expressive and creative tasks. Some of the abilities that are popularly associated with the right side of the brain include:

- * Recognizing faces
- * Expressing emotions
- * Music
- * Reading emotions
- * Color
- * Images
- * Intuition
- * Creativity

* The Brain

Dr Paul Dennison was the person who discovered the empowering effects of Brain Gym movements. One of the basic references of his model is that of Laterality. This is the ability to coordinate one side of the brain with the other, especially in the visual, auditory and kinesthetic midfield, the area where the two sides overlap. The vertical midline of the body is the necessary reference for all bilateral skills and midfield coordination is fundamental to the ability to read, write and communicate.

* Cross crawls

Students alternately move their arms towards the opposite leg and then vice versa. Since each limb is governed by the hemisphere of the opposite side, this exercise facilitates connection between the two hemispheres.



LAZY EIGHT

* Lazy 8's are used in Brain Gym to help us:

think more clearly

relax and calm

improve hand-eye coordination

improve visual tracking (moving your eyes and not your head to see something)

increase attention span

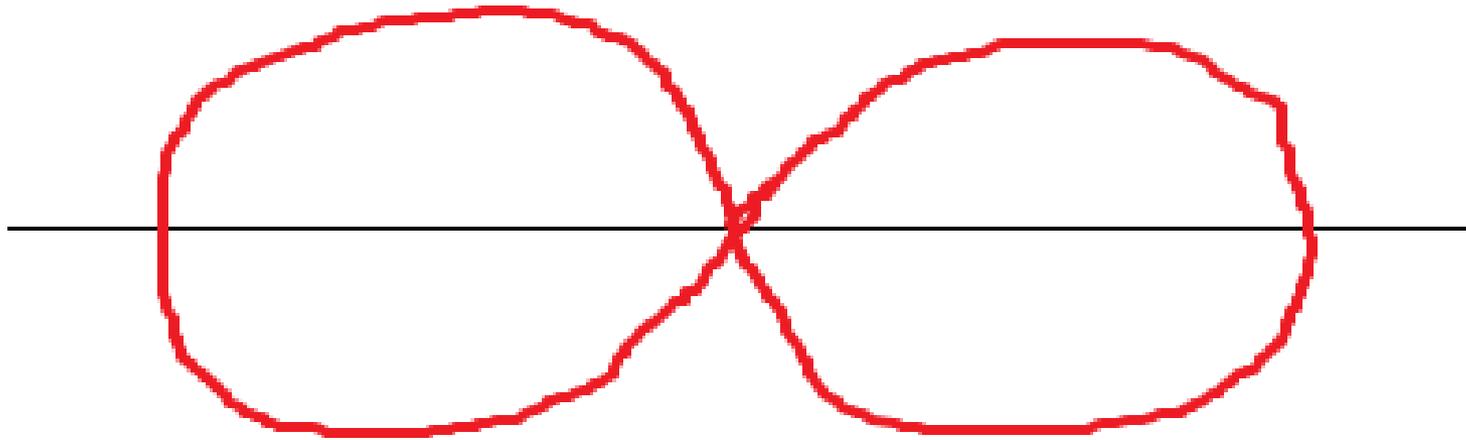
increase writing flow and speed

balance emotions

improves memory

improve cross laterality (crossing the midline of the body, your belly button, connects the right and left hemisphere)

to develop hand dominance (being right or left handed)



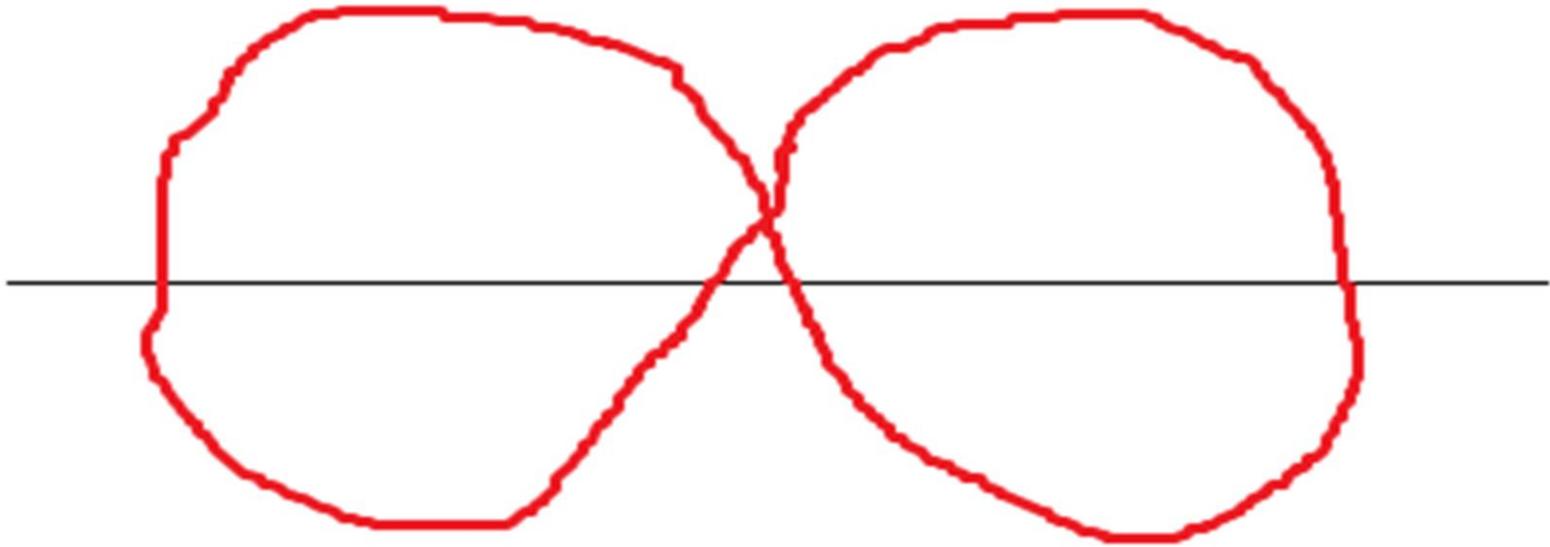
The perfect "lazy eight,,

All channels of perception are open.

Person can clearly see the numbers and words in own imagination.

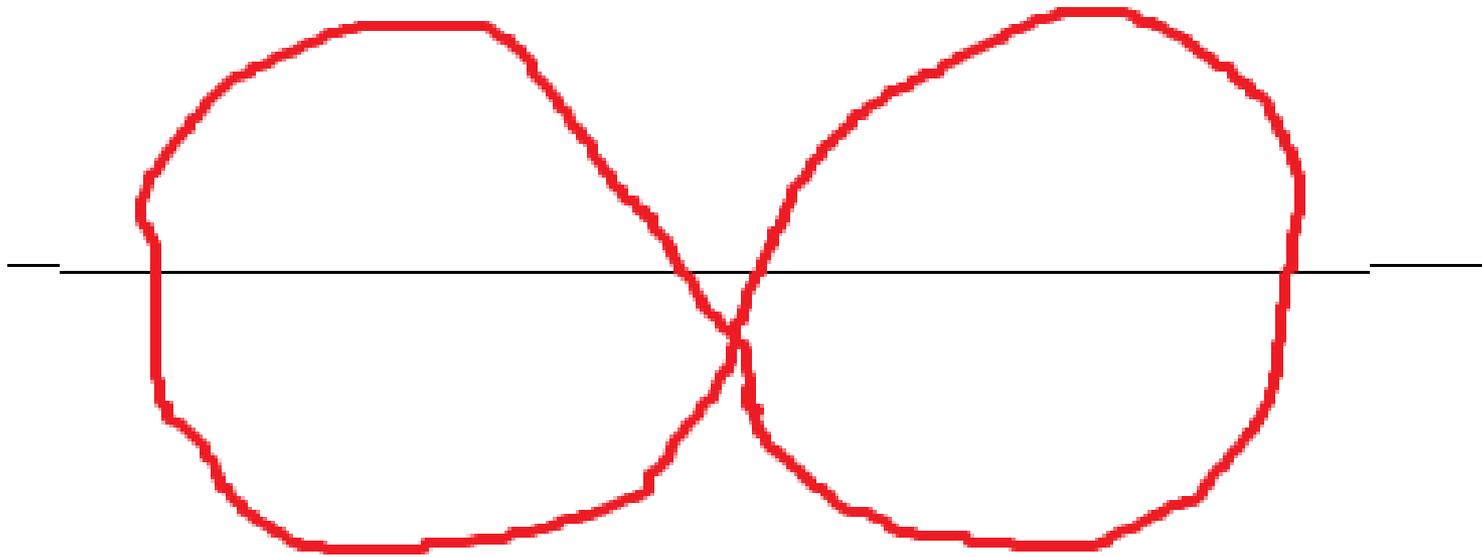
Person can quickly count in mind and has an ability to orthography.

These people have confidence in themselves.



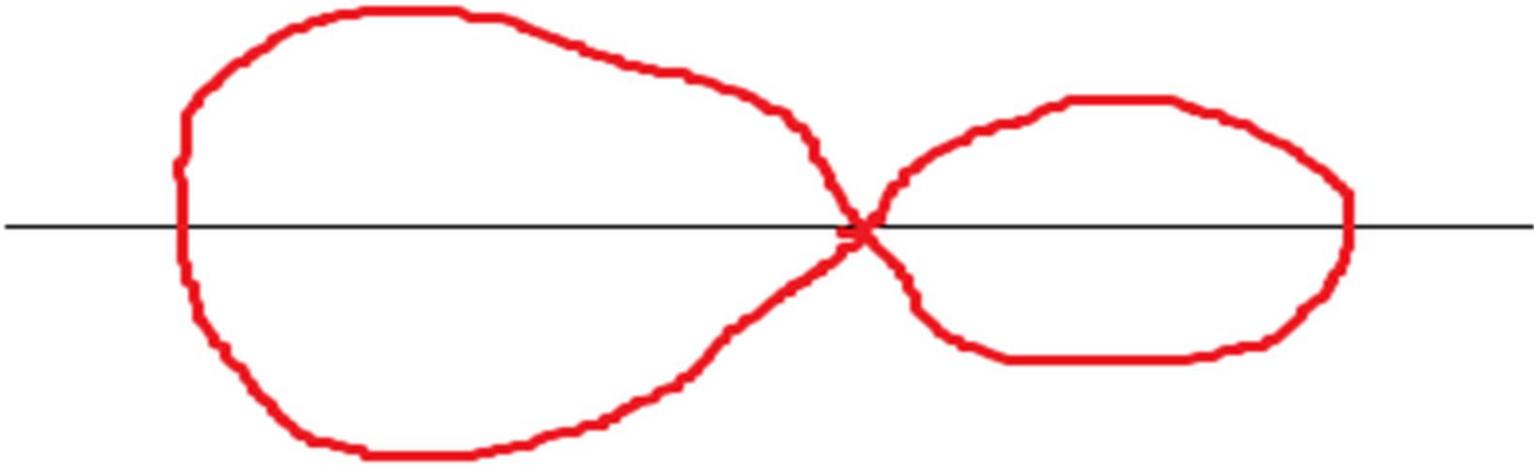
These people have a very good ability to visualize, very quickly recognize the situation but they lack emotional security.

Students have a problem to realistically describe and assess the world which is around.



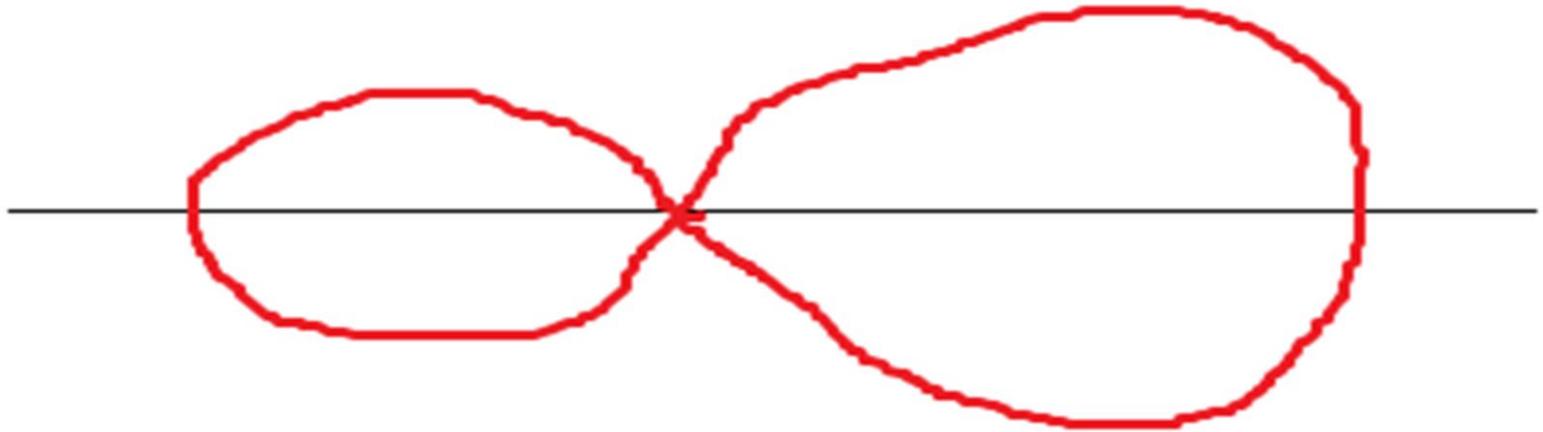
These people have a problem to think about the images.

Students want stabilization very much. They seem slow. Their reactions are very emotional.



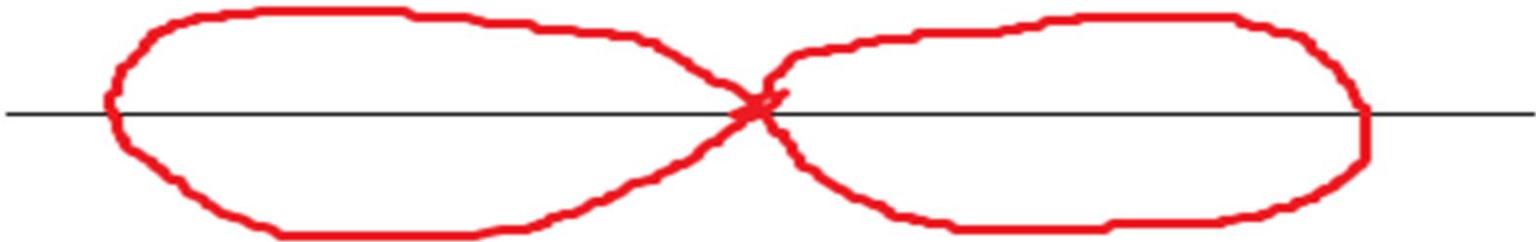
Students have an ability to the overall thinking. Students can cover the full picture of reality.

They have problems with the expression of language and logic.



Person doesn't have an ability to the overall thinking. Student can't cover the full picture of reality.

Person doesn't have the problems with the expression of language and logic.

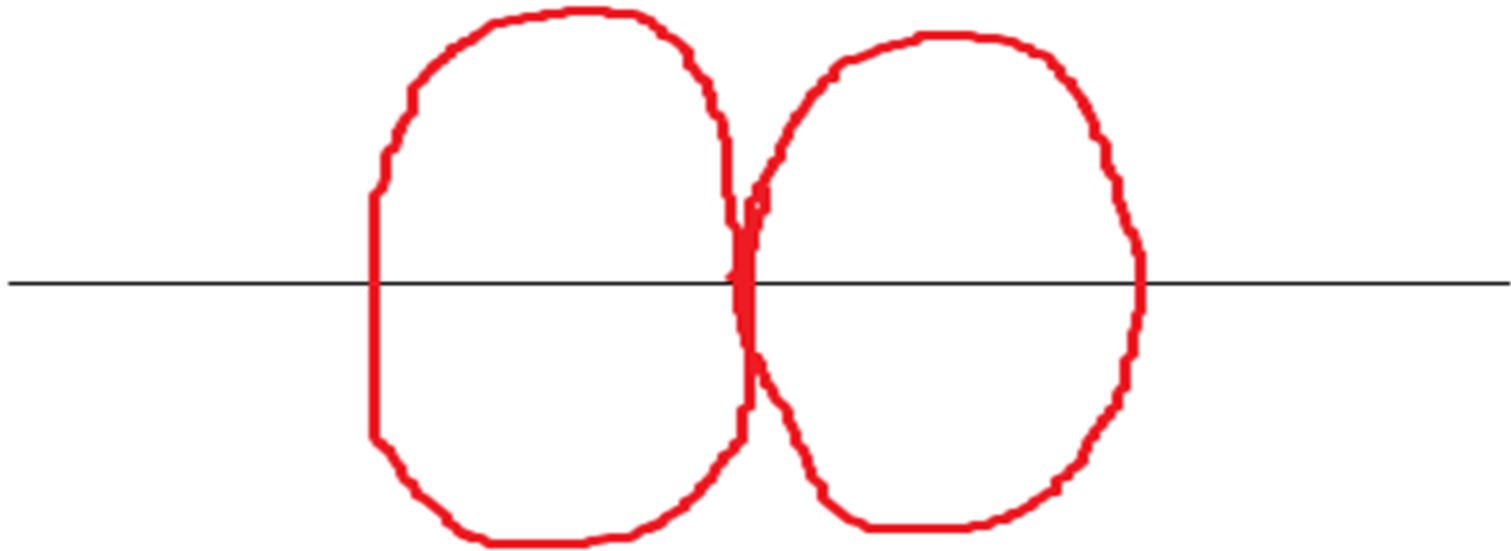


People have the problems with the visualization. Emotional assessment of their own experiences is very difficult for them.

They resolve their tasks with help of hearing and fall into an ponder.

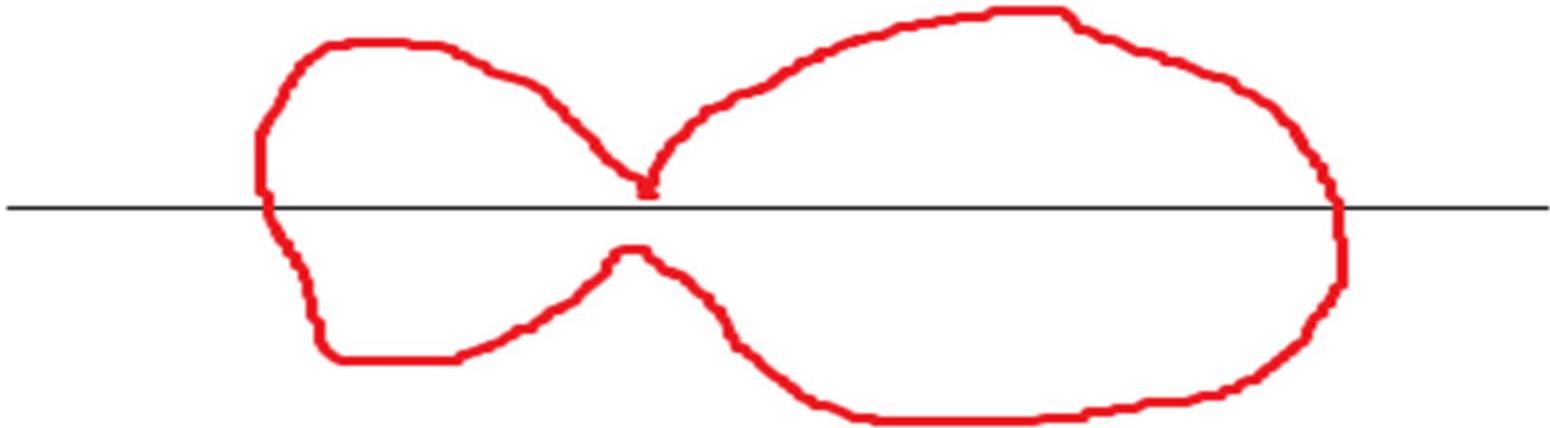
These people control themselves a lot.

When they solve their problems they quickly stuck in one point.



People rely primarily on their eyes. They have aroused strong feelings of affection .

Students have a problem with drawing conclusions and developing ideas.

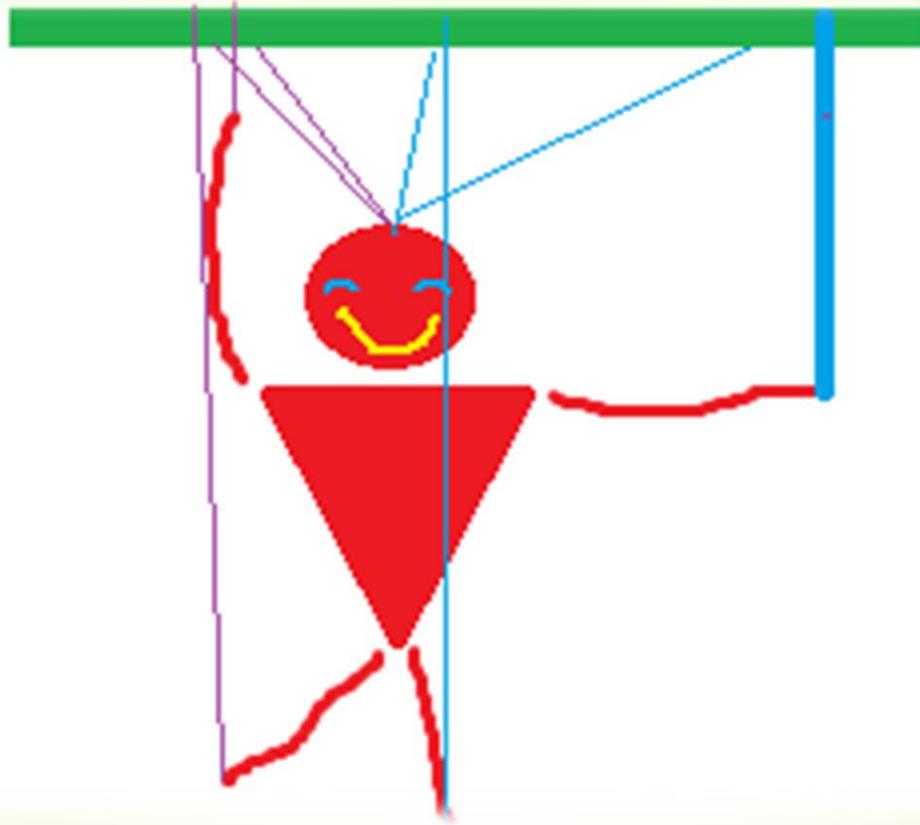


„The potato eight”

Students are not able to cross the visual midline.

They have been not developing a sense of right and left.

We should gently lead their hand while drawing.

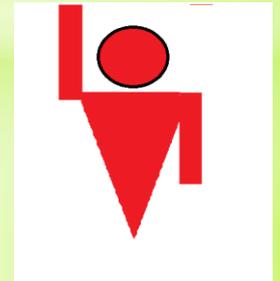
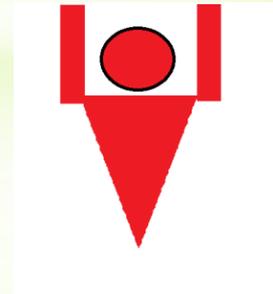
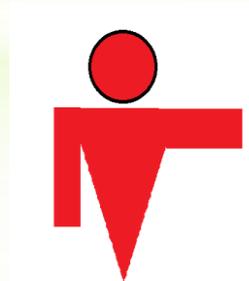
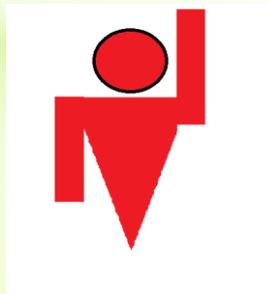
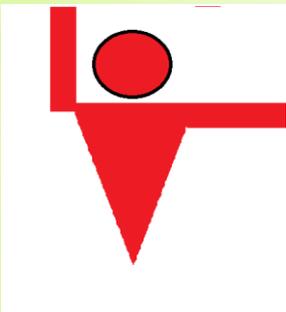
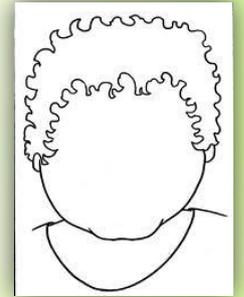
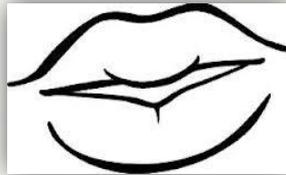
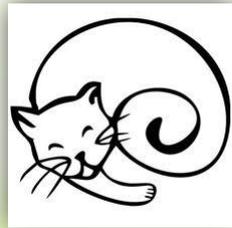
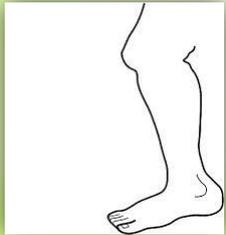
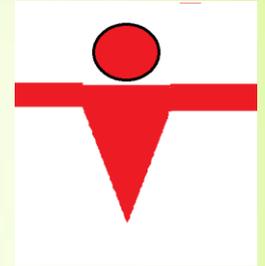
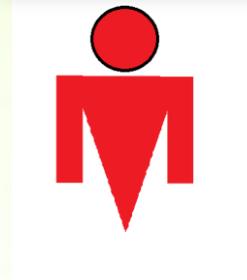
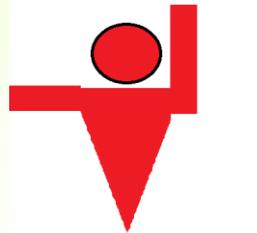
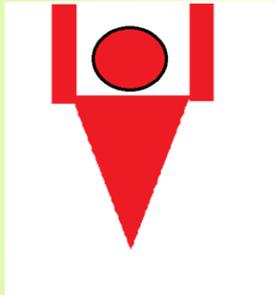
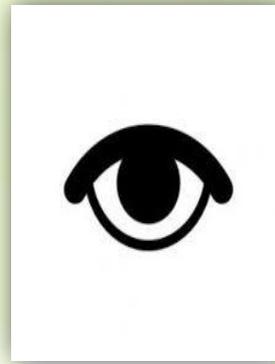
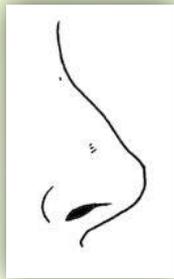


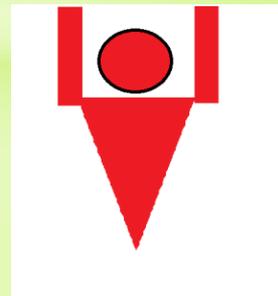
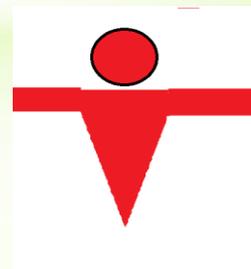
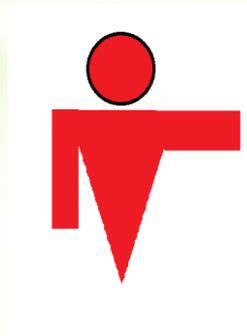
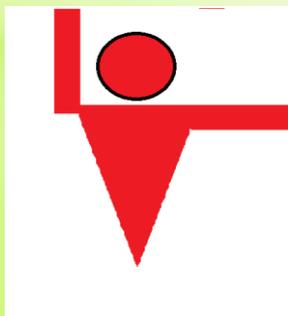
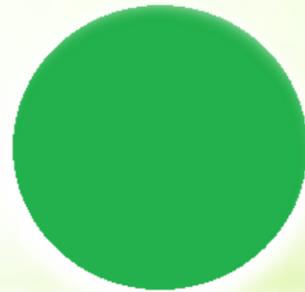
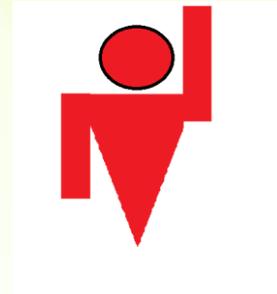
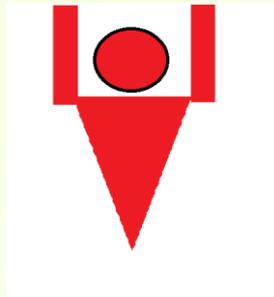
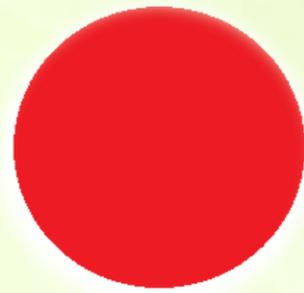
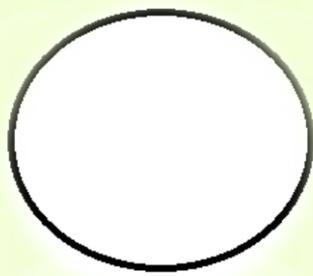
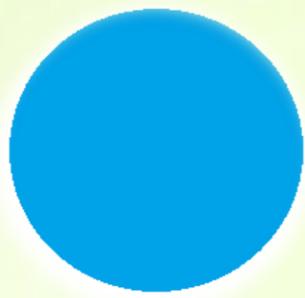
*CRAZY PUPPET

* Crazy puppet

These exercises:

- facilitate connection between the two hemispheres,
- increase attention span,
- help to think more clearly.





R



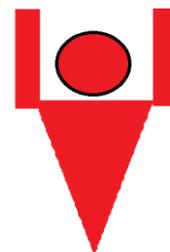
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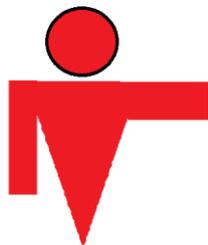
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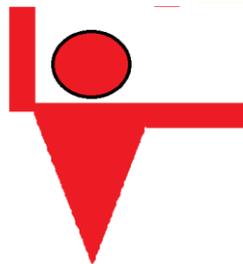
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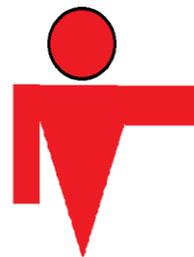
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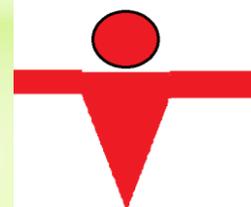
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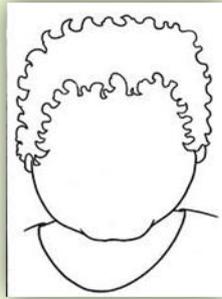
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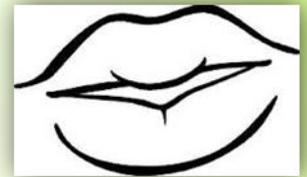
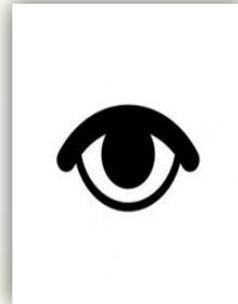
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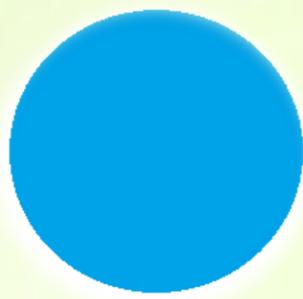
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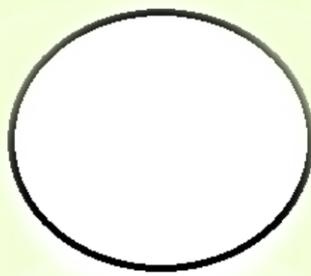
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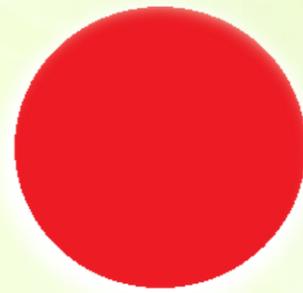
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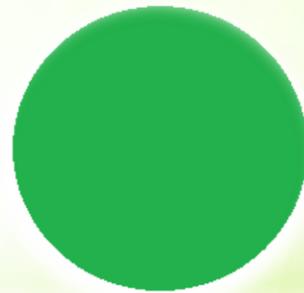
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U U O S	D S O O	U D B O	S U O O	S S O F	U U O O

M	N	O	P	R	S
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L.Koneberg, G.Forder -"Kinezjologia dla dzieci. Jak uwolnić się od blokad w uczeniu się"