



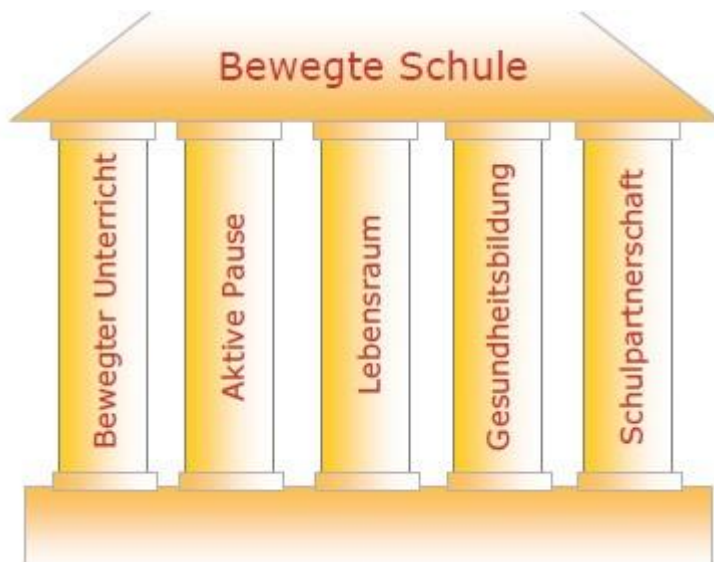
MOVEMENT and BRAIN GYM®

Content: class, therapy, remedial education

Key-words: movement; activation; applied kinesiology; Edu – Kinestetik; drinking water whenever pupils want; a glass for each person

Description:

Movement is one of the keys for activation and learning motivation. Therefore it's content of the main instruction principles in Austria's school system:



- I. Movement in class (including ergonomically shaped furniture that allows ergonomic and dynamic sitting and standing)
- II. Movement during breaks
- III. Learning and living environment (including f.e. way to school, a rhythmic structure of school life)
- IV. Health literacy
- V. School partnership

<http://www.edugroup.at/praxis/thema/monatschwerpunkt/bewegung-macht-schlau/detail/18-bewegte-schule-konzepte-netzwerken-und-initiativen.html>



A collaboration toolbox to build a school for all”
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Edu – Kinestetik is a method founded by Dr. Paul Dennison (University of California) to support learners in improving skills and dissolving blockages.

“Movement is the gate for the learning-process” – that’s the basic message of the educationalist Dennison. Movements may activate neural circuits of the brain and even create new ones.

Edu-Kinestetik includes these aspects:

I Dimension of laterality: the integration of both brain hemispheres

II Dimension of focusing: front-rear-integration

III Dimension of centralization: top-down-integration

Dennison developed a special program of movements – “Brain-Gym®” – to activate and restructure brain areas for improved cooperation.

Brain-Gym® was designed as a self-rescue-strategy to dissolve learning blockages and increase motivation.



Conclusion

Movement is an important key for activation and motivation in school life.

Although there has been no evidence of the effectiveness Brain-Gym® has become popular in educational and medical sector in German- and English-speaking countries.



Brain-Gym® Minichart Kids

So kann ich leichter ...

... lesen, schreiben, zuhören, sprechen:

Mittellinienbewegungen

An ein X denken Nackenrollen Simultanzeichnen Alphabet-Acht Bauchatmen

Elefant Überkreuzbewegung mit Aufsitzen Liegende Acht Beckenschaukel Energetisierer Überkreuzbewegung

... planen, organisieren, etwas auf die Beine stellen:

... mitmachen, spielen, arbeiten:

Wasser trinken Energiegähnen Denkmütze

Raumknöpfe Erdknöpfe Gehirnkнопfe Balanceknöpfe

Positive Punkte

Hook-ups

Teil 1 Teil 2

Fördern positiver Einstellungen

... verstehen, mich konzentrieren, mich beteiligen:

Eule Armaktivierung Fußpumpe Schwerkraftgleiter Wadenpumpe Erden

Längungsbewegungen

LERNE DICH ZU BEWEGEN – BEWEG DICH FÜRS LERNEN!

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Die 26 Übungen stammen aus dem Buch Brain-Gym® von Paul & Gail Dennison, 1990 erschienen bei VAK, 20. Auflage: 2010. Brain-Gym® ist eine international registrierte Wortmarke.