



WHAT IS IT?

- Developed by Educational Kinesiology (Edu-K) from over 20 years of experimentation and research by specialist educator Paul Dennison and his wife Gail Dennison beginning in the 1960s.
- He noticed that people who came for help with learning difficulties often had postural, physical or perceptual stresses and inhibitions.
- Paul found that the physical activities and techniques he was developing could sometimes ease the compensatory patterns in his clients and encourage co-ordinated and integrated movement patterns.
- As the physical blocks released, learners were better able to express their innate intelligence and abilities.

WHAT DOES IT INVOLVE?

- He developed 26 core physical activities which he named 'Brain Gym' activities, that resemble the movements naturally done during the first years of life when learning to co-ordinate the eyes, ears, hands and whole body.
- The activities encourage the left and right hemispheres to co-ordinate more effectively to improve pupil's ability to learn.
- Exercises such as brain buttons, cross crawls and hook ups form the basis on Brain Gym, as well as drinking lots of water.

WHO CAN IT HELP?

- Brain Gym can benefit all children, as it can help aid concentration and learning.
- However, it can be particularly beneficial for children and young people who find it difficult to concentrate, such as those with ADHD and ASC.

EXAMPLES

<https://www.youtube.com/watch?v=VL4an7UC3wA>

<https://www.youtube.com/watch?v=O5ChXC-rHLE>

https://www.youtube.com/watch?v=2o9WvL7_-0

