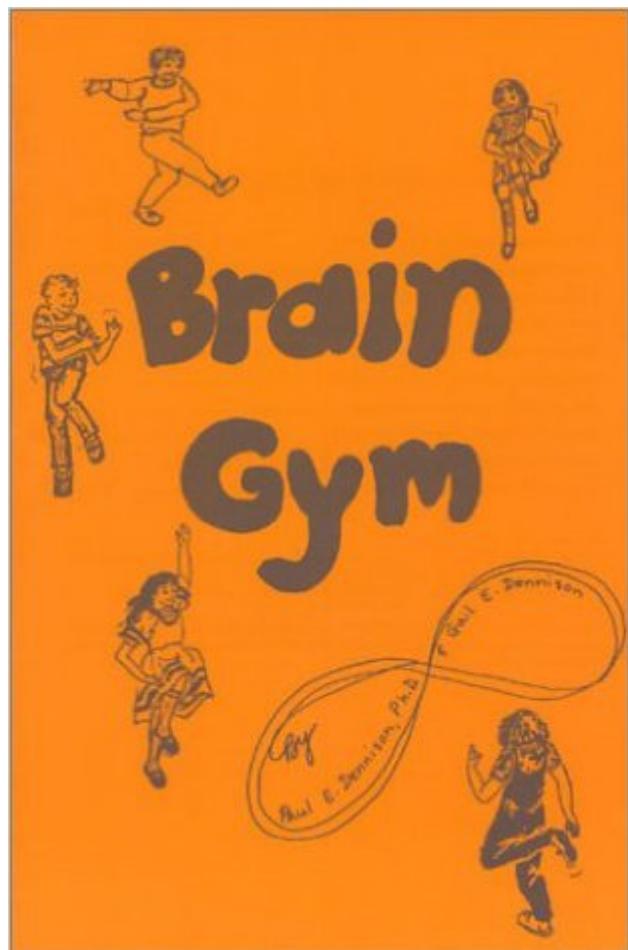


The book was found

# Brain Gym: Simple Activities For Whole Brain Learning



## Synopsis

This small book has been translated into 20-some languages. It offers drawings of the 26 Brain Gym activities with simple descriptions of how to do them, written in a simple story form that children can understand. Parents, teachers, and learners seeking more in-depth descriptions and variations for the 26 activities find these in Brain Gym: Teacher s Edition by the same authors.

## Book Information

Paperback: 40 pages

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Product Dimensions: 0.2 x 5.5 x 8.8 inches

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Average Customer Review: 3.8 out of 5 starsÂ ¤ See all reviewsÂ (70 customer reviews)

Best Sellers Rank: #52,090 in Books (See Top 100 in Books) #18 inÂ Books > Education & Teaching > Schools & Teaching > Education Theory > Experimental Methods #151 inÂ Books > Education & Teaching > Schools & Teaching > Special Education #888 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness

## Customer Reviews

BRAIN GYM BRAIN GYM TEACHER'S EDITIONBy Paul DennisonI have bought these two books in the late eighties with the objective of fnding out how they work & how I can make use of them in my own life. Don't worry, I am not brain-injured or learning-disabled as the technologies in the two books have been formulated originally by the author to help those unfortunate people.Although there are more than twenty of the Brain Gym exercises introduced, I only use a handful for my own purpose, especially when I read. The exercises I have specifically selected are:- The Owl exercise;- The Neck Roll exercise;- Brain Buttons;- Cross-Crawl;- Diaphragmatic Breathing;I find them very useful in maintaining an active physiological frame of mind & sharp mental focus when I read.I have been using these Brain Gym exercises on my own for more than fifteen years. I have also taught them to professional adults as well as to students in the schools. The feedback from them has always been positive.The first book, with the orange cover, is just a summary of the exercises. You need the second book, which is the Teacher Edition, to get a foundational understanding of the exercises.My only adverse comment about these two books is that the text printing & visual design

are comparatively of poor quality, especially after so many years in print.[For readers who are keen to explore further the significance of physical movements in learning processes, I would recommend strongly 'Smart Moves: Why Learning Is Not All in Your Head' by Dr Carla Hannaford, a neurophysiologist by training. In her book, she reinforces the practical usefulness of Brain Gym exercises, among other innovative insights about learning & the brain.]

This book is useless without the Brain Gym Teacher's Edition. The teacher's edition explains how to do all the different exercises and what skills they work on. The orange Brain Gym book is just a summary of all the moves. I haven't used the orange book since I bought it a year ago...it was a waste of money. I use the Teacher's Edition frequently. If you want to incorporate Brain Gym into your classroom/clinic, buy the Teacher's Edition.

This book is oversimplified and short because it is an instructional reference written for children who may, or may not have learning disabilities. In short, it's perfect for the intended audience. As someone who has coped with severe learning disabilities all of his life, I wish this book was around when I was in elementary school. If you need a book on Brain Gym that is written for adults please try "Brain Gym For Business" or "Brain Gym (Teachers Edition)". You can also visit [braingym.com](http://braingym.com) for information on other books and classes taught by certified instructors. Be advised, most alternative books tend to be poorly printed, poorly illustrated, and pricey until the subject becomes popular and picked up by bigger publishing houses.

As an educator I have searched for techniques to help children extend their attention and stay focused. The exercises in this little orange book really work. I have recommended it to other teachers who agree wholeheartedly. Give it a try (and get a copy of the book for parents and educators that explains why it works so well!)

Recently I have had the opportunity to become familiar with Brain Gym. I was looking for answers to why it was difficult for a normal intelligent child to have such a difficult time in school. This was one of the answers to prayer. It showed how simple exercises can enhance a student's learning potential WITHOUT DRUGS, EXPENSE and a HUGE AMOUNT OF TIME. I believe that it has made a difference in the life of my child and it can do the same for you. There is a listing in the book of what exercises to use for specific needs. The only possible draw-back might be that the drawings could be more "polished". For the little amount of money you invest, you receive a large return and

can bring hope to a child's learning potential.

This book (pamlet really) is written from the viewpoint of a 6 year old. This approach gets really old, really quickly. And as the book spends so much time on 'mommy says space buttons help her....' it leaves out many details on how to actually perform these exercises. The premise of the book is excellent, and I would bet that the exercises are useful, but please, treat me like an adult!

I wanted something simple, quick, and illustrated. I wanted something that I could put into practice the same day I got the book. This book was exactly that. I understand there are other books in the series that are much more detailed. I, on the other hand, already understand the theory - what I wanted was actual exercises. Within 24 hours of getting this book I was doing some of the routines with my child. I noticed a difference right away. To be honest, it is entirely possible some of it works because he believes it works - but understanding the theory behind it, I can see the process by which many the exercises produce the result. I would recommend this book as an introduction, or as a supplement to be shared with a child. I used it as both.

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