



School: **St. Mark's in Peoria**

Date: February-March, 1996

Grade: 4th

St. Mark's Makes Experiment A Learning Experience



Fourth grade students doing Cross Crawls.

Fourth grade students at St. Mark's School in Peoria are gaining educational tools while participating in a student about a unique technique in learning, according to Principal G.K.

The students are following a curriculum in Brain Gym®, written by Helen Cox, Director of Options Center for Health and Education.

G. K. said students go through the exercises designed to stimulate the learning process by integrating the right "creative" and left "analytical" portions of the brain.

G. K. began the program at St. Mark's because she is interested "in anything that helps the students to learn." When she heard a description of Brain Gym® and its results from Helen Cox, she thought it "made sense," but wanted to see for herself if there are positive results.

G. K. has noticed the students have become more attentive and listen more when doing the exercises. "That's a skill in itself, and that's something they've gained."

She is intrigued by one thing she has noticed about the students: those who have difficulty with attention have had problems getting their bodies to move in the way the exercises require. "I wonder if there's a correlation," she said.

She has noticed the students "look forward to" the exercises, which are led by teacher M. H. before a test, as well as in the weekly sessions led by Options center instructor, Amy Fasig.

"I think this is a stress-reliever, and with kids that's a plus," she said. "The more stress-filled our lives become, the more I think we have to help [the children] deal with it."

Parents will be invited to observe and participate with the students as they do the exercises at an exhibition March 7 at 6:30 p.m. Mrs. Kelly hopes what she and the parents will see is an overall improvement in student learning.

That's where my interest is," she said, "if we can make these kids better students."



| *Options Center Director, Helen Cox, guiding a St. Mark's student doing the Lazy 8.*