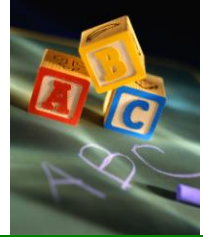




OPTIONS CENTER EDUCATION TOPIC



Characteristics of the Three Dimensions of the Brain

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The Brain Gym® exercises integrate the two hemispheres of the brain by activating the right and left, the top and bottom, and the front and back sides of the brain through simple physical movements. These three different sections of the brain are responsible for different aspects of learning. The right and left hemispheres of the brain are responsible for communication and can be integrated by doing the midline movements of Brain Gym®. The top and bottom sides of the brain deal with organizational skills and can be integrated by doing the energy exercises and deepening attitudes. The front and back sides of the brain are responsible for comprehension which can be integrated by doing the lengthening exercises.

HEMISPHERES	FUNCTION	PURPOSE	BRAIN GYM® MOVEMENTS	NOTICING
RIGHT/LEFT	LATERALITY	COMMUNICATION	MID-LINE	SWAYING (RIGHT/LEFT)
FRONT / BACK	FOCUSING	COMPREHENSION	LENGTHENING	ROCKING (FRONT/BACK)
TOP / BOTTOM	CENTERING	ORGANIZATION	DEEPENING and ENERGY	BOBBING (UP/DOWN)

The following are the characteristics for the three dimensions of the brain when integration is lacking:

I. Top/Bottom

- _____ Too stressed; nail-biting, hair-pulling, low self-esteem, referring to self as stupid; home life in great transition.
- _____ ADD/ADHD Characteristics.
- _____ Learns under duress; lack of or faked enthusiasm; no joy for learning.
- _____ Doesn't care, apathetic.
- _____ Doesn't want to go to school.
- _____ Freezes when taking a test.
- _____ Acts out; disturbs class routine; irritates/frustrates teacher.
- _____ Too quiet; tries to melt into the woodwork.
- _____ Possesses the tendency to be extremely literal or humorless or gullible.
- _____ Frequently in trouble during game playing by having difficulty following group rules.
- _____ Sometimes described as being 'emotionally unstable' with frequent outbursts for no apparent reason.
- _____ Appears to be awkward and clumsy.
- _____ Engages in restless or purposeless movement and activity.
- _____ Has difficulty remembering or following directions.
- _____ Is disorganized.

II. Left/Right

- _____ Reverses letters such as "b" and "d," "was" and "saw," "6" and "9."
- _____ Fine motor awkwardness displayed by difficulties cutting with scissors or coloring inside lines or tying shoes or buttoning buttons.
- _____ Trouble with discriminating or matching shapes or sizes.
- _____ Displays confusion over differences between up/down, in/out, right/left, front/back or a confused sense of time or distance.
- _____ Gets stuck.
- _____ Can't.
- _____ Won't.
- _____ Poor or illegible handwriting or difficulty in copying material from the chalkboard or text.
- _____ Can't copy accurately.
- _____ Not creative in drawing and/or writing.

III. Front/Back

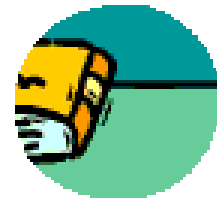
- _____ Panics/nervous when reading out loud in class, writing on chalkboard.
- _____ Is distracted by all sights, sounds and movements aside from the lesson at hand.
- _____ Operates in 'slow motion' and seems to 'daydream' his/her way through the school day.
- _____ Reads in a mechanical manner without being able to comprehend.
- _____ Difficulty with the expression of ideas or, just the opposite, good verbal ability but unable to read or write.
- _____ Erratic performance in school work, doing well in some areas or in some activities but unable to read or write.

- _____ Erratic performance in school work, doing well in some areas or on some activities and poorly on others.
- _____ Has demonstration of 'scatter' on test scores where, in some areas, the scores are high and in other, quite low.
- _____ Hard to understand speech.
- _____ Can't express verbally (orally or in writing).

(Source of above three lists unknown)

By moving specific muscles, specific areas of the brain are isolated thereby being forced to work together and integrate. All the exercises relieve stress and promote better circulation of blood and oxygen in the entire body. More specifically, academic benefits of Brain Gym® exercises are:

- Activates learning readiness
- Increases focus and attention
- Improves confidence and self-esteem
- Builds critical thinking skills
- Enhances communication skills
- Increases motivation
- Includes specific strategies for improving reading, writing, spelling, math and organizational skills
- Enhances creative potential
- Reduces discipline problems
- Does not require special equipment or space
- Adapts well to any curriculum.



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- Dennison, Paul. *Switching On*. Ventura, CA: Edu-Kinesthetics, Inc. 1981.

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