



OPTIONS CENTER EDUCATION TOPIC



What if the brain hemispheres are not integrated?

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The two hemispheres of the brain have different functions so if the student is stuck using only one side of the brain at one time, he or she will not be able to draw upon the benefits of using both sides. This lack of brain integration is the basis of most learning difficulties and any stress felt when learning new things. If the student is stuck using only their right hemisphere, the ability to focus on details and follow rules or schedules will be lost. If the student is stuck using only the left hemisphere, they can be stuck in the details and will not be able to see the whole picture. In either situation, the student's ability to learn and assess new information and situations will be limited; or their ability to function at their full potential will be lost. Dr. Dennison found that the early inability to perform as requested or use an integrated brain will lead to stress, behavior, and/or attitude problems. The student who is mainly using only one side of their brain may also compensate by trying too hard instead of relaxing and doing their best at the task at hand. When both hemispheres of the brain are integrated, the student can see the details and the big picture at the same time. Then the student will have a balanced perception and be able to respond accordingly. The student will be able to use the full capabilities of both sides of the brain and their performance and attitude toward learning will improve.

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 parts of the brain deal with organizational skills and can be integrated by doing the energy exercises and deepening attitudes. The front and back parts of the brain are responsible for comprehension, which can be integrated by doing the lengthening exercises. By moving specific muscles, specific areas of the brain are isolated, thereby forcing the front and back brain to work together and integrate. All the exercises relieve stress and promote better circulation of blood and oxygen in the entire body.

BIBLIOGRAPHY:

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