



OPTIONS CENTER EDUCATION TOPIC



LISTENING ACTION BALANCE

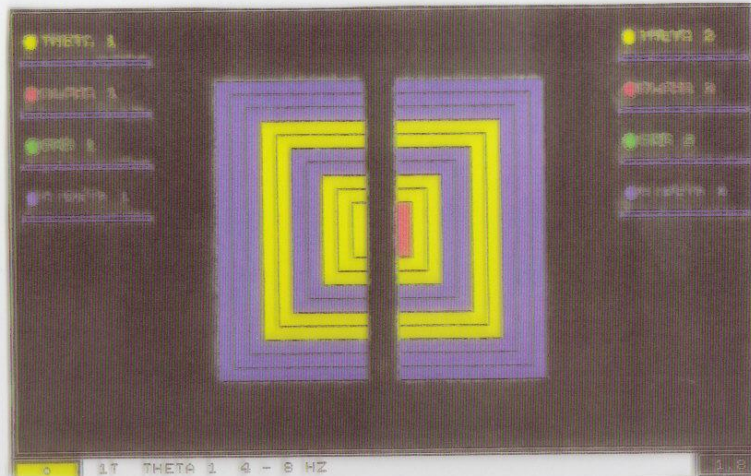
Brain Gym® exercises can be used to reduce stress, better assimilate new information, improve coordination, increase concentration and organizational skills, and enhance brain activity and integration. Brain Gym® exercises encourage the mind and the body to work together with ease so that each individual's innate learning abilities can be realized.

Active and clear listening is a basic skill needed for effective communication and learning. There are five Brain Gym® activities that improve listening so that it is active and clear.

The first exercise, **The Thinking Cap** [*Brain Gym® Teacher's Edition Revised*, p. 30], is performed by gently unrolling the folds of the ears from the lobe all the way from top to bottom. Do for each ear at least three times. The Thinking Cap increases blood flow to the ears which in turn brings more oxygen to the ears and the sides of the brain where auditory processing takes place.

There is a woman in Canada by the name of Sue Maes who has a machine that with EEG and a computer is able to monitor the changes in the brain wave as her students/clients do Brain Gym®. For more information on her machine, go to Education Topic, PACE Part 1: Water .

THINKING CAPS



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Beta	Conscious Mind	Action	Time/ Space
SMR	Between Outer/Inner	Sleep/Thought	Between Time/Space
Alpha	Inner Conscious Mind	Sleep/Thought	No Time/Space - ESP
Theta	Inner Conscious Mind	Sleep/Thought	
Delta		Sleep	Unconscious Sleep

This picture illustrates another Brain Gym® exercise called Thinking Cap which helps a student be calm and centered.

Sue Maes says: "This person did The Thinking Cap and notice the balance between the two sides achieved by doing The Thinking Cap. The focus is great. It brought this person into Beta [blue in color], into focus, so he can actually be able to change, pay more attention. This is excellent for ADD children; it pulls them into Beta and able to focus on the surroundings. They're generally too high in Theta which is an 'inwardly focused' state."

The second exercise, **The Owl** [*Brain Gym® Teacher's Edition Revised*, p. 17], also increases relaxation while studying. The directions for The Owl are the following: 1) Grasp the right shoulder with your left hand and squeeze the muscles firmly. 2) Turn your head to look back over your right shoulder. 3) Breathe deeply and pull both shoulders back. 4) Turn your head to look over your left shoulder, opening the shoulders again. 5) Drop your chin to your chest and breathe deeply, letting all neck and shoulder muscles relax. 6) Repeat with left hand squeezing right shoulder. Variations of The Owl include making a "whooooing" sound while exhaling and doing the head turns while a partner massages the student's neck and shoulder muscles. The Owl relieves any tension while performing mathematical calculations and helps with memorization.



Cox, Helen K. and Blaine Patino, *Alternative Health Care, Space Age Interpretations of Age-Old Truths*, M. Press. 1994, p. 145.

The third exercise, **The Elephant** [*Brain Gym® Teacher's Edition Revised*, p. 8], is also good for developing clear and active listening skills. The Elephant is done in the following way: 1) Bend your knees and relax your neck. 2) Place your head down to your right shoulder and point across the room with the index finger of your right hand. 3) Use your ribs to move your whole upper body as you trace a Lazy-8 in the air. 4) As you trace, hum or say aloud words or numbers that you would like to memorize. 5) Repeat with other arm. The Elephant helps with visual and kinesthetic processing and also helps with auditory processing when vocalizations such as humming or repeating words/numbers are done.

The fourth exercise is **The Rocker** [*Brain Gym® Teacher's Edition Revised*, p. 11] which is done by leaning back on your hands (while sitting on a comfortable surface like carpet or a padded mat) while rocking in circles,

back and forth until the tension goes away. The Rocker relaxes the hips after the student has been sitting for a while which then improves posture and allows the student to have a strong voice.

The fifth exercise is the **Cross Crawl Sit-ups** [*Brain Gym® Teacher's Edition Revised*, p. 13]. Cross Crawl Sit-ups are done by laying on the floor and touching the right elbow to the left knee and vice versa so that the midline of the body is crossed. This exercise integrates both hemispheres of the brain allowing learning and all processing skills (auditory, visual, and kinesthetic) to be easier.

Auditory processing is primarily done in the temporal lobes or the parts of the brain that are nearest to the temples and ears. When the student crosses the midline of the body (for example when Cross Crawl Sit-ups), these two lobes can better communicate with each other thereby enhancing the student's listening skills.

Source:

Cox, Helen K. and Blaine Patino, *Alternative Health Care, Space Age Interpretations of Age-Old Truths*, M. Press. 1994.

Dennison, Paul and Dennison, Gail. *Brain Gym® Teacher's Edition Revised*. Ventura, CA: Edu-Kinesthetics, Inc. 1994.

Dennison, Paul, Ph.D. and Dennison, Gail, *Brain Gym® Handbook, Second Edition*. Ventura, CA: Edu-Kinesthetics, Inc., 1997. page 15.

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