



OPTIONS CENTER EDUCATION TOPIC



Examples of One-Sided Brain Thinking

1. No matter how hard I try, I am always failing. I must be hopeless.
2. I am clumsy and often hurt myself, no matter how I try to be careful.
3. I often feel lost around other children, but I can do better for an adult who will praise (or scold) me.
4. I want to be better than the other kids (the toughest, fastest, cutest, smartest, or meanest), no matter what!
5. No one seems to understand my meaning when I read and sometimes I even get confused when I talk. As for writing, it is just to please the teacher. What could the purpose be?

Examples of Whole Brain Thinking

1. I do my best at whatever I do, happily exploring possibilities. I never feel like "giving up."
2. I enjoy moving! I am happy climbing, running, and exploring my physical abilities.
3. I set my own goals and I feel good about achieving them, no matter what others might think.
4. I enjoy improving upon whatever I do, each time I do it. I respect others for their unique learning styles.
5. I like to write my own stories, and my ideas and thoughts seem to flow out onto the paper. When I read, I always seem to know what will happen next. When I talk, the words come out and immediately make sense to me as soon as I feel the thought.

Whole Brain Thinking can be accessed through a series of simple movements known as Brain Gym®. Options Center for Health & Education teaches Brain Gym® and has been nationally recognized as an innovative and unique learning center.

BIBLIOGRAPHY:

From Paul E. Dennison & Gail E. Dennison's Edu-K for Kids, 1987.

Preferred Channels

Source: Unknown

Read each sentence carefully and consider whether it applies to you. On the line, write: 3 often applies, 2 sometimes applies, 1 never or almost never applies. The area that you score the highest may be your preferred channel.

Preferred Channel: Visual

- _____ 1. I enjoy doodling and even my notes have lots of pictures, arrows, etc., in them.
- _____ 2. I remember something better if I write it down.
- _____ 3. When trying to remember a telephone number or something new like that, it helps me to get a picture of it in my head.
- _____ 4. When taking a test, I can “see” the page and the correct answer.
- _____ 5. Unless I write down directions, I am likely to get lost or arrive late.
- _____ 6. It helps me to LOOK at a person speaking. It keeps me focused.
- _____ 7. I can clearly picture things in my head.
- _____ 8. It’s hard for me to understand what a person is saying when there is background noise.
- _____ 9. It’s difficult for me to understand a joke when I hear it.
- _____ 10. It’s easier for me to get work done in a quiet place.
- _____ *Visual Total*

Preferred Channel: Auditory

- _____ 1. When reading, I listen to the words in my head or read aloud.
- _____ 2. To memorize something it helps me to say it over and over to myself.
- _____ 3. I need to discuss things to understand them.
- _____ 4. I don’t need to take notes in class.
- _____ 5. I remember what people have said better than what they were wearing.
- _____ 6. I like to record things and listen to the tapes.
- _____ 7. I’d rather hear a lecture on something rather than have to read it in a textbook.
- _____ 8. I can easily follow a speaker even though my head is down on the desk or I’m staring out the window.
- _____ 9. I talk to myself when I’m problem solving or writing.
- _____ 10. I prefer to have someone tell me how to do something rather than have to read the directions myself.

_____ *Auditory Total*

Preferred Channel: Haptic

- _____ 1. I don't like to read or listen to directions; I'd rather just start doing.
- _____ 2. I learn best when I am shown how to do something and then have the opportunity to do it.
- _____ 3. I can study better when music is playing.
- _____ 4. I solve problems more often with a trial-and-error, than a step-by-step approach.
- _____ 5. My desk and/or locker looks disorganized.
- _____ 6. I need frequent breaks while studying.
- _____ 7. I take notes but never go back and read them.
- _____ 8. I do not become easily lost, even in strange surroundings.
- _____ 9. I think better when I have the freedom to move around; studying at a desk is not for me.
- _____ 10. When I can't think of a specific work, I'll use my hands a lot and call something a "what-cha-ma-call-it" or a "thing-a-ma-jig."

_____ *Haptic Total*

Options Center for Health and Education, Inc.

• 4316 N. Prospect Road •
Peoria Heights, IL 61616
(309) 685-7721 • email: options@mtco.com •
www.options-center.com