



# Brain Gym: Teacher's Edition

*Paul E. Dennison, Gail E. Dennison*

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**Brain Gym: Teacher's Edition** Paul E. Dennison, Gail E. Dennison

Brain Gym Teacher's Edition details the 26 Brain Gym activities used around the world by people of all ages and abilities to make learning easier. This is the revised and enlarged third edition (2010). This is a stand-alone book for parents, teachers and learners who want in-depth descriptions and variations for the 26 Brain Gym activities. Those who need only drawings of the 26 and simple descriptions of how to do them can refer to the small orange book Brain Gym: Simple Activities for Whole-Brain Learning, written in a simple story form that children can understand.

The book references recent research in the field of neuroplasticity as it shows how learners can master the physical skills required for development of academic abilities. The 26 activities, each taking just a minute or so to do, help learners to develop skills of stability, locomotion, and sensorimotor coordination, as well as providing effective tools for self-calming and self-management. When a student can respond to the stress that inhibits the flow of learning, he or she can better access the joy, creativity, and expression inherent in the learning process. This expanded 2010 version of the book offers new information on the physical skills involved in the learning process, ways to use the 26 activities to teach specific academics such as reading and writing, personal accounts from parent and educators, and games for teaching through movement and play.

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