TO: Classroom Teachers

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RE: **Brain Gym Exercises For All Types Of Tests & Quizzes**

Brain Gym is a company that has discovered many connections between the brain and movement. Since learning occurs first through the senses, here are some tips that should be used with your class before any type of test or quiz - SOL’s, weekly spelling quiz - it does not matter. These exercises, and tips for lighting up the brain, are the same ones we used last spring before the SOL tests. If you are serious about helping your students achieve their very best I invite you to use these tips and exercises regularly with your students.

* Get them up and moving 30 minutes prior. Oxygen to the brain means better outcomes.

* Outside = jogging laps, playing, climbing. No sitting or standing around.

* Inside = classroom space for jogging in place, jumping jacks, sit ups, crawling.

* Water. Let them drink. Do not count to three. Water thins the blood, which makes transporting oxygen to the brain easier and faster. What little extra time is spent at the water fountain will pay big dividends on the other side.

* Music. Fast paced for movement and slow paced for settling down.

* Brain Gym exercises include Thinking Caps (improves auditory processing), Lazy 8’s (warms up the eye muscles for easier left to right reading patterns), Hook Ups (gets both sides of the brain talking to each other with midline crossing), Crawling (bilateral movement lights up both sides of the brain).

* All of these tips and exercises increase the flow of beta endorphins in the brain, allowing for a more relaxed and happy learner.

* Smile and relax! If you display a fun, happy, relaxed attitude your students will feel less stress.