

Motion and Learning

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Teacher Information

The body and mind are intricately related to one another. Controlled movements can assist to open up the brain connection to improve the learning process.

Using movement to assist the left and right sides of the brain to communicate more fluidly helps students to perform more complicated functions. This module will assist you with a few motion strategies to use with your students to increase their brain processes.

Teacher Directions:

Use this series of motions prior to a learning activity, or to organize the students for listening in a given setting such as a museum exhibit.

What to do:

1. Each number has a body motion. The motions are done isometrically. Pretend that there are opposing forces while you are completing the motion. For position number one, push both arms straight up into the air as high as they can go.
2. Position two, pull down the hands to the shoulders with the elbows out.
3. Position three, push both arms straight down along both sides.
4. Position four, cross one arm over the other (genie position) for position four.

Helpful Tips:

Teach the positions to the students with the numbers. Have the students say and do the motions at the same time.

When the students are used to the motions, begin to change the order of the motions by changing the number pattern. The motion sticks with the number called.

To add variety, select students that will call out numbers 1-4 so the changes are generated by the students.

Make sure to keep up the activity between two and five minutes. Slow the process back down, and resume the beginning pattern of numbers 1-4 to calm the students down and end the session.

Learn more about controlling movements at Brain Gym:

<http://www.braingym.org>

<http://esl.about.com/od/englishlessonplans/a/braingym.htm>

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New York State Standards

Elementary

Standard 1: Math

Key Idea 1: M1.1c

Key Idea 2: M2.1

Key Idea 3: M3.1a

Standard 1: Science:

Key Idea 1: s1.1, s1.1a, s1.1b

Key Idea 3

Standard 2: Information System

Key Idea 2

Standard 4:

Key Idea 1

Key Idea 3

Key Idea 7

Standard 6:

Key Idea 3

Standard 7: Interdisciplinary Problem Solving

Key Idea 1

Key Idea 2

General Skills:

i, ii, iii, iv, vi, vii, viii, x, xii, xiii, xiv, xvi

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Brain Buttons

What to do:

This exercise helps improve blood flow to the brain. It switches on the entire brain before a lesson begins. The increased blood flow helps improve concentration skills required for reading and writing.

1. Put one hand up. Spread the thumb and index finger apart as far as they can go.
2. Place your index finger and thumb into the slight indent below the collar bone on each side of the sternum.
3. Press lightly in a pulsing manner.
4. At the same time, put the other hand over the navel area of the stomach. Gently press for about two minutes.

The Cross Crawl (Brain Gym)

What to do:

This exercise helps coordinate the right and left brain; it helps the connection between the two hemispheres. It is useful for spelling, writing, listening, reading, and comprehension.

1. Stand or sit.
2. Put the right hand across the body to the left knee as you raise the left knee.
3. Put the left hand across the body to the right knee as you raise the right knee.
4. Continue these alternating motions for about two minutes.

Hook-Ups (Brain Gym)

What to do:

This works well for nerves before a test or special event like making a speech. Any situation which will cause nervousness calls for a few "link ups" to calm the mind and improve concentration.

1. Stand or sit.
2. Cross the right leg over the left at the ankles.
3. Take your right wrist, and cross it over the left wrist. Link up the fingers so that the right wrist is on top.
4. Bend the elbows out, and gently turn the fingers in towards the body. Do this until the fingers rest on the sternum in the center of the chest. Stay in this position.
5. Keep the ankles and wrists crossed, then breathe evenly in this position for a few minutes.

You will be noticeably calmer after that time.