

# Using Brain Gym® & Educational Kinesiology in the Classroom

By Ms. Brenda Peters, B. Ed Hons, M. Ed.

Bren is a teacher for children with **Special Educational Needs** and is a registered **Brain Gym®** instructor.



She began her teacher training in Hull, Yorkshire, and taught in several schools for children with learning difficulties, ranging from those with Profound and Multiple Learning challenges to Mild and Moderate Learning, as well as children who have Emotional and Behavioural challenges. She has extensive experience of teaching children who have been diagnosed PDD/ASD. She managed a Child Development Center in Cheshire, England before coming to teach in Hong Kong. She is currently teaching at Bradbury Junior School in the Learning Support Class.

**Brain Gym®** has been the most exciting development to teaching for Bren, and she completed the **Brain Gym® instructor training** in 2001. Since then she has been to Poland to be trained in developmental movement Kinesiology as well as heading to Singapore to learn Kinergetics, Brain Gym® for Special educators, and Touch for Health. Bren runs workshops on **Brain Gym®** as well as teaching **Brain Gym® 101**.

Bren has lived in Hong Kong with her family, 2 dogs and 3 cats for seven years. She plays music, paints and loves to be involved in Drama and may be contacted by e-mail at [bjpeters@netvigator.com](mailto:bjpeters@netvigator.com)

## INTRODUCTION

This presentation will look at the models used in Britain and the current papers written for teacher advice on learning styles. It will look at the way a secondary school in the UK has improved overall performance with employing Brain Gym® methodology and learning styles to enhance teaching and learning throughout the school. Brenda will offer a methodology for workshops to present to the stakeholders as well as how Brain Gym® can enhance the classroom, more specifically, how to introduce the Brain Gym® movements into the subject areas. She will offer practical advices on how to use the 5 step model in lesson planning and how VAK, logic and gestalt elements can be included within the plan. She will show how simple elements of Brain gym® may be easily incorporated into the class environment as well as when to do P.A.C.E. and how you can get teenagers on board. In short, Brenda will offer a model for the class environment that honours both teachers and learners alike.