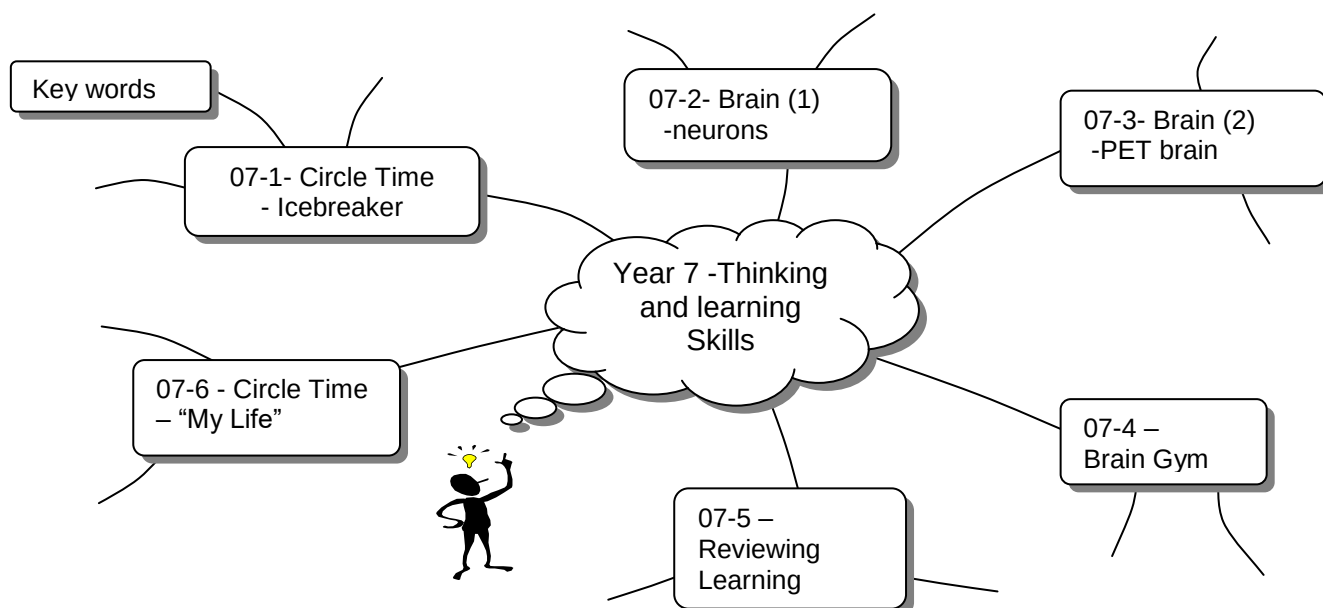


Resources... - Laptop + projector / OHP - Worksheet, scissors, glue - H/w sheet	Key Words... Brain Gym, Mid-line, Lengthen, Energy, lazy 8, double doodle, arm activation, brain buttons, hook-ups	Thinking Skills TL1 LT2
Learning outcomes : I will be able to.... (IWILBAT) Homework....	- say how Brain Gym exercises can help me learn - name & do the 5 basic Brain Gym exercises Task 3 and 8 (extension)	
Entry - while students are coming in and settling 1.Starter (5 mins) 2.Main part... a. (15 - 20 min) ... Brain Break... b. (15 min) c. (5 min) 3. Plenary (5-10 min)	copy.... lesson title.....aims.....key words.....Homework Homework...from last lesson... ready to hand in 3 things from last lesson...noted in Ex. book Brain Booster What did we learn last lesson? Question... 1. What do people do to prepare for sport and physical exercise? 2. What do people do to prepare for Learning? 3. Are there any things we can do to get our brains ready for learning? Show the first part of the PowerPoint presentation to refresh students' memories.....then on to the new stuff. Brief Brain Break activity to refresh and re-focus...or change activity/pace. Worksheet - cut'n'stick or write in the answers Students should be checking their knowledge, and testing each other to practise it. Remind them that this will strengthen the connections at the SYNAPSES , and prevent the NEURONS dying! Add to the " Big Picture " in students' Ex. books...on A3	
Homework And next lesson...	Reminder Reviewing our Learning	

Guidance on this Lesson



Starter

As usual, do one of these exercises at the start of the lesson. Use a new exercise – again, no words, tell students they will see how this helps their learning in this lesson.

Lazy 8s	Double Doodle	Arm Activation	Hook Ups	Balance Buttons
“To read and write, and do well in a test, Lazy 8s is the very best.”	“Links hand and eye, helps writing too, Double Doodle is the one for you.”	“At any time, to relax and feel great, all you do is Arm Activate.”	“It’s easily done, there’s no hocus pocus, Hook Ups help me to listen and focus.”	“To think and remember, and do well in PE, Balance Buttons is the one for me.”

Now in this lesson students will find out what this exercise is, and how it helps them learn.

Students will be used to physical warm-ups to prepare for PE / sport / exercise. Use this to establish the idea that (1) our brains need to be prepared for learning, and (2) there are simple well-established exercises for this.

Main

1. Show the **PowerPoint** presentation...**demonstrate** the Brain gym exercises, and get the students doing these. Emphasise that there are lots of schools and thousands of students doing these daily, with real improvements to their learning.

2. Students do the cut’n’stik **worksheet**. Emphasise the importance of going over the worksheet and **practising** their learning, to strengthen the connections at the synapses, and to stop the neurons dying! Get students to **teach** and test each other.

The Worksheet summary is laid out like a Cluster Map. Students may need some help. The Thinking Rhymes in the PowerPoint pres. will help you sort out the labels.

It may help to do a “Simon says” routine in your demonstration. Students only do the exercise if you precede your instruction with “Simon says...”. They have to focus on you, and this helps distract them from potential embarrassment, and possible reluctance to do the Brain Gym exercises.

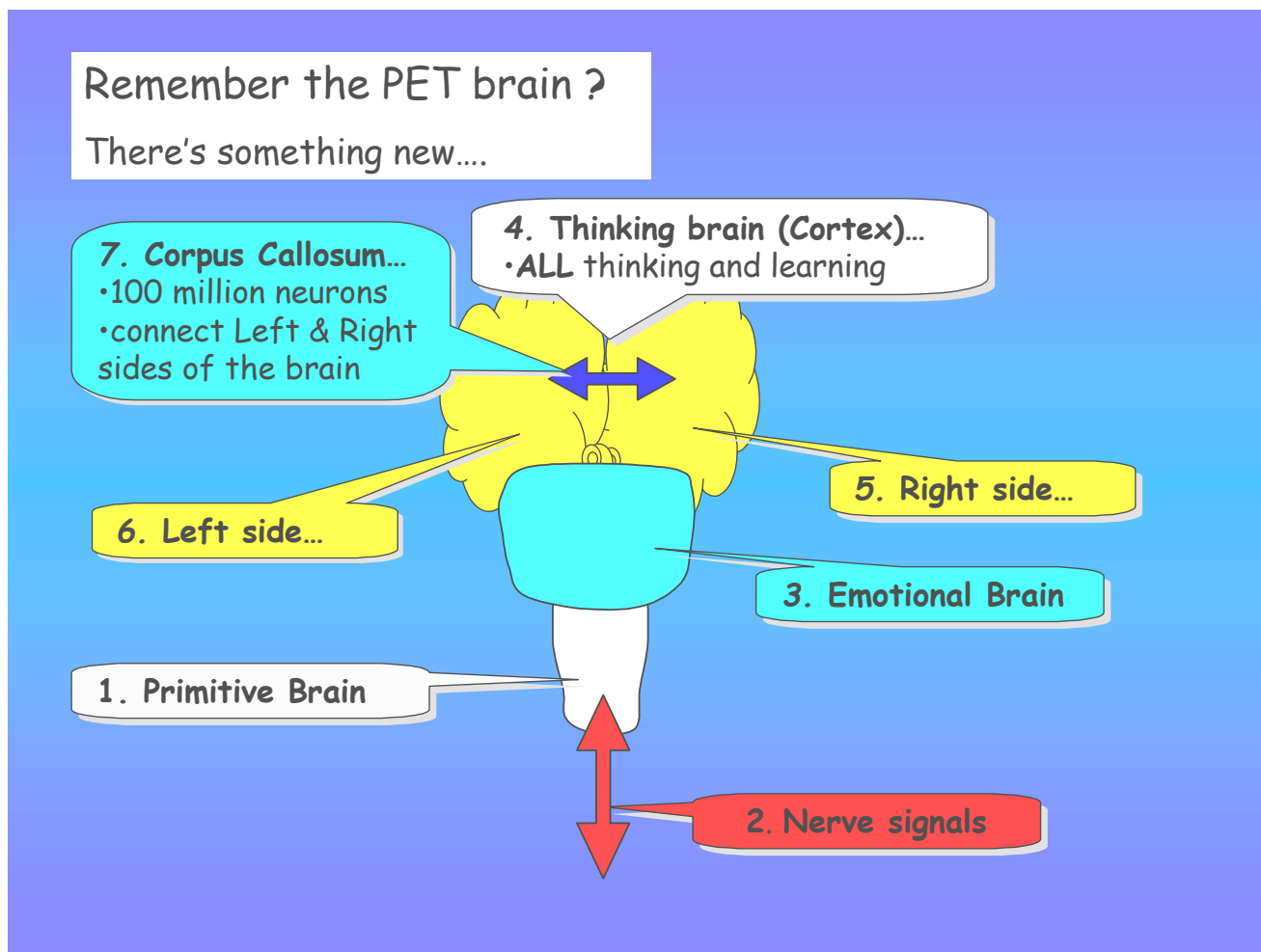
Big Picture

Plenary

Homework...see the Homework Guide.

I’ve copied some of the slides into this **WORD document** as a back up.

Let's test our knowledge....



How do you prepare the brain for a Learning Journey ?

Corpus Callosum...

....Is there water to help the neurons to **conduct** the signals?

Thinking brain...

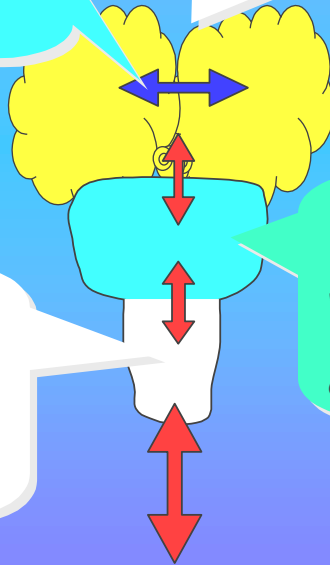
...Left and right sides connected?

Primitive brain....

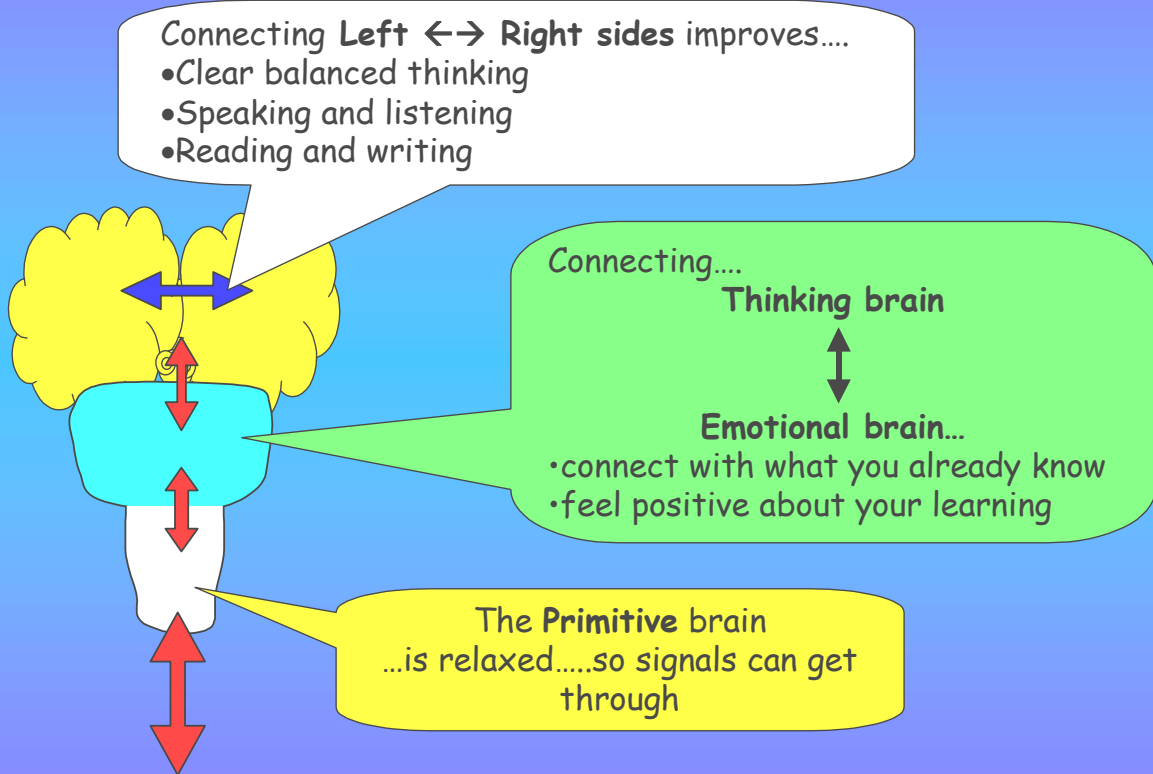
....Relaxed?.....
....can signals get through to the Thinking brain?

Emotional brain....

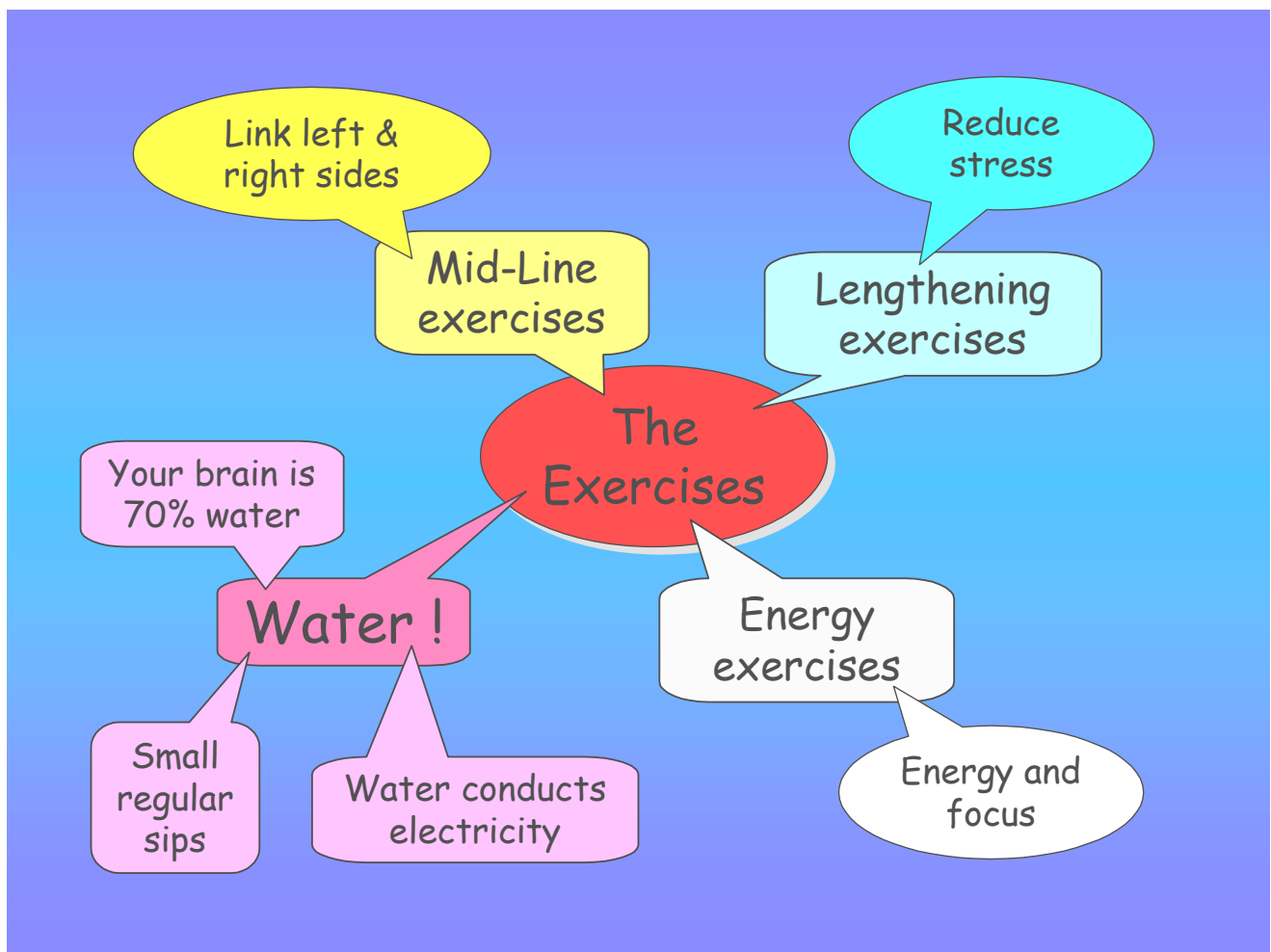
....Have you connected with your **memories**?.....
....are you feeling **cheerful** about learning?



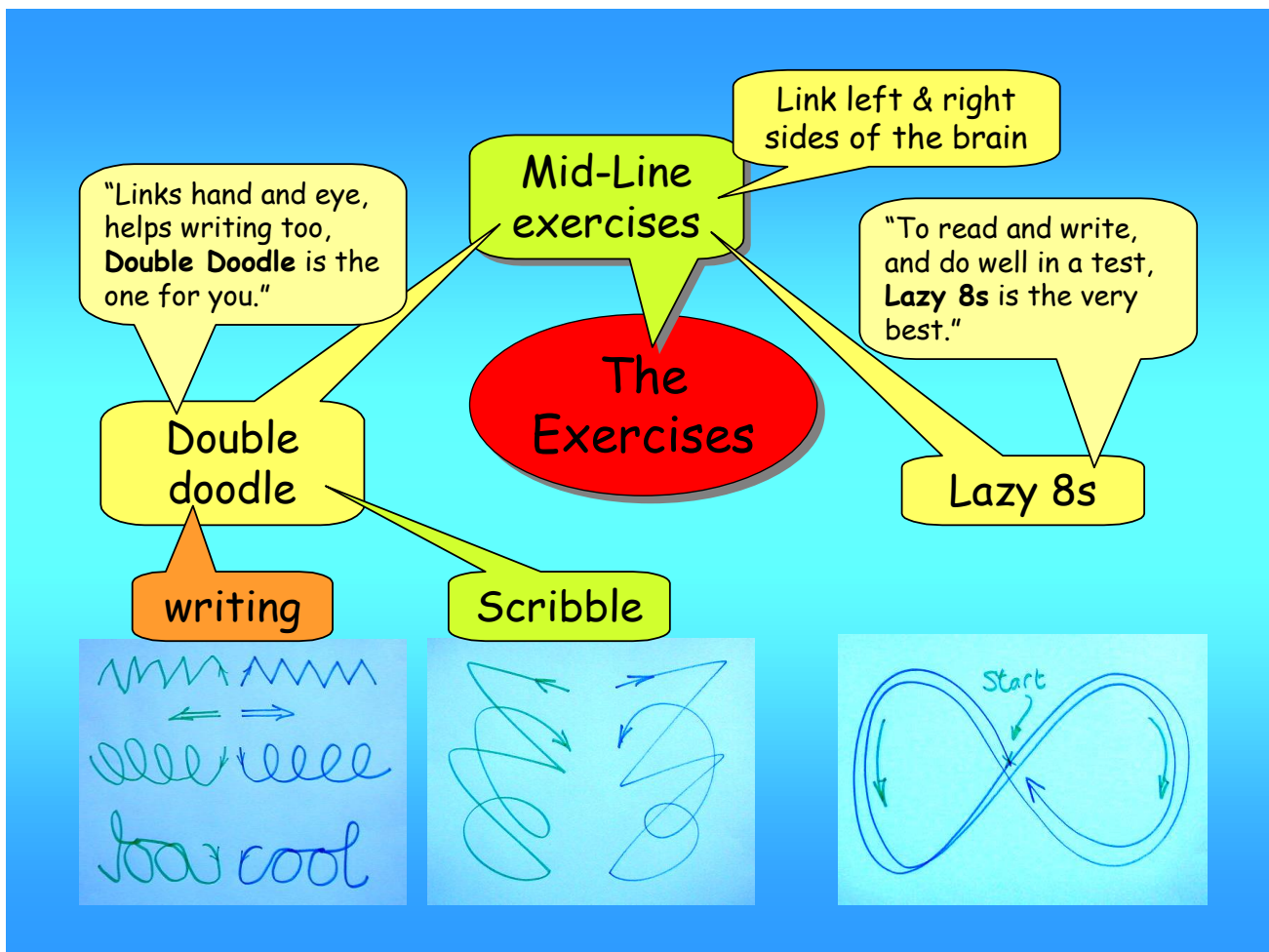
Brain Gym - exercises for Learning



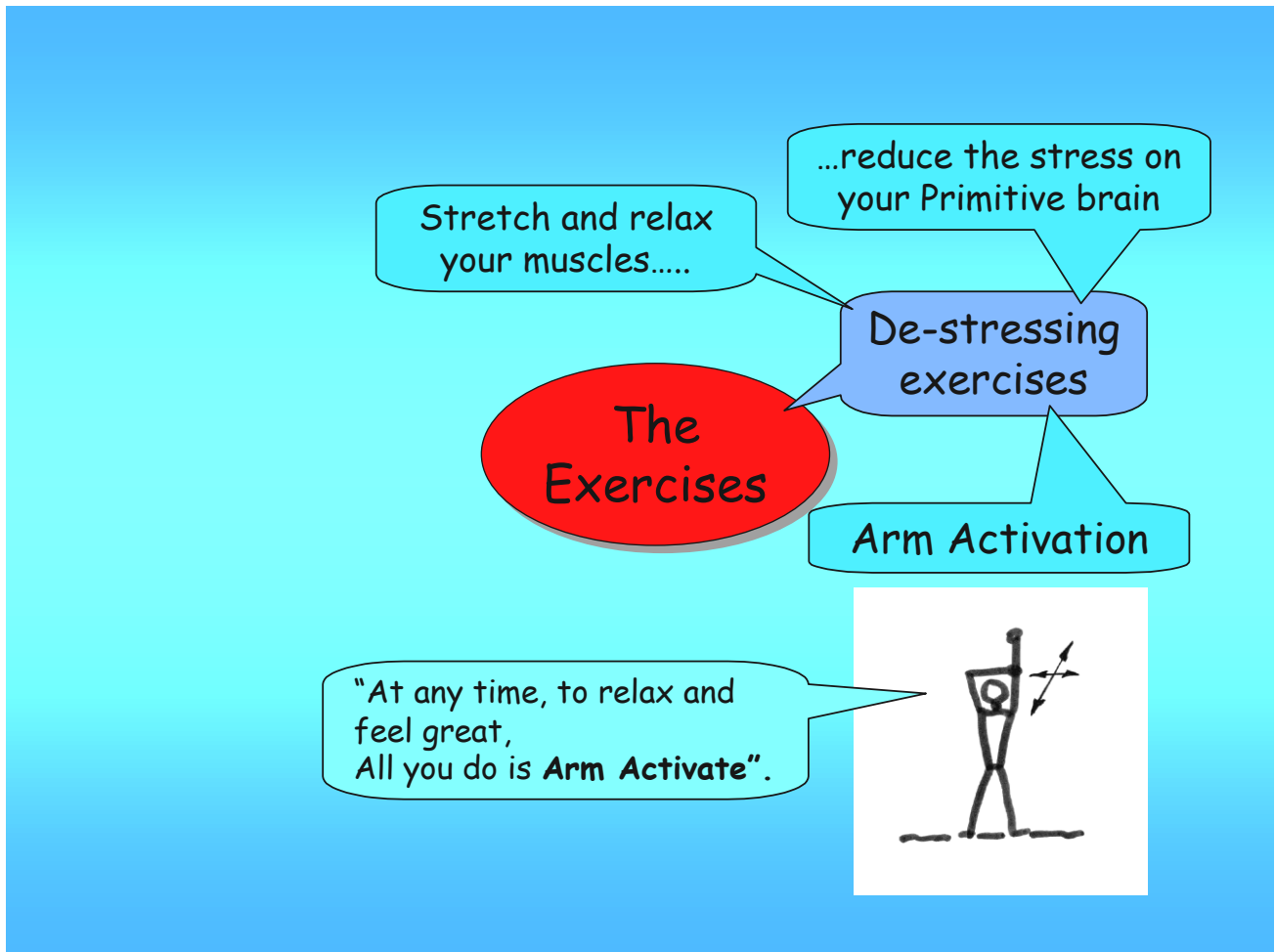
The 3 types of Brain Gym exercises



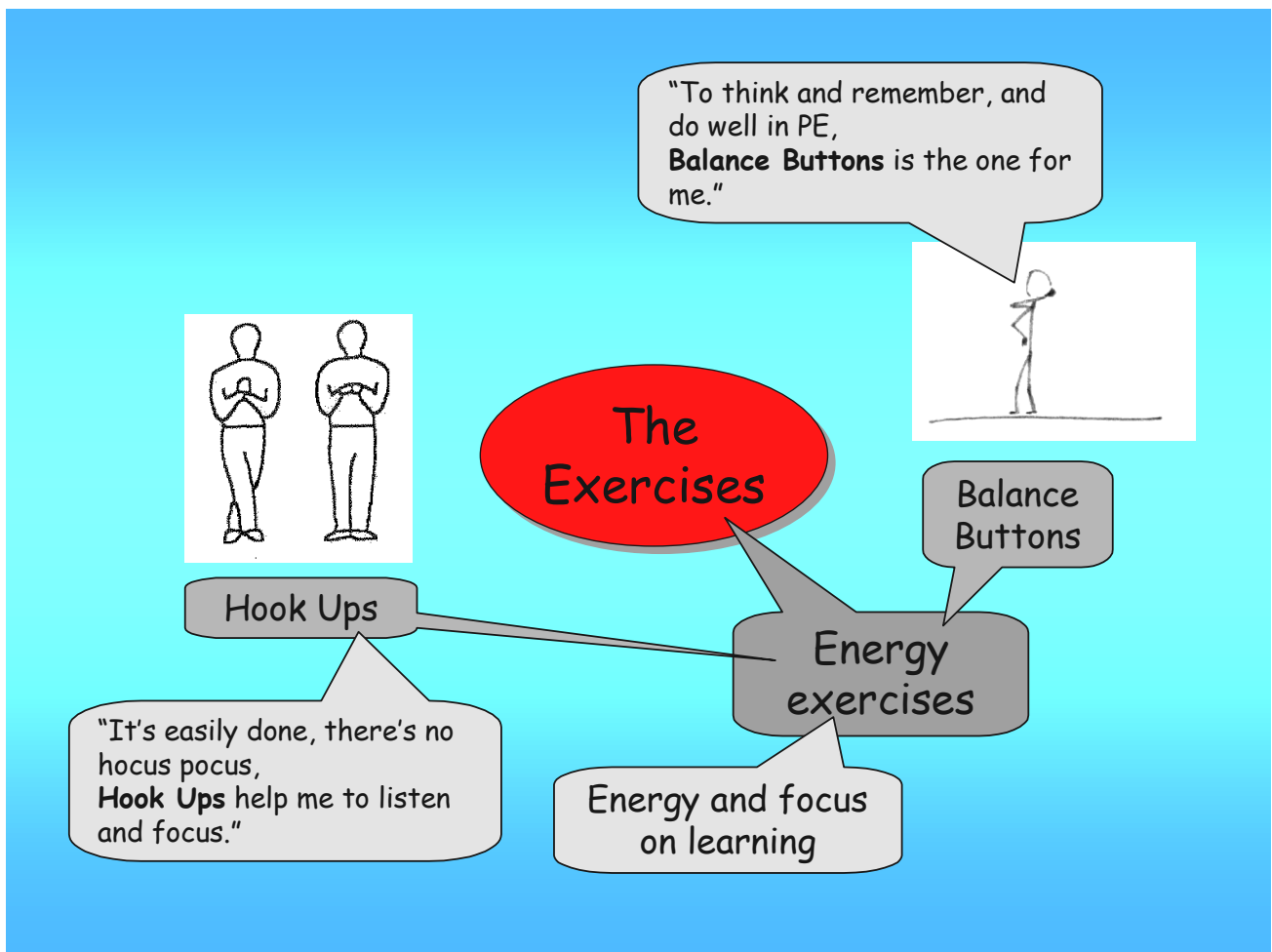
The Mid Line exercises

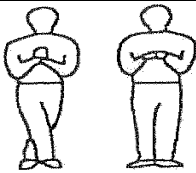
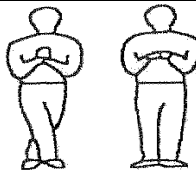
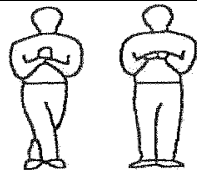
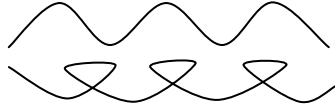
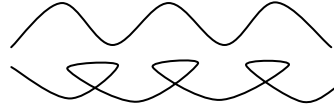
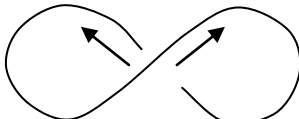
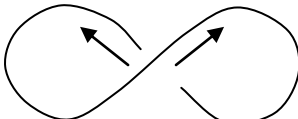


The De-stressing exercises



The Energy exercises



H1. Helps relax the muscles and reduce stress	H1. Helps relax the muscles and reduce stress	H1. Helps relax the muscles and reduce stress
H2. Helps you energise and focus on learning	H2. Helps you energise and focus on learning	H2. Helps you energise and focus on learning
H3. Helps Left and Right sides of the brain communicate better	H3. Helps Left and Right sides of the brain communicate better	H3. Helps Left and Right sides of the brain communicate better
E1. Balance Buttons	E1. Balance Buttons	E1. Balance Buttons
E2. Double Doodle	E2. Double Doodle	E2. Double Doodle
E3. Hook-Ups	E3. Hook-Ups	E3. Hook-Ups
E4. Lazy 8s	E4. Lazy 8s	E4. Lazy 8s
E5. Calf Pump	E5. Calf Pump	E5. Calf Pump
P1. 	P1. 	P1. 
P2. 	P2. 	P2. 
P3. 	P3. 	P3. 
P4. 	P4. 	P4. 
P5. 	P5. 	P5. 