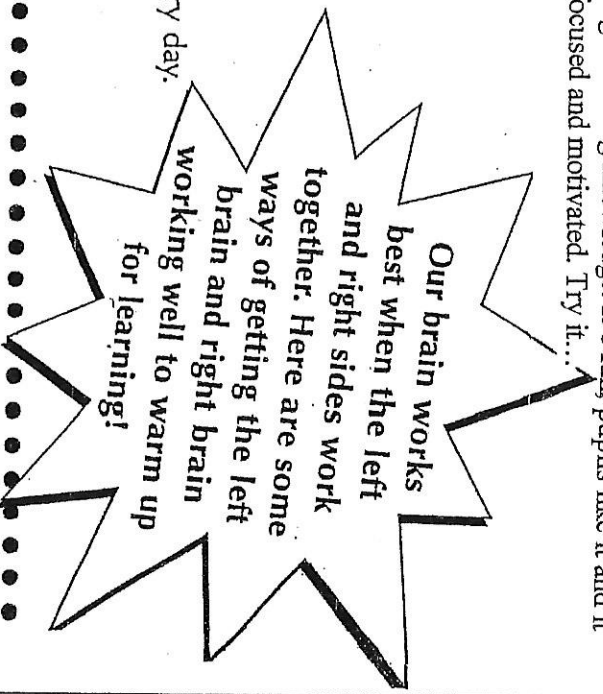


Teaching and Learning Faculty.
'Mind Gym'

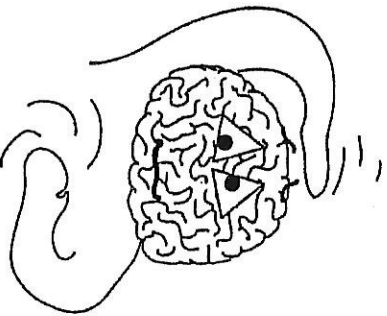
This desk reminder is to encourage you to practise 'Mind Gym' with pupils. This was something that Yr7 learnt about on the learning to learn day. These exercises use both the left brain and the right brain and therefore help connect the hemispheres. This increases the chance of learning becoming knowledge. It's fun, pupils like it and it makes a start to the lesson, which is focused and motivated. Try it...

Brain boosters

Give your brain a workout by doing these exercises every day.
It is especially important to do brain boosters before an important exam or test.



- Stand up, stretch, reach up and breathe deeply to give your brain oxygen.
- Rub your tummy with one hand, pat your head with the other.



- Do the twist – arms one way, legs the other way.
- Lift your knee and touch with the opposite hand alternately.
- Draw a large figure of eight in the air with one finger.
- Draw one with the other finger going the other way – make sure your fingers don't touch!

- Trace out the number 10 in the air with one hand creating the 1 and the other 0. Try it with 27, 39 and your age.

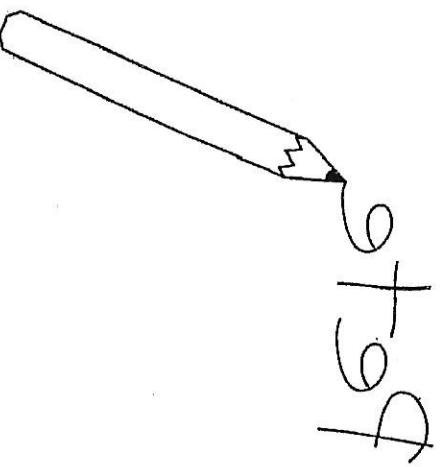
- Using one hand, trace a circle moving outwards from your body. Use the other hand to trace a circle inwards towards your body. Keep them both going at the same time.

- Put your fingertips together very lightly and imagine connections being made between right and left sides of your brain.
- Fold your arms one way then the other – repeat until each feels comfortable.

- Make your hands into fists and put these together to form a shape that resembles your brain. Blow some energy and power into the gap between your thumbs.

In the air or on paper:

- Write your full name with your wrong hand in large letters.
- Write your name with both hands, creating a mirror image.
- Try writing your name backwards with your wrong hand.



- Write your favourite band, country, food – using your wrong hand.
- Create an impressive signature then copy with your wrong hand.