

Brain Gym® Action Research

(Q10,Q18,Q19)

Kirk Sandall Infant School

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[Names supplied]

- 11 children were targeted for assessment into Brain Gym techniques.
- The results are included.
- Generally there was a vast improvement into the children's overall memory, balance and eye-tracking.
- Various Brain Gym techniques were used each day and new movements were gradually introduced to target weak areas of development.
- The lower ability children were part of the action research group, along with an average ability child and a gifted and talented child.
- All of the results showed progression and the children were very enthusiastic about taking part.
- The movements were completed with the whole class and were not prescriptive to the time of day.

Children's comments

The following children were asked for their thoughts about Brain Gym.

Child: S – "I don't enjoy hook-ups because it's difficult. I like everything else."

Child: K – "I enjoy all of it because it wakes me up and I like hook-ups."

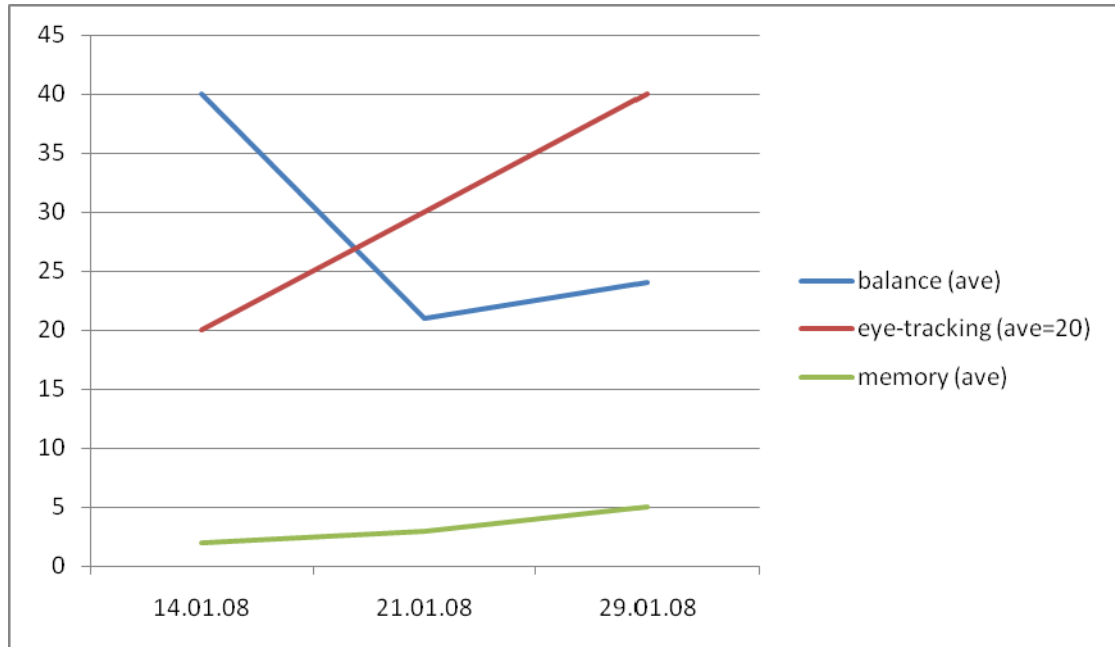
Child: J – "I can balance better but I don't like it because I could do something different."

Child: B – "I like it because it helps my reading and I like eye-tracking lazy 8's."

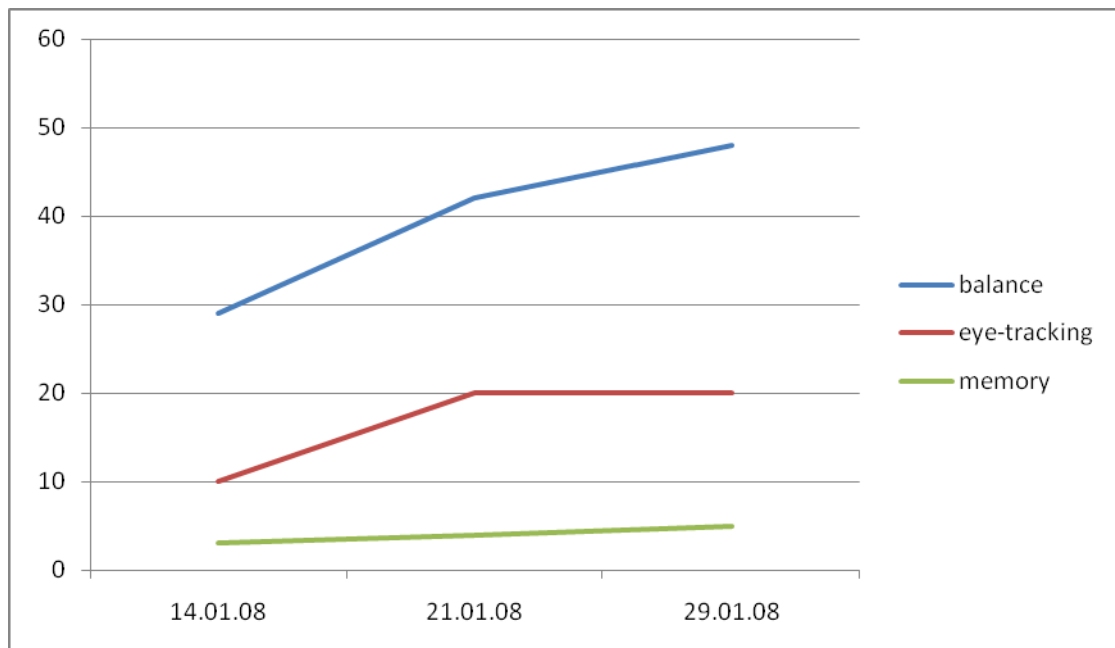
Child: H – "It helps me to do everything good. I love hook-ups best because it helps me a lot."

Results

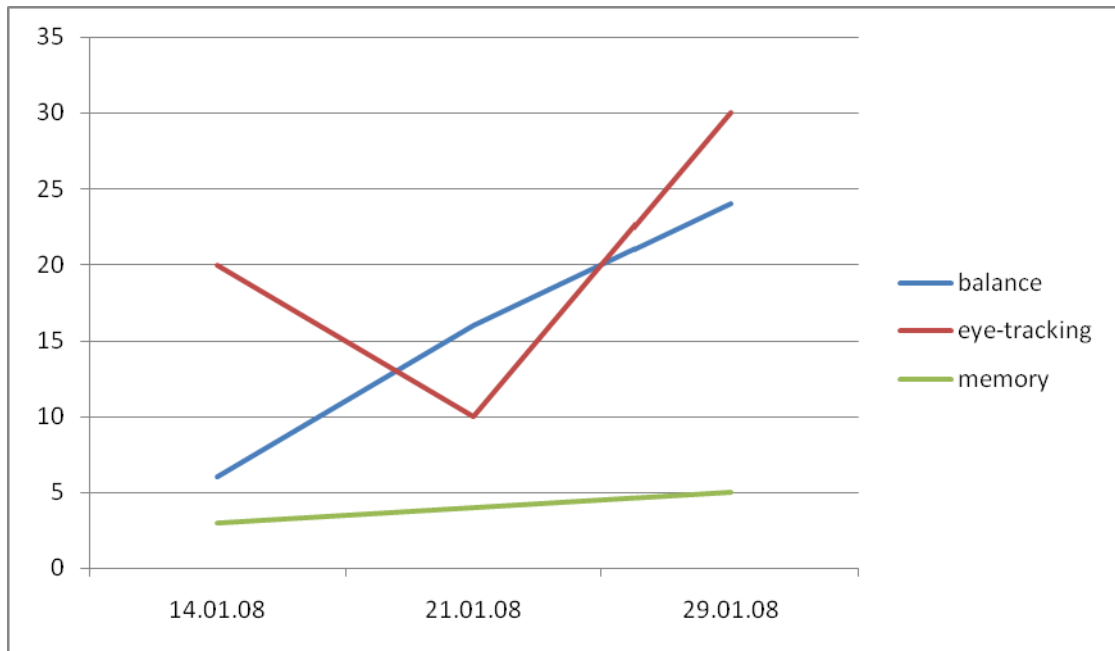
Child: L



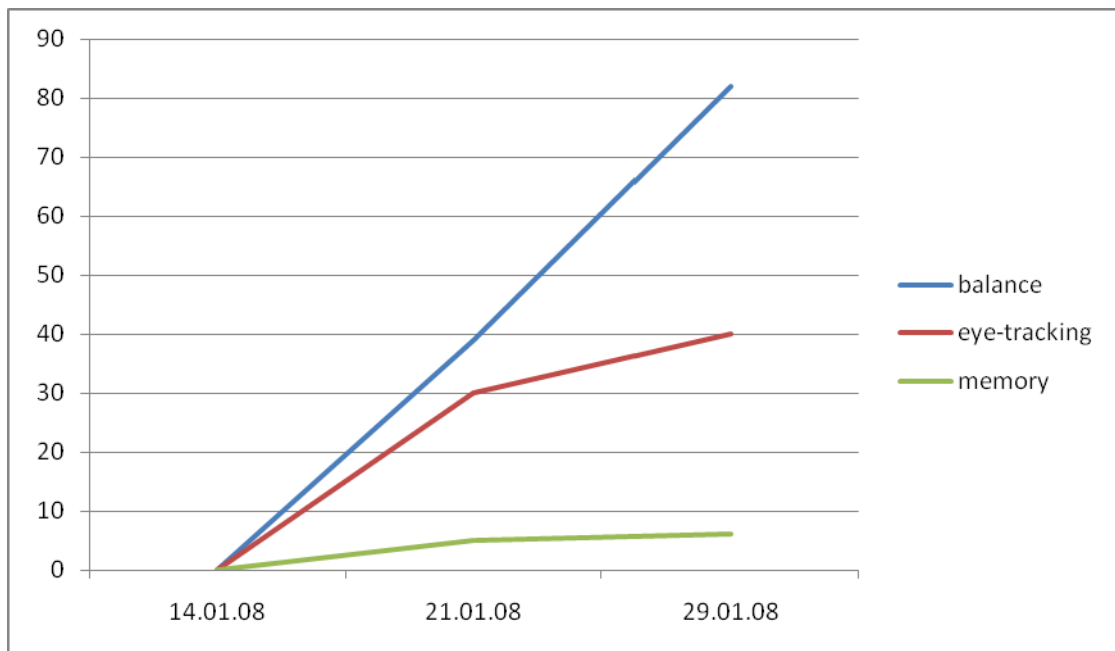
Child: H



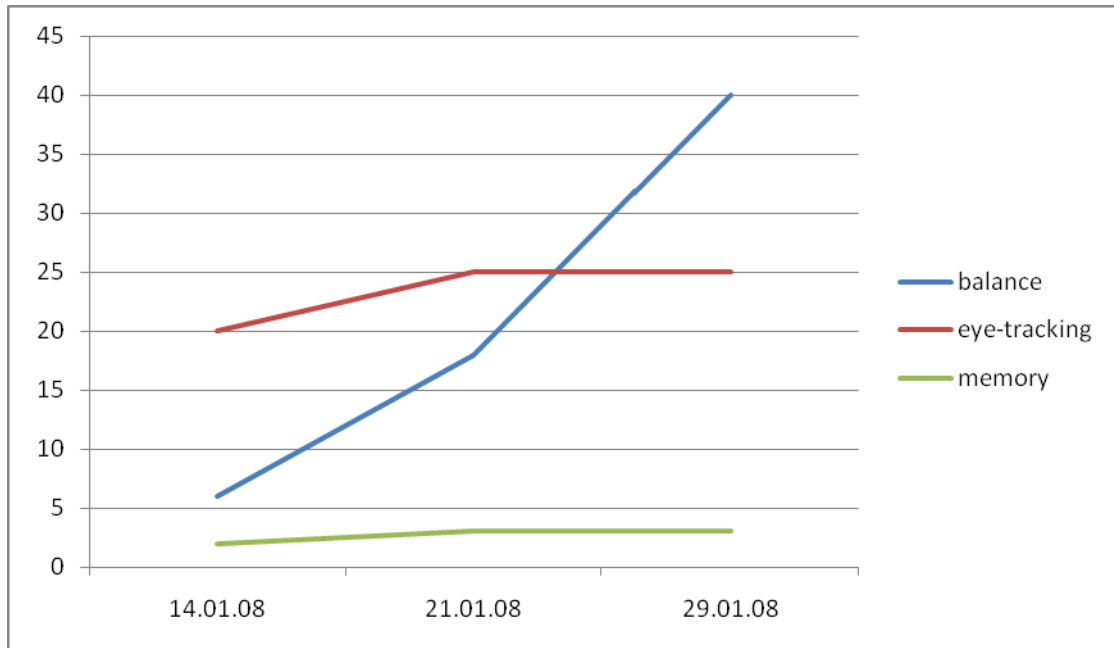
Child: C



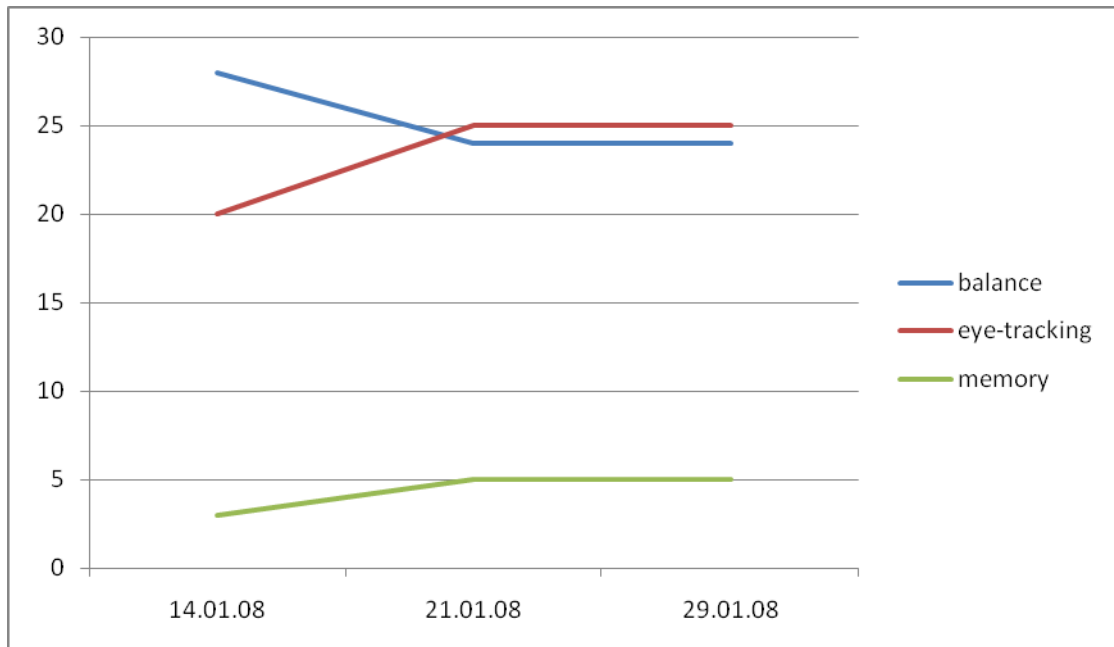
Child: B



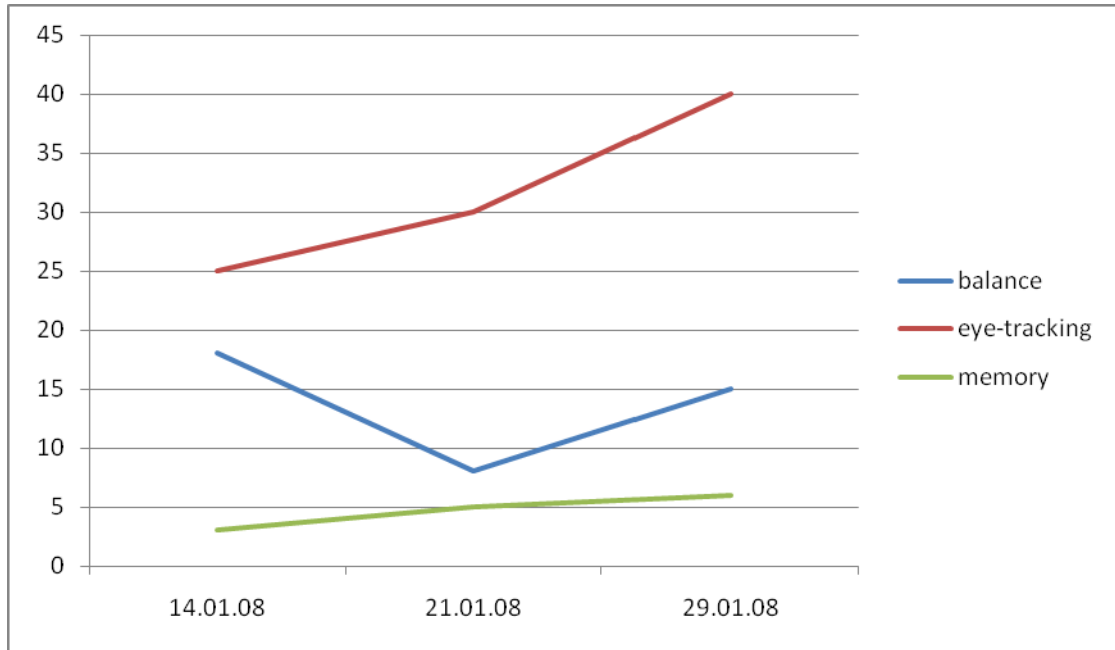
Child: J



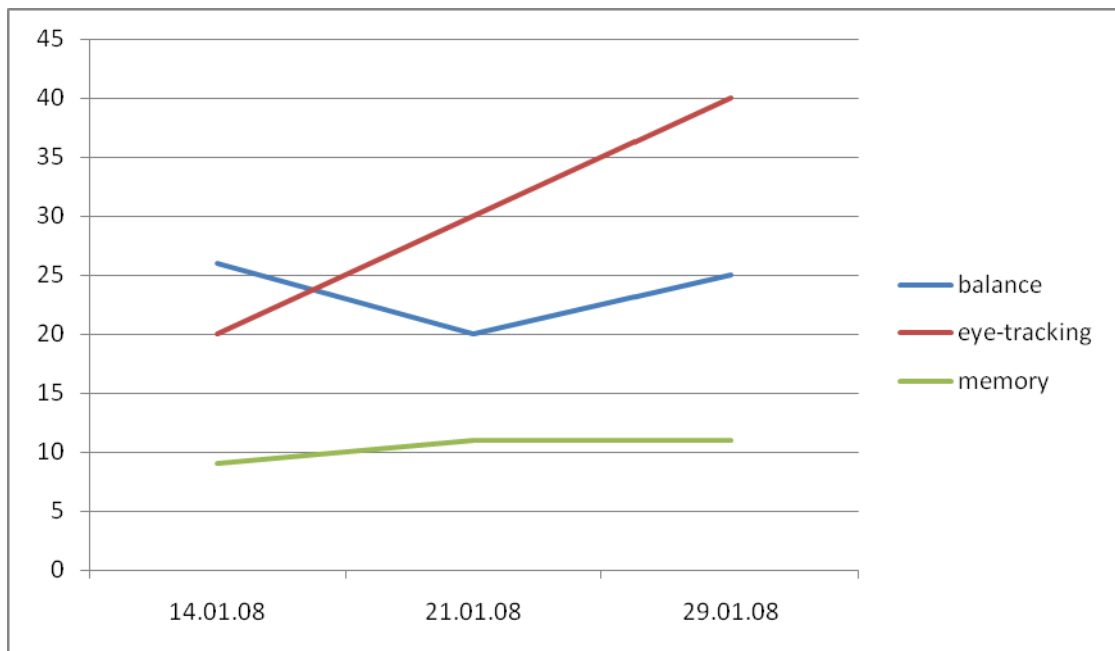
Child: L



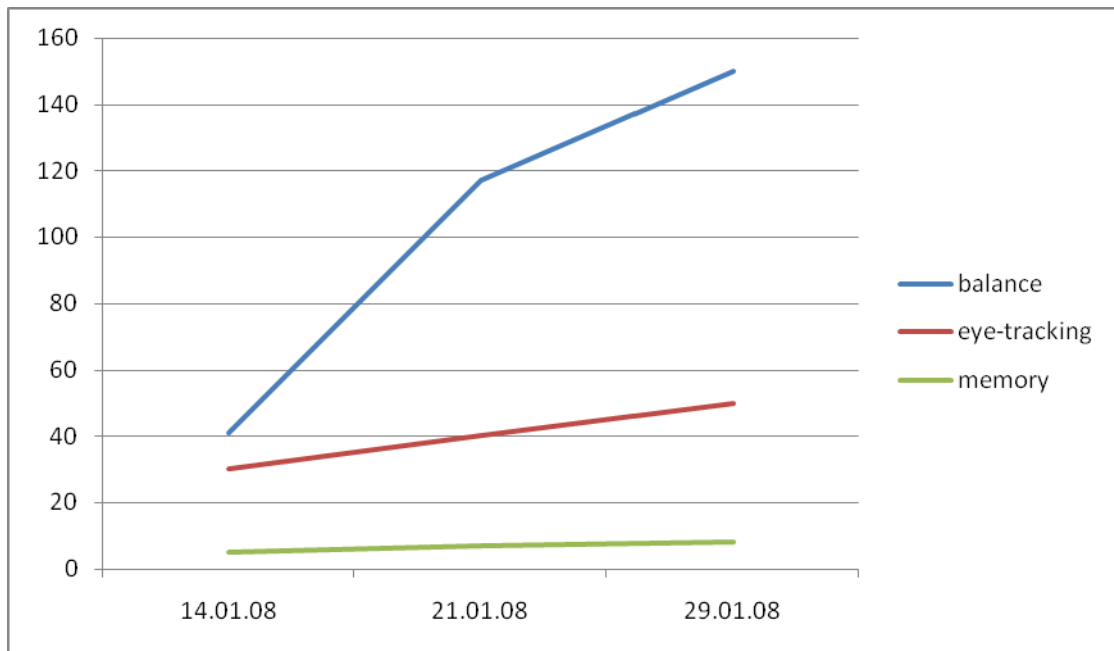
Child: A



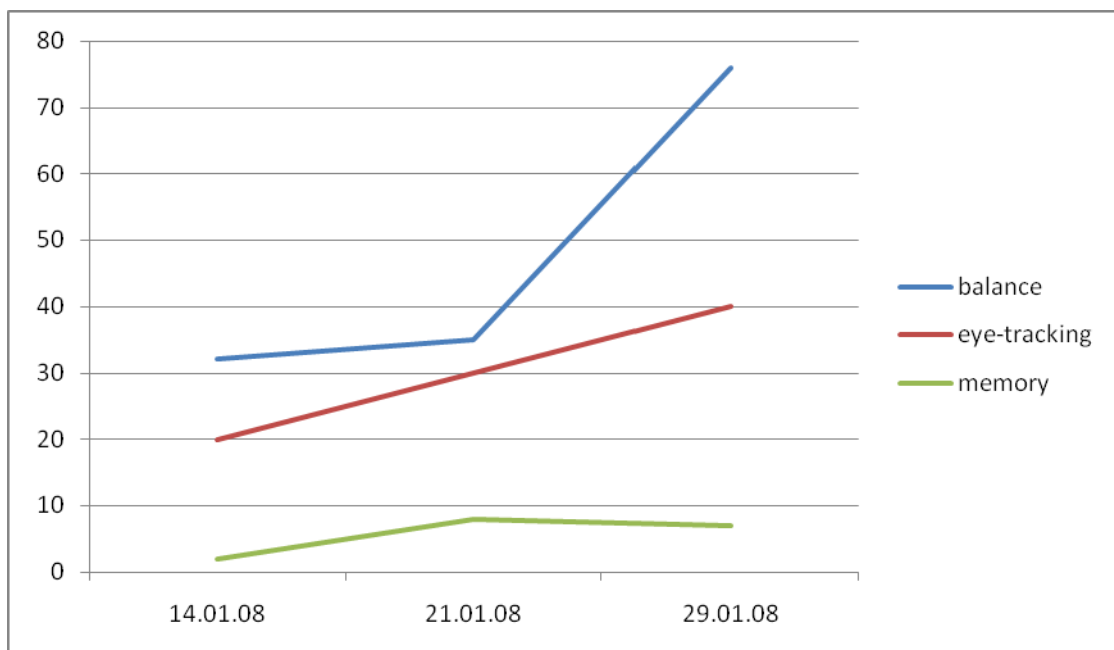
Child: D



Child: L



Child: K



Child: S

