

# BRAIN -COMPATIBLE CLASSROOM

1. Brain Hydration -90% of brain is water.  
Water bottles or frequent hydration breaks.
2. Brain Oxygenation-Brain is 1/50 of body weight but uses 1/5 of body's oxygen. Begin each day with 5-10 minutes of physical activity.
3. Laterality-Red star on right hand daily, red stimulus on right side of desk  
Put red star on right side of all worksheets before passing. Throughout day, refer to "Red, right."  
When lining up say, "Put your right hand on your hip, and your finger (left index) on your lip."
4. Place children in classroom according to modality and dominance profiles. Visual learners in front rows, auditory learners in middle rows, kinesthetic learners in the back rows (put a chalk square on the floor to show his space). Place left-eared students with left ear toward auditory stimuli. All cross-dominant learners placed in the middle of the classroom. All desks in K, 1st, and 2nd should be in straight rows facing the board to avoid visual-motor and laterality confusion. Do not have their turn their heads to view visual stimuli.
5. Use inter modality instruction ( ears,eyes, hands and entire body) for skill acquisition). Movement and motor precede and enhance memory. Avoid steady stream of worksheets which tend to meet the needs of strong visual learners only (30%).
6. Use neurological input/motor output strategies. Put information in by rapping, tracing and singing. Allow for motor output by moving and motor activities. Always complete full cycle of learning Input/output!
7. Left to right progression Green dots on first word of each line on chart or board; red dots at the end of each sentence. Emphasize Green means Go, Red means Stop.

Brain Gym Lazy 8's. 5 right pointer finger, 5 left pointer, 5 both pointer fingers together.

8. Use music, motor and make-believe as the foundation of early learning.  
"Sing it, and they will learn it!"

9. Rotate direct instruction ( quiet, on-task) with movement and motor activities.

10. To avoid frustration and ego defamation, use shaving cream or "WIPE AND SWIPE" boards for initial writing. Teach letter and number prompts this way before going to paper/pencil. When children make numbers letters wrong, you are reinforcing an error. For them, practice makes permanent, not perfect.

11. Have plenty of balance activities for your students. Balance precedes memory.

12. Keep motivation high and maintain egos by saying a rap, 'I'M GOOD, I'M VERY GOOD, AND I CAN DO GOOD THINGS!' when children do a good job or follow rules well.



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## P.E.A.R.L. PROGRAM'S

### HELPFUL HINTS FOR SCHOOL SUCCESS

1. LIMIT TELEVISION WATCHING AND VIDEO GAMES.
2. INCREASE OUTDOOR PLAY AND CREATIVE PLAY.
3. DEVELOP GOOD LISTENING HABITS BY SAYING DIRECTIONS ONCE IN A CALM VOICE.
4. MAKE SURE YOUR CHILD DRINKS PLENTY OF WATER, AND LIMIT THE INTAKE OF DIURETICS SUCH AS COFFEE, SODA, TEA AND CHOCOLATE.
5. MONITOR DIETS TO REDUCE FAT, SUGAR, SYNTHETIC COLORING AND SWEETS WHICH HAVE LITTLE FOOD VALUE AND CAN RESULT IN BEHAVIOR PROBLEMS.
6. READ TO YOUR CHILD DAILY AND DO A VARIETY OF LANGUAGE ACTIVITIES SUCH AS SINGING SONGS, NURSERY RHYMES AND PUPPET PLAYS.
7. WHEN YOUR CHILD ENTERS SCHOOL, TRY TO START EACH DAY CALMLY AND IN A POSITIVE MOOD SO THAT THE CHILD IS NOT STRESSED AT SCHOOL ABOUT A HOME PROBLEM.
8. SHOW YOUR CHILD THAT LEARNING IS IMPORTANT BY BECOMING INVOLVED IN YOUR CHILD'S EDUCATION AND ATTENDING SCHOOL ACTIVITIES.