



21 Ways to Grow a Healthy Brain

Barbara Gini

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Health, Learning (& Fun) go hand in hand (in hand). The body, the senses and the brain are not separate-but work together to support both health & learning as we grow. This book contains dozens of activities and exercises targeted for healthy brain growth, based on the latest research on neuro-plasticity; the ability of the brain to improve its own ability to function, grow & learn. Doing a variety of sensory motor activities daily not only relieves stress, but also enables your child to remain focused for longer, remember more, make associations, process information more efficiently and solve problems better. The activities, for ages 4 and up, can also improve a child's learning capacity so that learning becomes easier and retention becomes long-term. The activities can be adapted & used for children of all abilities, in the classroom or at home, indoors or out, and most importantly, kids will have fun while learning! In each section, variations are given. Start with the most basic version of the game or activity, adding elements of challenge or skill-building over time, as the student is ready for variety. While small challenges keep children motivated to reach towards a goal, adding too many or too challenging an element at once can de-motivate & undermine the fun aspect of the activities & eventually discourage the child from participating. Progress, no matter how small, is still progress. Be supportive, be patient and above all, have fun!

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