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Ten Easy Ways To Help Kids Learn: A Brain-based Learning Strategy That Really Works

By MaryJo Wagner, Ph.D.

Susan's a math whiz and Caleb's an artist extraordinaire. That's, great but wouldn't it be better if

Caleb could improve in math and Susan could develop some artistic skills? They can and it's easy.

Researchers have recently discovered that whole-brain learning or brain-based learning is an efficient and effective learning strategy that helps kids (parents and teachers, too) learn anything easily without struggling.

One feature of brain-based learning involves using both the right side and the left side of the brain. Although nobody is just left brain or just right brain, most of us have a dominance.

Susan's math aptitude means she is probably left-brain dominant, and Caleb, the artist, has a right-brain dominance.

Learning to read and write requires using both sides of the brain. So does learning math and even doing art. In fact, doing just about anything well, including thinking clearly, and even problem solving, involves using the right and left hemispheres of the front part of the brain.

How do you accomplish this? Easy. Just move across the center mid-line of your body. Every time you move your right arm to your left side or your left arm to your right side, you're crossing the mid-line and improving learning, thinking, and problem solving. Now you're using brain-based learning.

Works for kids. Works for you. Try these parenting tips and teacher resources today.

1. Give yourself a big hug.
2. Tell kids the only rule is to cross the mid-line of the body, right hand to left side, left hand to right side. Now let them invent ways of doing this.
3. Dance the hula. Or twirl a hula hoop.

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4. Take a Brain Boosters TeleClass. Sign up at

www.brainboostersforyourkids.com

Or a Brain Gym

class. Sign up at

www.BrainGymClasses.com

5. Do the twist. (So you weren't dancing in the 50s and 60s? Ask somebody to show you how to twist or get a dance video.) Twist with the kids while you listen to some old Chubby Checker songs.

6. Rake some leaves with your kids, making sure you're raking off to the side instead of straight in front of you.

7. Play a board game. (Use your right hand to move your piece when it's in the left corner and vice versa.)

8. Practice using your non-dominant hand to reach for things on the opposite side of your body. Even writing and drawing with your non-dominant hand helps. (You'll get better with practice.)

9. Do Yoga and Tai Chi. Lots of moves cross the mid-line.

10. Cross your ankles and arms in front or in back when you're doing jumping jacks. Kids can usually do this. If you can't, try it in a swimming pool.

This brain-based learning strategy really isn't all that complicated. Lots of everyday kinds of activities get the whole brain active. Sitting around watching TV, however, isn't one of them! You and your kids have to move around and cross your mid-line. It's fun.

MaryJo Wagner, Ph.D. The Learning Doctor "Helping You Help Your Kids Learn"

mjw@mjwagner.com

Get the complimentary

<http://www.brain-based-learning.com>

newsletter, "Brain Boosters for Your

Kids," Help your kids learn faster and easier.

Study More Effectively and Remember Better

By Royane Real

Are you a student? Or perhaps a business person who needs to learn a presentation? Or an actor who needs to learn some dialogue?

If so, you may sometimes find it difficult to remember what you study. How can you keep your material fresh in your mind?

You already realize that reviewing the material you are studying more than once can help you remember it better.

But you may have wondered if there is an ideal way to schedule your reviews.

Is it best to study large chunks of material at a time, or small bits? Should you review the material again the next day, or the next week?

Learning experts have proposed several different schedules for reviewing study materials, but the following is one that works well for most people.

Try it to see if it works for you, or whether it is more effective to introduce minor changes to the review schedule.

First, study what you can thoroughly learn in a 40-minute period. During this time keep your mind actively engaged in the material by making notes, asking yourself questions about it, speaking out loud, and making learning maps.

Then take a five or ten minute break to do something completely different, preferably something which includes physical exercise and deep breathing.

After your ten-minute break, go back and review your original material and your written notes. Review for about five minutes. The next day review the material again for five minutes. A week later review it for five minutes. A month later review it for five minutes.

If you need to remember the information longer, review it for five minutes after two months, and then again after six months.

This is a time-effective way to keep material within easy reach of your memory.

Each time you repeat the same physical action, or review the same study material, there are chemical changes that take place at the synapses between your brain cells, making it easier for the signal to go through the next time you repeat that thought or action.

That is why review and repetition help fix acquired skills and knowledge in your brain.

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Unfortunately, people who have sustained some brain damage due to advancing age, brain injury, or because of alcohol or drug use may no longer have the ability to easily refresh their knowledge by

quickly reviewing material again.

These people may have to spend much more time and effort on reviewing material, and they will still have a lower rate of recall.

This article is taken from the new downloadable book by Royane Real titled "How You Can Be Smarter - Use Your Brain to Learn Faster, Remember Better and Be More Creative" To improve your learning ability, download it today from

<http://www.royanereal.com>



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