



## FOR IMMEDIATE RELEASE

**September 29, 2006**

**Included:** Educators in attendance

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## Educators Increase Exposure to Brain Exercises

Fifteen Kansas teachers recently attended a workshop to stretch both their bodies and minds in order to learn how to better activate the brain through physical movement.

The workshop, called Brain Gym®, was held at the Jones Institute for Educational Excellence at Emporia State University Friday, September 29, 2006. The half-day workshop drew teachers from mostly Erie school district and the Topeka area.

“Brain Gym is a series of simple, fun, physical movements that develop new neuro-pathways in the brain which makes all learning easier,” said Dorothy Gray, the workshop’s leader. Gray explained these movements “switch on” the natural brain integration mechanisms that “switch off” when under stress.

Some of the benefits of these activities include: increased focus, organization, comprehension, physical coordination, social and communication skills, memory, overcoming learning challenges and enjoying new levels of excellence.

“It definitely helps with kids that have unique learning styles...and no equipment is needed so (the instruction gained here) can be immediately applied (in the classroom),” said Lois Kirkwood, a physical education teacher at West Indianola Elementary in Topeka.

Gray is a Licensed Brain Gym® teacher and consultant who has used Brain Gym® extensively in elementary and college classrooms.

For more information about this workshop, contact Toni Bowling at 620-341-5372 or 1-877-378-5433, mbowling@emporia.edu.

Educators in attendance at the workshop included:

USD 101, Erie Elementary –  
Kristie Butler, Denise Houghton, Colleen Neely, Becky  
Oplotnik, Judy Smith

USD 243, Lebo Elementary –  
Crista Grimwood

USD 245, LeRoy Elementary –  
Donna Luney

USD 251, Admire Elementary –  
Tad Hatfield

USD 287, Pomona Elementary School –  
Nancy Baker

USD 345, Elmont Elementary School –  
Linda Crawford

USD 345, Rochester Elementary –  
Glynis Kickhaefer, Rojene Willard

USD 345, West Indianola Elementary –  
Janeen Horton, Lois Kirkwood, Karen McConnell

###TEACH###

