

## Research Study

### The Moving Classroom: Results of a School District Research Study, Dorothea Beigel, NDT (Germany) During a period six months with fifteen minutes of movement before school

#### Who was in the Study?

- 18 eight year old second graders
- no prior daily movement activities in the classrooms all had difficulties reading
- three randomly assigned groups
- three groups received same amount of attention

#### Three groups consisted of

- **blue group:** big room to play (construction toys, legos, learning games, scooters and movement play)
- **green group:** gymnasium using balls, rope, etc.
- **red group:** Brain Gym® movements and repatterning

University students tested all 3 groups once a week for 6 weeks

## RESULTS

**A double-blind statistical analysis of the data** indicated that the children who had done the Brain Gym activities read faster, made fewer mistakes, and had better comprehension of the text material than did the two other comparison groups.



In addition, parent and teacher responses to the questionnaires told us the most of the children in the Brain Gym group gained in their self-confidence and enjoyment of school work and had more success in writing, mathematics, and reading comprehension.

At the end of the study, we wanted to see what would happen when we offered the Brain Gym program to those children who had been in the green and blue groups. We extended the study an additional six weeks, doing the same Brain Gym program with these two groups of children. The results of the second part of the study corresponded to those of the first. We then initiated Brain Gym programs in many schools besides those in our own school district.

**REFERENCES:** Beigel, Dorothea, Waltraud Steinbauer, and Kurt Zinke. *The Moving Classroom: Results of a Research Project with Suggestions for School Implementation*. VAK Verlags GmbH, Kirchzarten bei Freiburg, Germany: 2002 (in German)

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### Here's what Sandra, teacher of Learning support says about Brain Gym®

*"In over twenty years of teaching infants/primary school children, one of the most amazing 'tool' I have used in my classroom has been Brain Gym® exercises.*

*In my class of children aged five to seven, many students were unsettled, stressed and angry. Consequently, many were experiencing learning difficulties and displaying very challenging and disruptive behaviour.*

*After introducing daily Brain Gym® exercises, the results have been amazing. Many of the parents have commented how their children are progressing in many different areas including coordination, balance and confidence. Parents are telling me that their children are much happier and will even do the Brain Gym® exercises at home to help themselves to relax and cope with challenging situations.*

*One particular grade two student was experiencing difficulties with her reading and writing, was putting a lot of pressure on herself, was often very tired and was finding it difficult to relax. After three or four sessions with Enza, this student's reading and writing improved greatly and she has greater confidence in herself. She has transformed from a little girl who was often upset by the 'smallest things', to a happy child who is so much more energetic and confident in herself and her abilities.*

*Brain Gym® is a simple yet very powerful 'tool' and it can really make a difference in children's learning and behaviour. I would highly recommend it to other teachers and parents."*

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### A great help to my students and my own daughter says teacher, Joanne

*"I use Brain Gym® with my students and it greatly improved their concentration and focus on their lessons. On a personal level, the greatest success I've had is with my own daughter. A reluctant reader and a quiet student, Brain Gym has been instrumental in greatly increasing her self-confidence. She has improved in all academic areas and is a happier child. I strongly recommend Brain Gym to all."* Joanne, Teacher

For more information phone Enza Lyons on 0413 697 692 or  
visit: <https://www.naturaltherapypages.com.au/connect/enza-lyons/about/wellness-coach-kinesiologist-brisbane>