

Brain Bites – Did your child's school make the grade? June 2009

Category – Education and individual PACE

Learning is a personal and unique experience. Just as each flower blooms in its own season, each person moves through learning cycles and achievements when it is most ripe and appropriate for them. When we ignore or bypass this natural learning curve, for the sake of deadlines or curriculum commitments, the potential in the individual becomes limited, and in some cases sabotaged.

The true spirit of education is to "draw out" the wisdom from the learner, rather than deposit, stamp-in, or force it. It requires patience and understanding to experience a genuine learning process - in its own time. Learning, in its most natural state is fun, simple and easy. It grows and transforms us so that we are born anew, feeling energized and ready for more!

What a joyful and magical experience to observe an infant in the process of developing a relationship and understanding with the world around him. It's also a sacred journey to be honored, savored, and protected in the early years and onward. Given permission, safety and love, a child will naturally discover and uncover information about himself, the people and the environment around him through his exploration and senses. While we may be more prone to offer this kind of learning space to a baby or toddler, we must understand the importance of offering this to children and adults of all ages.

Just like a plant that is given the appropriate conditions such as water, sunlight and soil, a child whose needs are met, will, in their own time and season will blossom into the most unique and beautiful expression of themselves.

The word "learning" can be interchanged with the word "living". To learn is to live. To live is to learn.

The early stages of our educational experience sets the stage for how we approach all future learning opportunities. The way we "learn to learn" as a child, determines how we "learn to live" as adults. Because of this, it's best to assist all children in identifying and supporting their own natural learning style rather than fit them into a "one-size fits all" mold that will limit and negate them, potentially for life!

What has happened with the way we are approaching learning, and life, that is causing people to suffer, and in some instances drop-out? I heard someone once say, that we've taken the "L" off learning, and turned it into a situation of EARNING! Instead of enjoying the process, there is stress to prove ourselves, compete, and ultimately over-ride the natural learning curve.

Neuroscientific studies have proven that when a body is in stress, blocks occur in the brain and information cannot flow freely among the brain centers and sensory systems. ***When learning turns into a "destination" that we have to reach, at the same time, in the same way, parts of ourselves get left behind.***

Brain Gym® is a wonderful way to get us in touch with our optimal learning readiness, style, and pace, while continuing to function in conjunction with our classmates, colleagues and family members.

No one needs to be left behind. No one should be left behind! If someone is, it is the responsibility of the institution and the community to find out how that person can best be supported to achieve their personal best and not the other way around.

Brain Gym® is a key tool that can be used to achieve this goal in the classroom, workplace and day-to-day life, making the experience win-win for all!

Jill Hewlett and Sharon Todd are both Educational Kinesiologists and Licensed Brain Gym® Trainers. Their company, Brain Works Global Inc., trains clients on how to maximize their learning potential while working in conjunction with their individual goals.

They provide keynotes, in house training, and sponsored events to a wide range of organizations, schools and the community. For more information go to www.brainworksglobal.com or call 905.830.6902.