

# Brain Builders

## General Guidelines

Welcome to our Brain Builders™ Program!

The purpose of our program is to help parents, teachers and all educators better navigate attention, learning and behavior for ALL children! For those transitioning from public, private or alternative learning environments into a homeschool setting, our goal is to help you make this transition less stressful and more successful!

Healthful Considerations:

- Movement, motor sequencing and exercise are all essential for learning, attention, behavior and overall brain health. Movement can also help reduce fatigue, stress and frustration. For grade school children, it is advised that they take “Brain Break” about every 15 minutes and for teens about every 30 minutes.
- During times of stress, such as under the COVID-19 pandemic when most children were transitioned from a classroom environment to a home environment, expectations for leaning and attention must be adjusted. It is recommended that academic learning be limited to 15-20 segments with breaks in between each segment.
- Children like routines and predictability. We suggest that you create a routine if homeschooling just as if your child were in a regular classroom routine. (e.g. each subject is set for specific days/times, regular “Brain Breaks”, recess, etc.). Have the schedule up where it is visible to your child(ren) using a white board, calendar, etc. Color coding subjects/times/activities is very helpful. If your child cannot read, pictures are good alternatives.
- The brain needs good fuel for learning, attention and behavior. We suggest a healthy snack mid-morning (optimally between 10:00 – 11:00) and mid-afternoon (between 3:00 – 4:00). Simple carbohydrates such as candy, pastries, cereal, pancakes, and sugary drinks such as juice and soda are “fuel robbers” of the brain and can also lead to learning, attention and behavior issues as well as health risks such as hypoglycemia, obesity and/or diabetes. For your convenience, we are including a healthy snack each week for you to make with your kiddos and enjoy throughout the week!
- Our Brain Builders™ movement break exercises can be used in a number of ways.
  - Simply pick one of the Brain Circuit Training™ exercises along our Brain Appetizer to do at each brain break, or
  - Do our weekly Brain Appetizer and **one set** of all three Brain Circuit Training exercises at each brain break (make sure children have good fuel in their brain and belly first!), or
  - Do our weekly Brain Appetizer along with all three Brain Circuit Training exercises at the start of the school day and at the middle of the school day (make sure children have good fuel in their brain and belly first!). **Do 3 sets** of the circuit training for optimal brain building. During the other brain breaks have children go outside and play or do other movement based activities in the house (like twister).
  - Movement breaks are just as important for adults; especially if you are working from home on a computer, so be sure to join in the activities with your kiddos!
  - Enjoy our “Sensational Activities” are part of your brain breaks and/or art and crafts school work!

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