

Mariola Strahlberg, Chestnut Ridge, NY
- recipient of the Brain Gym® International's 2009 Teaching through Movement Award.

FINDING OUR PACE IN SUMMER SCHOOL

"I would like to let you know about an incredible experience I had during the last summer school. After two years of negotiation, my school district finally agreed for me to bring Brain Gym ®PACE to seven classrooms during the remedial summer session. I did fifteen minutes training for seven teachers and two coordinators; they were invited to look for changes in their students and themselves in 21 days. Then I trained three adult volunteers who went faithfully with me to the classrooms working with approximately 170 elementary school kids for four weeks (remedial math, English, ESL).

All the classes did PACE in the morning and the kids loved it. The teachers warmed up to it especially after the first two weeks. The challenges were enormous since these were the kids who really have many issues. I can't say that all the kids benefited at the level I would have wished for them, but they did benefit from the resulting positive atmosphere in the room.

Here is a comment from an ESL teacher who was truly moved by the changes:

"I tried Brain Gym with my ESL students (grades 3-6) during summer school for almost four weeks and I observed a noticeable improvement in some of my struggling readers. The students came to me with limited reading skills and after two weeks I began to see growth in some of these readers. The students enjoyed participating in the Brain Gym program and I felt the greatest benefit was that the students learned to coordinate their eye and hand movements which helped them copy notes from the whiteboard with greater speed and accuracy. In addition I noticed that these students have also shown improvements in their memory skills. They retain and recall information better. " – ESL Elementary schoolteacher

and from one of the summer coordinators:

"Any skepticism held by teachers diminished after a week or two. Students in classes appeared enthusiastic about their participation. Students in other classes expressed their desire to participate." – summer elementary school coordinator

What an experience that was for all of us! Now we have to wait for approval from the Assistant Superintendent to expand the program and possibly receive compensation. We trust that the process will be less than two years this time. Thank you Gail and Paul for Brain Gym® PACE - I feel that it is truly the

key to success.”

Article published in the Brain Gym® Journal, Dec 2009, Volume XXIII, No.3, pg
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