

# Vernon Christian School

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Mrs. Beverly Hunter  
Box - 41114, R. P. O. South  
Winfield, B.C. V4V 1Z7

Dear Beverly,

It has been over a year now since I have been using the balance boards, and three years since I have been incorporating the Brain Gym activities into my daily routine here at school. I must admit that I am the one of the biggest pessimists when it comes to trying new things in the classroom. I was even more skeptical of the exercises and movements that were first introduced to our staff when you and Marilyn did an in-service workshop with the Brain Gym theories and basic principles.

Of course I would not be writing this letter if my pessimism had proved to be correct. In fact I have received better results and performance from all of my students than I had anticipated. I was hoping the Brain Gym methods might stimulate and motivate the students who seemed to be significantly slower than the rest. That has definitely occurred. In addition, all of the students who bought into the Brain Gym program and did the movements conscientiously improved in some way, shape or form.

Although not every movement benefited every student, one cannot tell what movements are going to work for individual students until they are all guided through all of the activities on a regular basis. Some of my top students benefited from movements that relaxed them in test or quiz situations, while other average students became more focused in being able to read silently, concentrate more easily and comprehend better. The movements that enhanced speed, recall and accuracy of basic facts assisted the majority of students to higher levels. Some of the students with more severe learning difficulties gravitated to the balance boards where they saw great improvements in spelling, recall of facts and sequencing of events.

I am so thankful that I was exposed to the Brain Gym program and philosophies. It has provided the majority of my students with an overall higher success rate in their school learning and allowed them to better understand how humans are designed and function. I enjoyed equally positive results with grade three students as I have with grade five students.