



Integrated Learning

Energy Techniques to Help the Learning Process

Life in itself is difficult, but students are finding it more and more difficult to succeed in a the traditional school setting, as well as in the school of life. Integrated Learning will help school-aged children, as well as adults, that are seeking strategies to fully integrate their mind, body and spirit so that they may reach their full potential both in and out of the classroom. By integrating a multi-sensory approach to learning, Integrated Learning will help tap into student's natural energy and build a fuller awareness of the whole self. In developing an individualized learning plan, based on students' needs, data and performance, we will help make dramatic improvements in areas such as focus, memory, coordination, anxiety, self-esteem, sensory issues, organization, and academics (reading, writing math and test taking).

Here are a list of tools, that will help calm and balance energy:

Mindful Breath Work: Mindfulness is "the intentional, accepting and non-judgmental focus of one's attention on the emotions, thoughts and sensations occurring in the present moment", which can be trained by meditational practices. Breath work or conscious breathing is a tool you can quickly incorporate into your day-to-day life in order to improve the way you experience yourself, others and the world. In learning and practicing mindfulness, along with breath work, you will empower yourself both inside and outside the classroom. you will learn simple and quick mindful breath exercises that will help you focus, relax and stay connected to your mind, body and spirit.

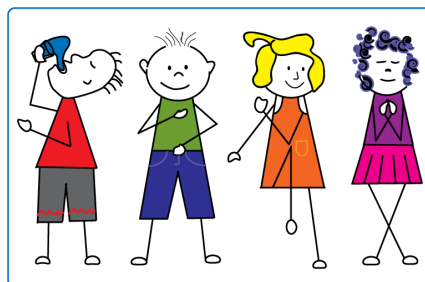


Brain Gym® (including Tapping): Brain gym is a set of movements, processes, programs, materials, and educational philosophy that moving with intention leads to optimal learning. movement-based exercise, we empower all ages to reclaim the joy of living. Brain Gym® movements, exercises, or activities, bring about dramatic improvements in areas such as:

- Concentration and Focus
- Memory
- Academics: reading, writing, math, test taking
- Physical coordination
- Relationships
- Self-responsibility
- Organization skills
- Attitude

PACE:

1. Drink water for enhanced electrical activity in the brain/body and to help you focus
2. Brain Buttons to stimulate key energy spot under the collar bone (27th acupuncture spot on Kidney Meridian).
3. Cross Crawl: exercise to simulate the flow of energy between both brain hemispheres and both sides of the body. If done slowly it stimulate the vestibular system and creates the neurotransmitter called dopamine which helps you focus.
4. Hook Up: enhance a positive attitude and balanced energy between top and bottom, side to side and front to back of the body while inhaling and exhaling which connects the central and governing meridians.
5. Tapping: EFT ([Emotional Freedom Techniques](#)) is a powerful, easy to learn energy technique that is easy to learn, works quickly and painlessly, allowing a child to feel calmer and focus more clearly. It is great for improving attention and enabling the child to feel calmer, more focused and relaxed. When doing EFT, we use many of the same meridians or energy sensitive areas on the skin as with traditional [acupuncture](#) only instead of using needles, we activate these spots by gently tapping on them with our fingertips while focusing on a particular emotion, problem or issue we wish to resolve or release.



EFT Short Cut Tapping Points

- First 'tapping' point. - Use three or four fingers and tap between the eyebrows.
- Second point. - Use two fingers of both hands and tap on the temple.
- Third point. - Use two fingers of both hands and tap on the bony part under both eyes.
- Fourth point. - Use two fingers of both hands and tap under the nose and under the mouth.
- Fifth point. - Use two fingers of one hands and tap on top of the head.
- Sixth point. - Massage the outside of both ears.
- Seventh point. - Used a closed fist to the chest just below and to the left of the throat for the collarbone spot. Can cross arms and tap both sides.
- Eighth point. - Tap under both arms. This is like giving a yourself a hug. Wrap arms around your body and pat under both arms about a palm width below the armpit.
- Ninth point - Tap the inside of each finger tips with opposite finger both hands.

Ball-A-Vis-x:

is a series of **B**alance/**A**uditory/**V**ision **eX**ercises, of varied complexity, all of which are deeply rooted in rhythm.

Exercises are done with sand-filled bags and racquetballs, sometimes while standing on a balance board.

In distilled essence, Bal-A-Vis-X enables the whole mind-body system to experience the natural symmetrical flow of a pendulum.

Bal-A-Vis-X requires focused attention, demands cooperation, promotes self-challenge, and fosters peer teaching. It is school friendly and just plain fun.



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Helpful Websites

Mindfulness for school aged children: <http://www.mindfulnet.org/page7.htm>

Ball A Vis x: <http://www.bal-a-vis-x.com/about.htm>

Integration Concepts: <http://www.integrationconcepts.net/breaththerapy.htm>

Brain Gym: <http://www.braingym.org/>

Luminosity: <http://www.lumosity.com/app/v5/personalization/memory>

Movement Based Learning: <http://www.movementbasedlearning.com/>

EFT (emotional freedom technique): <http://www.eftuniverse.com/>

Association for Comprehensive Energy Psychology: www.energypsych.org/

Helpful Books:

A Whole New Mind by Daniel H. Pink

The Brain That Changes Itself by Norman Doidge, MD

Smart but Scattered by Peg Dawson, EdD, and Richard Guare, Phd

Mindful Parenting: Simple and Powerful Solutions for Raising Creative, Engaged, Happy Kids in Today's Hectic World by Kristen Race

You're Smarter Than You Think: A Kid's Guide to Multiple Intelligences by Ph.D. Thomas Armstrong Ph.D. Ph.D

Parenting Without Power Struggles: Raising Joyful, Resilient Kids While Staying Cool, Calm, and Connected by Susan Stiffelman

At Wit's End: A Parent's Guide to Ending the Struggle, Tears and Turmoil of Learning Disabilities by Jill Stowell

Rethinking Homework: Best Practices That Support Diverse Needs by Cathy Vatterott

Mindful Parenting for ADHD: A Guide to Cultivating Calm, Reducing Stress, and Helping Children Thrive by Mark Bertin MD and Ari Tuckman PsyD

Mindful Discipline: A Loving Approach to Setting Limits and Raising an Emotionally Intelligent Child by Shauna Shapiro PhD and Chris White MD

The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind by Daniel J. Siegel and Tina Payne Bryson

Parenting in the Present Moment: How to Stay Focused on What Really Matters by Carla Naumburg by Carla Naumburg

The Mindful Child: How to Help Your Kid Manage Stress and Become Happier, Kinder, and More Compassionate by Susan Kaiser Greenland