



Classes for children & teenagers

Brain Gym Classes

Educators have addressed the dilemma of failure in our schools by devising programmes to better motivate, entice, and “stamp-in” learning. These programmes succeed to a degree. However, some children are still missing the boat. This certainly is not always a question of intelligence – not even of question of motivation either. In fact, some kids even try too hard!

Brain gym is directed towards ‘whole brain’ learning, it stimulates the development of neural pathways, in the way nature does: through movement! Babies and young children naturally perform what experts in early childhood education call developmental movements. These movements strengthen the neural connections which are essential to learning. The specific research that led to Brain Gym was started in 1969 by Paul Dennison, Ph.D. Dr. Dennison, who was then Director of California's 8 Valley Remedial Group Learning Centers, was looking for ways to help children and adults who had been identified as “learning disabled.” His research led him to the study of kinesiology, the science of body movement and its relationship to brain function. Dennison discovered ways to adapt and sequence these movements so they could be effective for older children and adults. The result is a system of targeted activities that enhance performance in many areas.

The system has been taught worldwide now and brain gym has been selected by the National Learning Foundation in the US as one of today's leading technologies for education. Paulina trained with Paul Dennison & Coby Schasfort, founder of the Hof van Axen, Holland's first kinesiology training centre. There are 26 exercises in total. During these group sessions she will teach all the basic ones related to reading, writing and some that are good to just release stress and prepare for exams, performances or other challenging events. Some simple stretching and breathing exercises are also introduced in these short courses.

Five 45 minutes sessions Tuesdays and Thursdays from 3.45 to 4.30 pm.

Group size: never more than 8 participants.

For further details, call the centre.

'Stand your Ground' - Assertiveness Classes for children and teenagers

It has become clear that a lack of assertiveness leads to feelings of inferiority, people pleasing and the failure to stand up for one's rights.

'Stand your Ground' is based on a successful Dutch programme that was used to teach assertiveness skills to children. In a playful yet sincere atmosphere we will look at body language, what to say or not to say in moments of conflict and find an answer to the question: “Why me?”

Two separate modules of five 90 minute sessions on Tuesdays and Thursdays from 4.45 to 6.15 pm. Check with Paulina to discuss and assess whether your child would fit in age and maturity-wise and with regards to the type of problems he/she experiences. There are new classes every two months.

Group size: never more than 8 participants

Both classes will be scheduled in such a way that they can be taken one after the other for those who wish to do so. There is a break of a quarter of an hour in-between.

The Tuesday sessions are intended for the 9 to 11 year old. The Thursday sessions will be for older kids.

All children will first meet Paulina to discuss their needs/wishes and find out whether they can see the benefits of attending such a group.

For more information contact Paulina.

- Being assertive means we can say no to others without feeling guilty
- Being assertive means creating boundaries so that our basic values and resources are protected