



# Rifka Schonfeld STRATEGIES

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TIPS ON SOCIAL SKILLS FOR ADULTS & CHILDREN

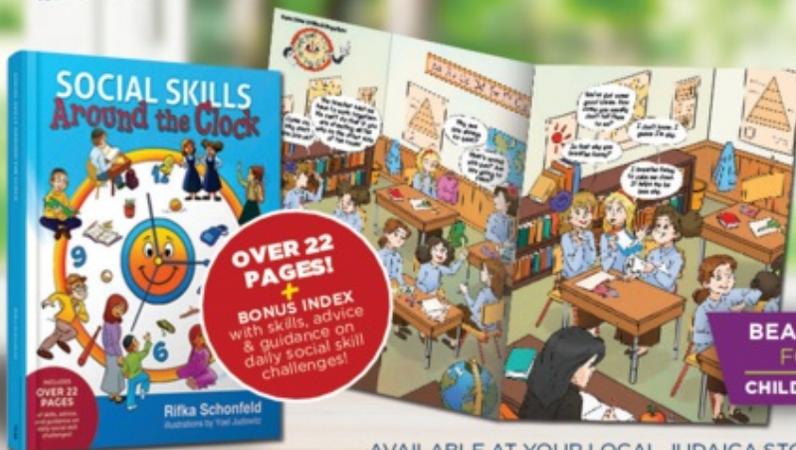
## Build a Super Brain

Dear Readers,  
This week's newsletter will discuss building a "super brain".

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## ANSWER:

**There's no question that there's a strong mind-body connection.** When we are stressed, our hearts beat faster, our palms sweat, and our faces get red. When we are excited, our bodies react in similar ways. What scientists are arguing lately, though, is that there are even more ways that our minds and our bodies are connected. And, if we harness that connection, we can have better memories, better attention spans, and overall train our minds to be "super brains."

These exercises, described as "super brain yoga," build connections between the left and right hemispheres of the brain. I have written in the past about Dan Siegel and Tina

Payne Bryson's book *The Whole Brain Child*. In their book, the psychologists and researchers argue that the more connected our bodies and brains are, the healthier and more effective we can be. They additionally write about the ways that parents can help turn difficult parenting moments into opportunities for growth. Much of their philosophy is connected to the idea that the brain performs best when its different parts work together – hence the idea of the “whole brain child.” The more integrated children's brains are, argue Siegel and Bryson, the happier and more successful those children will be.

In addition to suggestions from Siegel and Bryson, super brain yoga is a powerful possibility that requires very little training or individualization. The super brain yoga techniques are simple one-size-fits-all exercises that children and adults can do in order to connect the different hemispheres of their brains. The basis of the exercise is to face the sun, squat, position your tongue on the top of your mouth, cross arms, and hold opposite earlobes. Then, repeat! Of course, it takes time to master and begin to see the results, but many educators and researchers believe in it's ability to sharpen memory and attention.

If as Siegel and Bryson argue, the whole-brain person is smarter and more well-adjusted, why not give super brain yoga a try?



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