

# improving brain function with teaching instructions



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Why do we have dreams and what do they mean? These questions have for centuries been the subject of a debate that has recently become the center of a heated controversy.

The recent interest in how brain function affects learning has brought into focus the role of working memory, attention and executive function.

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Introduction. Educational Kinesiology, or Brain Gym, is an approach to learning that can be used at any level, from tiny physical movements directed.

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Understanding the Brain, takes you inside the astonishingly complex human brain and shows you how it works, from the gross level of its organization to the molecular.

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