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Smart Moves – Why Learning Is Not All In Your Head | Brain ...

Smart Moves – Why Learning Is Not All In Your Head by Carla Hannaford PhD. Deeply rooted in our culture is the notion that intellectual activity can somehow exist apart from our bodies, as if our body's role is simply to carry the brain from place to place so it can do the important work of thinking.

Smart Moves (Carla Hannaford book) - Wikipedia

In Smart Moves, Carla Hannaford describes how emotions and the physiological stress reaction can affect the everyday lives of both children and adults. She invents the term SOSOH (Stressed Out, Survival-Oriented Humans) for people with learning disabilities or attention difficulties.

Smart Moves: Why Learning Is Not All in Your Head: Carla ...

Carla Hannaford, Ph.D. is a biologist and award winning educator with more than thirty years of teaching

experience. Since 1988, she has been an internationally recognized educational consultant presenting lectures and workshops to thirty countries.

Brain Gym for Beginners - D nya Education

Smart Moves: Why Learning is not all in your Head Carla Hannaford Great Ocean Publishers 1995 Stressedout, Survival-OrientedHumans, Brain Gym can Improve: Reading, Spelling, Math, Comprehension, Handwriting, Writing Self Confidence, self esteem, coordination, communication Concentration and memory Overcoming hyperactivity and excessive daydreaming Stress release and

Brain Gym: Simple Brain Gym Exercises to Awaken the Brain ...

In Smart Moves, Carla Hannaford says, Brain Gym facilitates each step of the process by waking up the mind/body system, and bringing it to learning readiness. In our society today, we often see the body and the mind as separate and that movement has nothing to do with learning.