



Confidence! Concentration! Creativity !!!

GUIDE TO PARENTS



Must read
carefully



DEAR PARENTS,

We congratulate both of you on your child's graduation from KIDS BRAIN POWER as a Star. **You have made it possible and have given the best gift to your child.**

We have sown the seeds in the young minds so that they will go on to make the best lives for themselves and all the people they come in contact with. We urge you to nurture these young & ignited minds with love. They have expressed their dreams and desires. They have understood that they need to

1. Put in the necessary work in acquiring the knowledge and skills
2. Spend the time practicing the skills and putting the knowledge to use

They need your support & encouragement to make their dreams a reality.

Our effort has been to give your child the opportunity to experience a whole new dimension in terms of enhanced memory, concentration, creativity, perceptiveness, at the same time, instilling greater confidence in their everyday lives. This we believe, together with your unwavering guidance, will help nurture them into well-rounded and balanced individuals as they grow up.

Your personal copy of the parents guide will provide you with a wealth of information on "Igniting Minds" put together by our Research & Development Team. We trust that you will find the guide useful and informative.

We look forward to continuously working along with you towards getting your children become a Genius and shine as a Star in every area of their lives. We thank you for your support.

We wish you and your family great times together.

Warm Regards,

KIDS BRAIN POWER

India.

KIDS BRAIN POWER has been created with great love, care and values.
After a long research. What we are being expressed below:

Mission

To Activate the genius in every child & to provide earning opportunity for all

a intelligent, loving and innovative society of midbrain dominant children

Vision

To Contribute for a better future generation

Core Values

Trust & Integrity
Employee Engagement
Customer Focus
Respect

Objectives

- Facilitate achievement by providing necessary tools & techniques to individuals
- Strengthen relationships by sharing guiding principles & perspectives and creating supportive environment
- Foster community development by inculcating eternal values in each individual

We encourage you to

1. Appreciate the child by catching them doing things right.
2. Practice the Brain Gym with them. Make it fun.
3. Observe your child for the improvements (however tiny they are in the beginning, they will be astounding in near future)
4. Share your observations with us.
5. Approach us for any help you need mail us on kidsbrainpower99@gmail.com
6. Look forward to seeing you again in our future workshops.

How we are different from Conventional Learning?

- MidBrain Activation is an **activity based on the different types of brain waves in a systematic and synergized pattern by scientific method.**
- Children will be given the opportunity to do activities of **Beta, Alpha and Theta** level vigorously throughout the Workshop.
- Conventional school emphasizes predominantly on Beta waves and neglects the importance of alpha and theta wave learning environment which are far more conducive.

Effect of Music On Brain

scientists have found that music stimulates more parts of the brain than any other human function.

Man has physic and spirit. What distinguish between living human and the dead one is the spirit (energy) existing in his/her body. As long as the energy is there, the man remains alive.

Similarly, human brain, it doesn't only have physic but also energy (wave). This wave is called a brainwave.

The Influence of Music on Neurons Anisha Chirmule Luciano Pavarotti once said "if children are not introduced to music at an early age, I believe something fundamental is actually being taken from them".

When an infant is born, there are billions of nerves and nerve connections in the brain that are necessary for survival. These neural connections are formed through experiences and strengthened through repetition. An infant is exposed to new situations everyday that affect the nerves in their brain, and once these connections are formed it is very difficult to reverse or rewire them.

Music is a stimulus that needs to be processed by the brain because we have receptors for sensing and reacting to music. The act of processing this stimulus influences the neural connections in the brain and therefore affects other neural connections which in turn affect the outputs of the body. The Mozart effect is a phenomenon that states when an individual listens to short bursts of music, their intellectual and motor abilities increase and become more efficient.

It has a profound effect on young children because their minds are still developing at a rapid rate and their neural pathways are easily influenced. The music composed by Mozart has a 60 beat per minute pattern that is repeated throughout his pieces. This pattern activates the action potentials in the right and left hemispheres of the brain and it strengthens the connections between the neurons that connect the two halves.

Strengthening of the neural connections leads to more efficient information processing because the brain must concentrate on comprehending multiple stimuli and it therefore becomes capable of multitasking. The ductility of an infant's brain must be utilized to its fullest potential, because unused nerves are rendered useless.

According to authors Joseph M Piro and Camilo Ortiz from Long Island University, USA, data from this study will help to clarify the role of Listening music on cognition and shed light on the question of the potential of music to enhance school performance in language and literacy.

Dr Fujioka Says: "The assignment to musical training is associated with improvements in IQ in school-aged children. Our work explores how musical training affects the way in which the brain develops. It is clear that music is good for children's cognitive development and that music should be part of the pre-school and primary school curriculum."

The next phase of the study will look at the benefits of musical training in older adults.”

Recent studies have shown music study to cause greater physical development in the brain, and up to 27% higher math, 47 points higher SAT and 46% higher IQ scores. It has also been shown to have a strong correlation with improved reading and test-taking skills, better behaviour, decreased anxiety, and higher grades in school.

Researchers in the field of neurologic rehabilitation have described parallel results. They found that the brain changes in structure and function as a result of Listening, learning, training, Music and environmental influences. Exposure and experience will create new and more efficient connections between neurons in the brain in a sort of “rewiring” process.

Right Brain Vs Left Brain

The Right Brain

According to the left-brain, right-brain dominance theory, the right side of the brain is best at expressive and creative tasks. Some of the abilities that are popularly associated with the right side of the brain include:

- Recognizing faces
- Expressing emotions
- Music
- Reading emotions
- Colour
- Images
- Intuition
- Creativity

The Left Brain

The left-side of the brain is considered to be adept at tasks that involve logic, language and analytical thinking. The left-brain is often described as being better at:

- Language
- Logic
- Critical thinking
- Numbers
- Reasoning

RESEARCH ON HOLISTIC LEARNING (IDEAL STATE)

During the blindfold activation, a child learns how to enter the condition of meditative in order to be able to “see” with eyes closed.

The term “genius” here doesn’t mean someone with IQ above 130, rather, it’s the condition that if we are able to decrease the brain wave down to alpha-theta, our brain will function optimally.

Left Brain is believed to operate at Beta wave frequency (14 - 30 hertz cycles per second). This is the brain we are most familiar with, having developed this brain in traditional academic settings.

Right Brain, the image brain, is believed to work at Alpha wave frequency (8 to 13 hertz cycles per second). It is associated with a creativity, images, music and also relaxed alert state of mind such as in meditation.

The Mid Brain, is believed to „act as a bridge between our Left and Right Brain. Having an active Mid Brain, we believe, will „widen the channel of communication between the left and right brain resulting in a more balanced use of „Whole Brian.

So, how can you awaken the mid brain again? One of the most effective ways to activate the mid brain is to use sound waves. In our MidBrain Activation we let your kids have lots of fun! Yes! Tons and tons of fun.

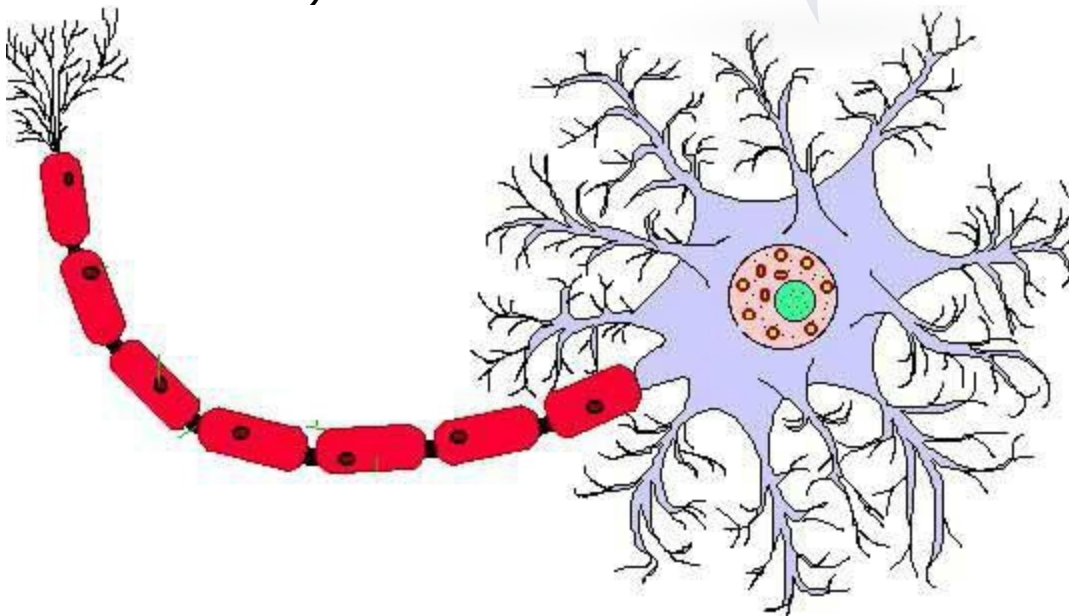
Through play and fun , your kids brain will be more relaxed, and feel more secured with the environment they are in. Under this excellence state, they response better to our proprietary sound wave.

Our brain consists of a complicated network of neurons, the fundamental „high ways used to transfer information...

Before activation of brain (neurons before stimulation)



After activation of brain (neurons after stimulation – higher density and more active)



After stimulation – sharper mind and quicker thinking ability !!!

Practice Routine :

1. Drink Water
2. Breathing
3. Warm-up
4. Eye-ball Exercises
5. Blindfold Play

We recommend you to play with your children for 15 to 30 minutes a day. Dance with them, laugh with them and encourage them.

Breathing

1. Take 10 slow deep breaths with hands on the belly.
2. Power Breathing: Take a slow & deep breath as possible. Hold the breath as long as possible. Exhale completely & as slowly as possible. Hold the breath. Repeat the process 10 times.
3. Super Brain Yoga : Do super brain yoga for 2 minutes daily to improve memory as per instructions given in DVD.

Warm-up

The purpose is to improve blood flow as well as to maintain and improve the flexibility in all of the joints in the body. Therefore, first gently rub your palms all over the body and then move every joint in all possible directions (Front & Back – Up & Down – Left & Right – Clockwise & Anti-clockwise rotation). Do 10 repetitions of each movement.

1. Start with palms and wrists
2. Elbows
3. Shoulders
4. Neck
5. Hip
6. Knees
7. Ankles

You can add stretching exercises & Chicken Dance to bring in fun elements.

Eye-ball Exercises

Our eyes are one of the most important organs of our body but yet the most neglected in terms of giving them right exercise systematically. This is mostly due to the lack of awareness that eye exercises exist. Eye exercises are essential as they release strains that we put on our eyes from daily activities such as TV watching, working on a computer, reading etc. The eye exercises we have put together will help develop the nine-tenth of the unused optic nerves.

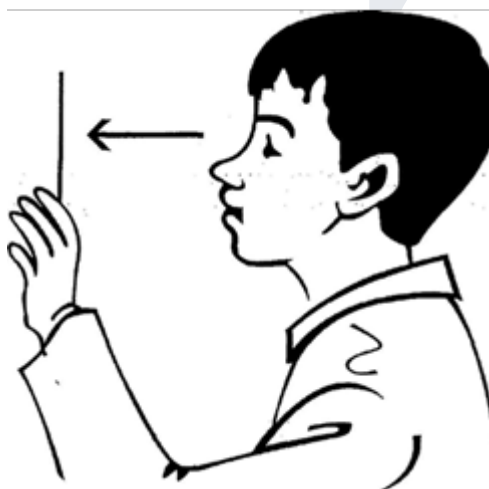
In this module, we will learn different kinds of eyes movements. The movements are illustrated in the pictures for easy reference. These exercises will activate your optic nerve and as a result strengthens your eyesight.

- ✚ Do not move your head, only eye balls should be moved
- ✚ Eye ball exercises are very important, so be sure to do these simple exercises everyday.

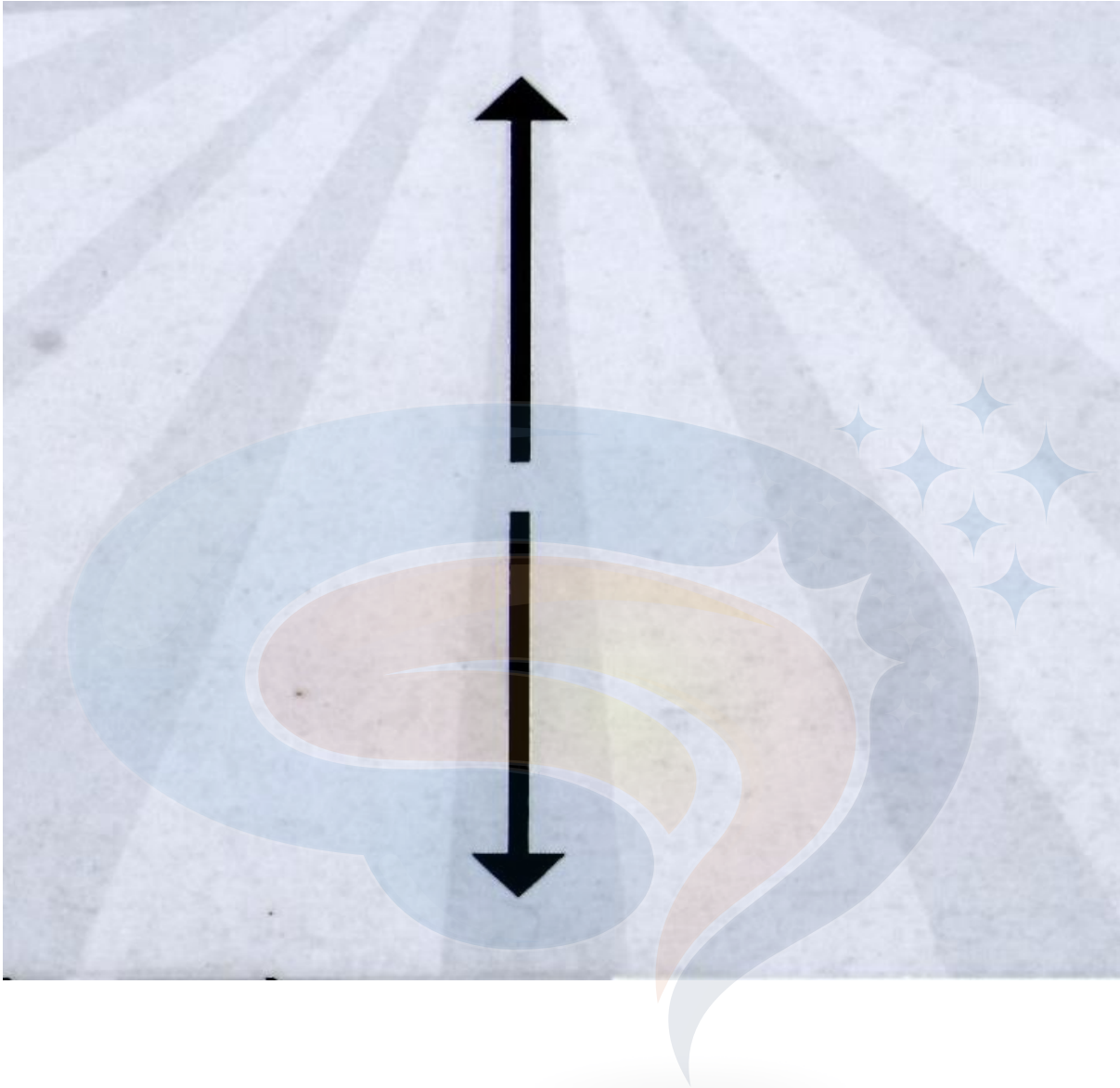
Safety Precaution: To avoid injury to the eye, please remove contact lenses before proceeding with any of the eye ball exercises.

Important Recommendations:

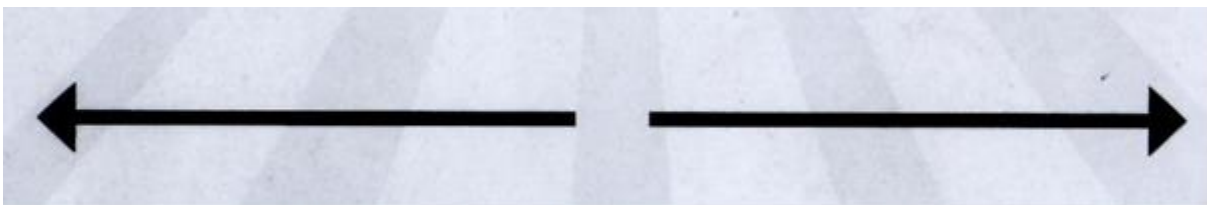
1. Before performing these exercises, close your eyes and take three deep breaths to let your mind and body relax.
2. Some of these exercises only take 1 minute to complete.
3. Move your eye balls along the lines and remember to relax while doing the exercises.
4. The Correct Method of Training: Keep your eyes to the middle of the teaching materials.



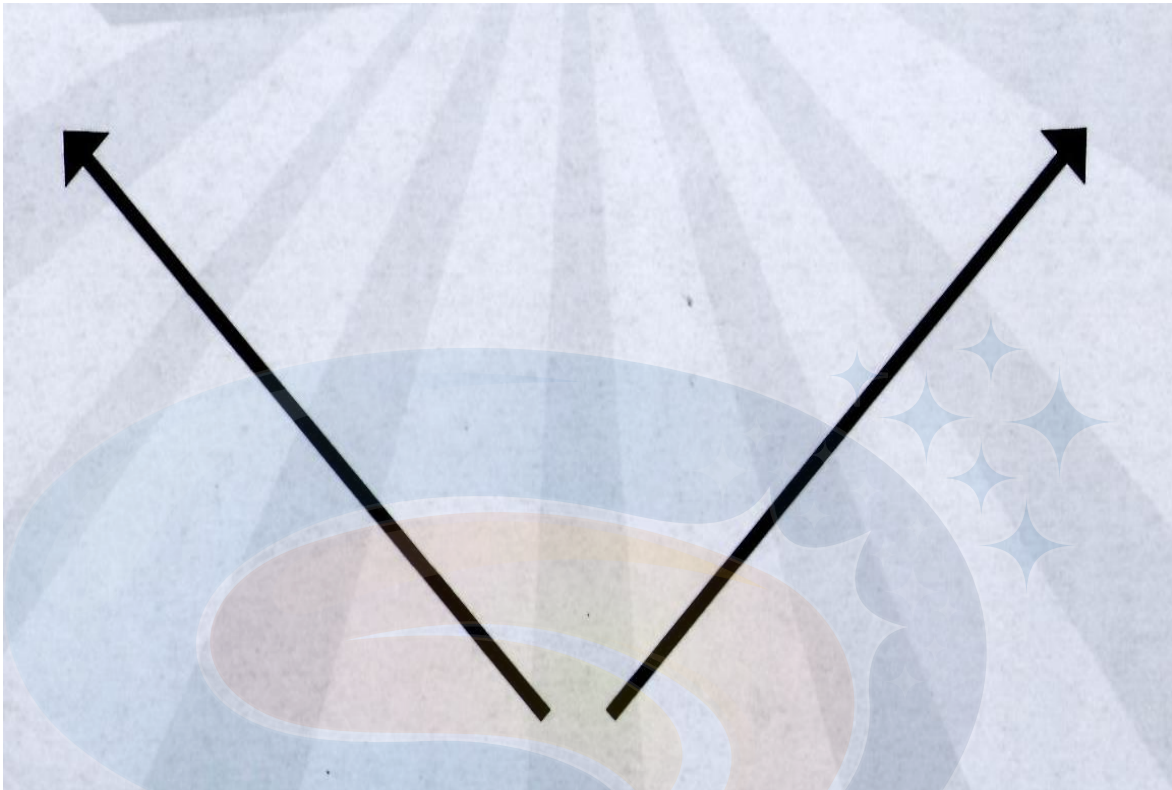
Eye ball Exercises (UP-DOWN)



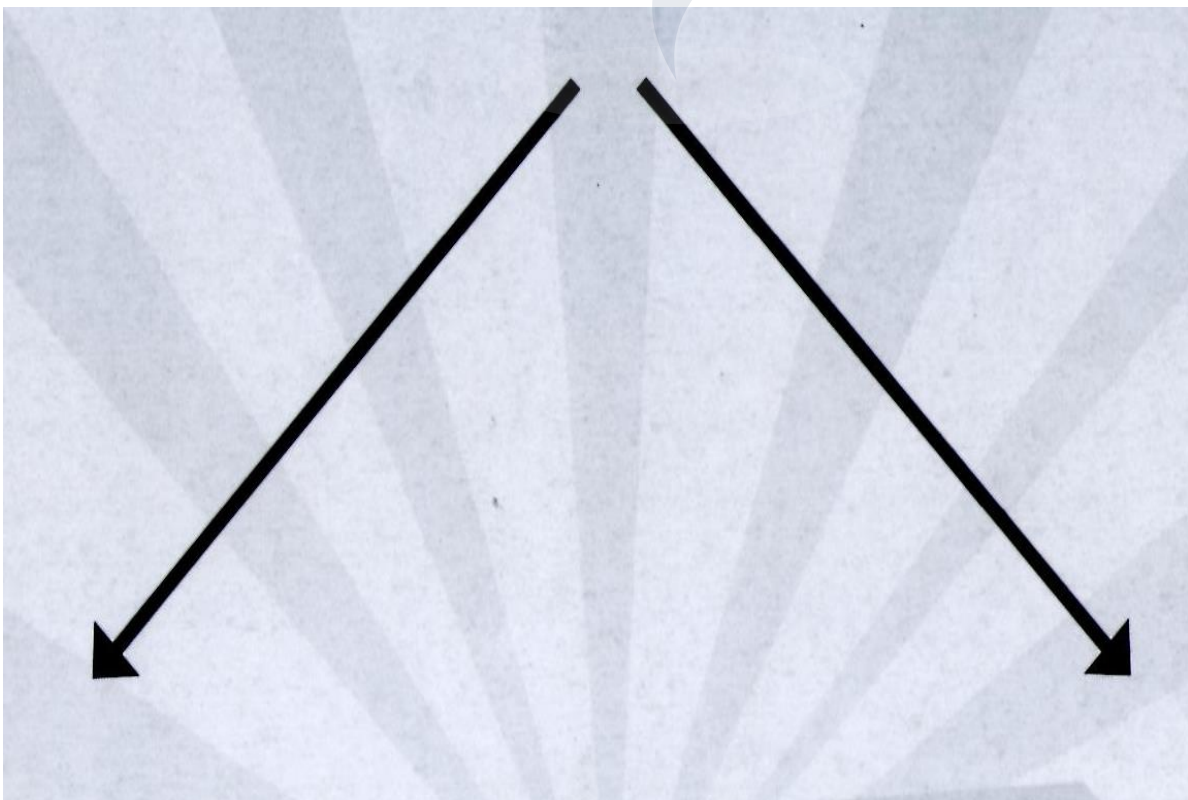
Eye ball Exercises (Left-Right)



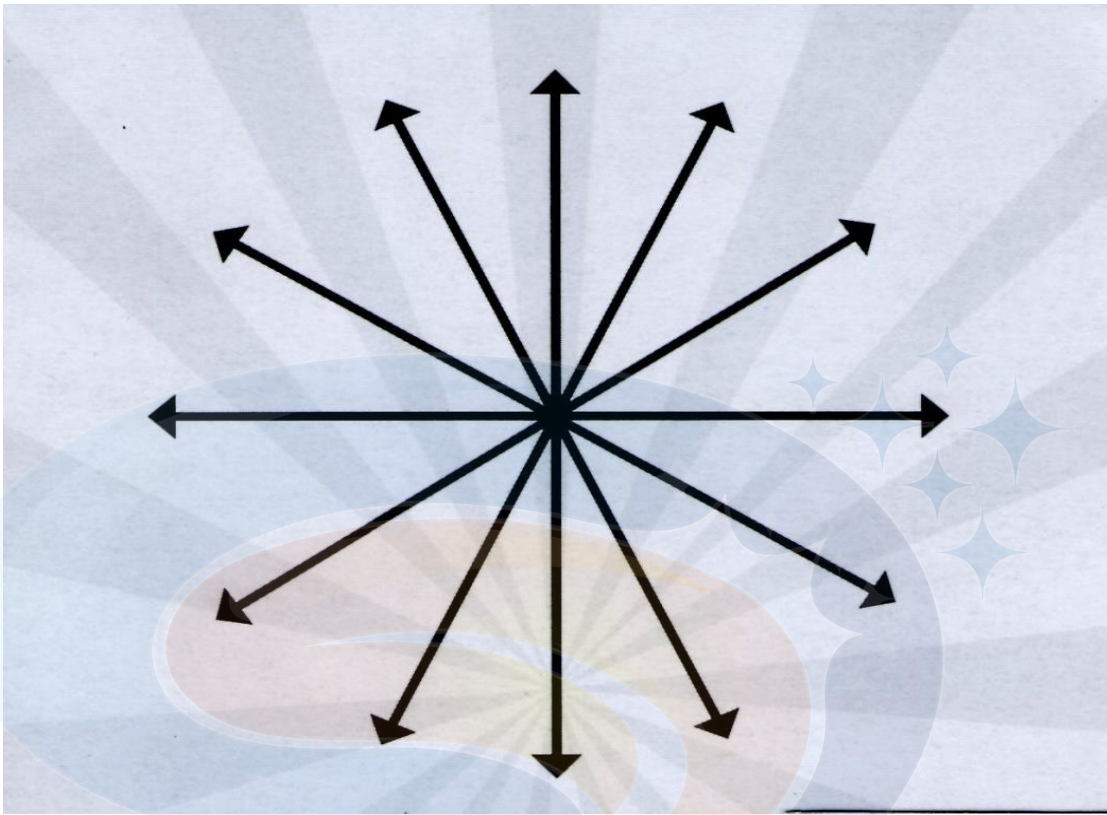
Eye ball Exercises– Upward Slant



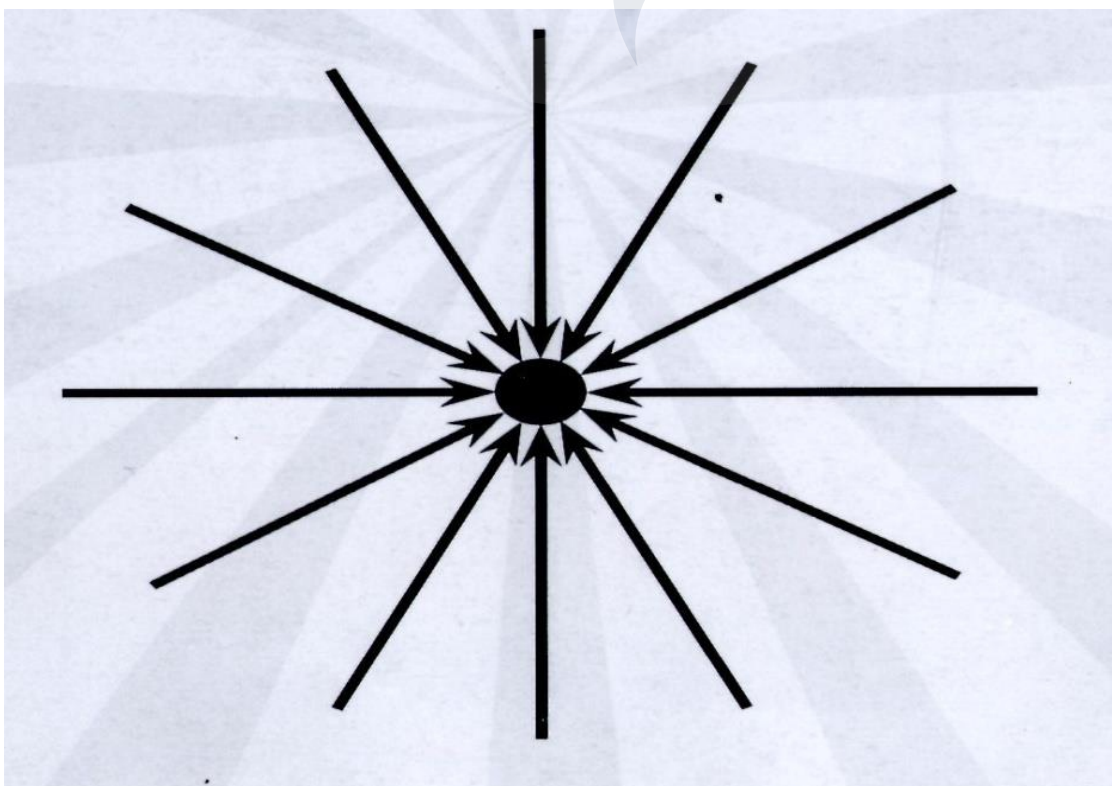
Eye ball Exercises– Downward Slant



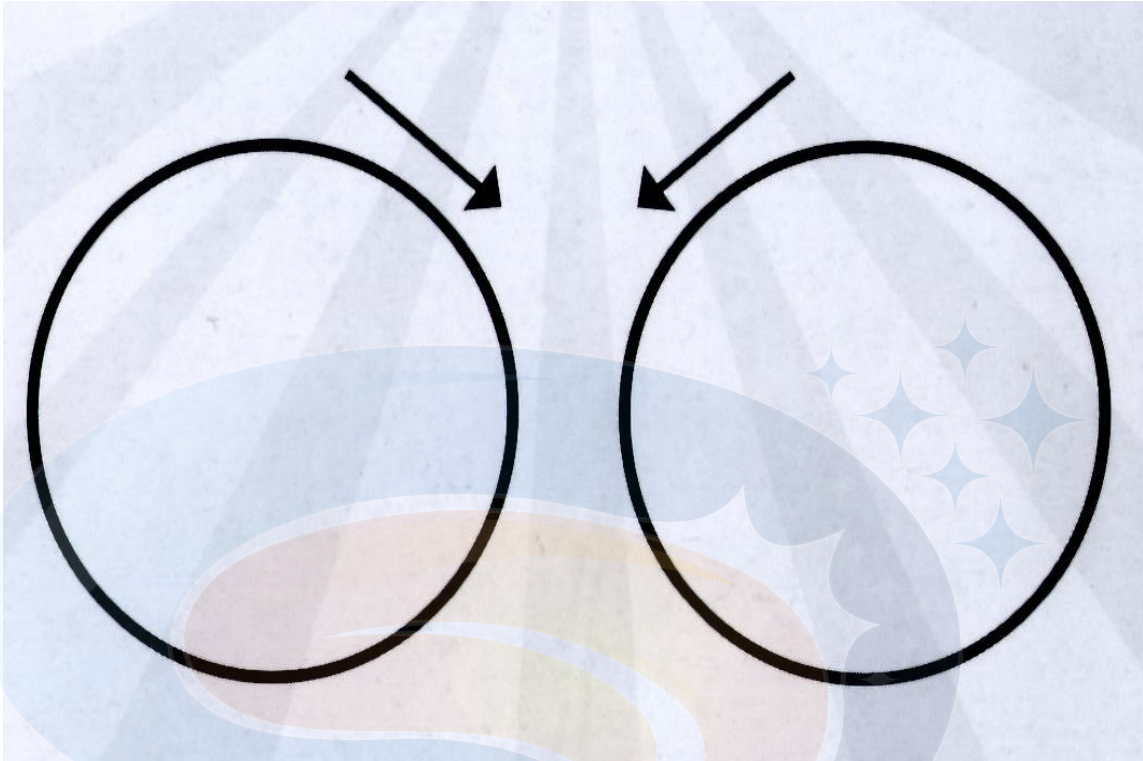
Eye ball Exercises – Centre to Periphery



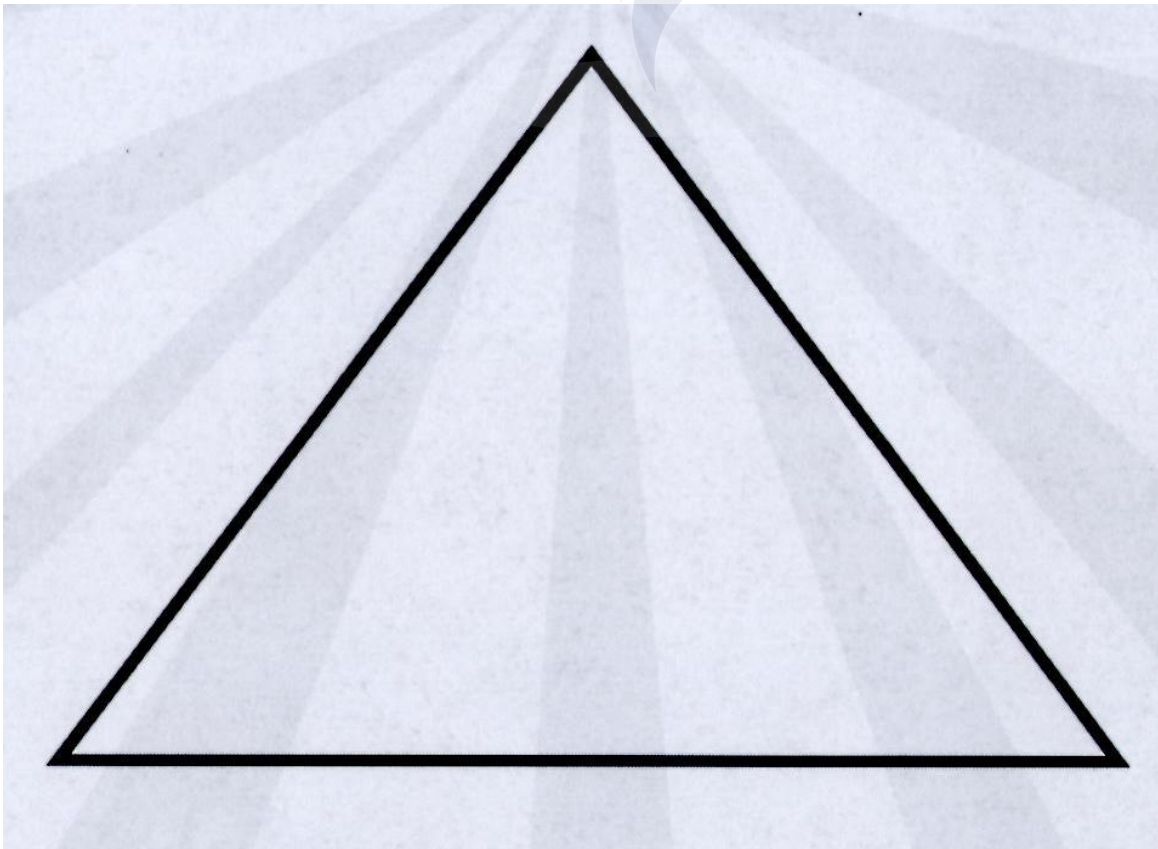
Eye ball Exercises – Periphery to Centre



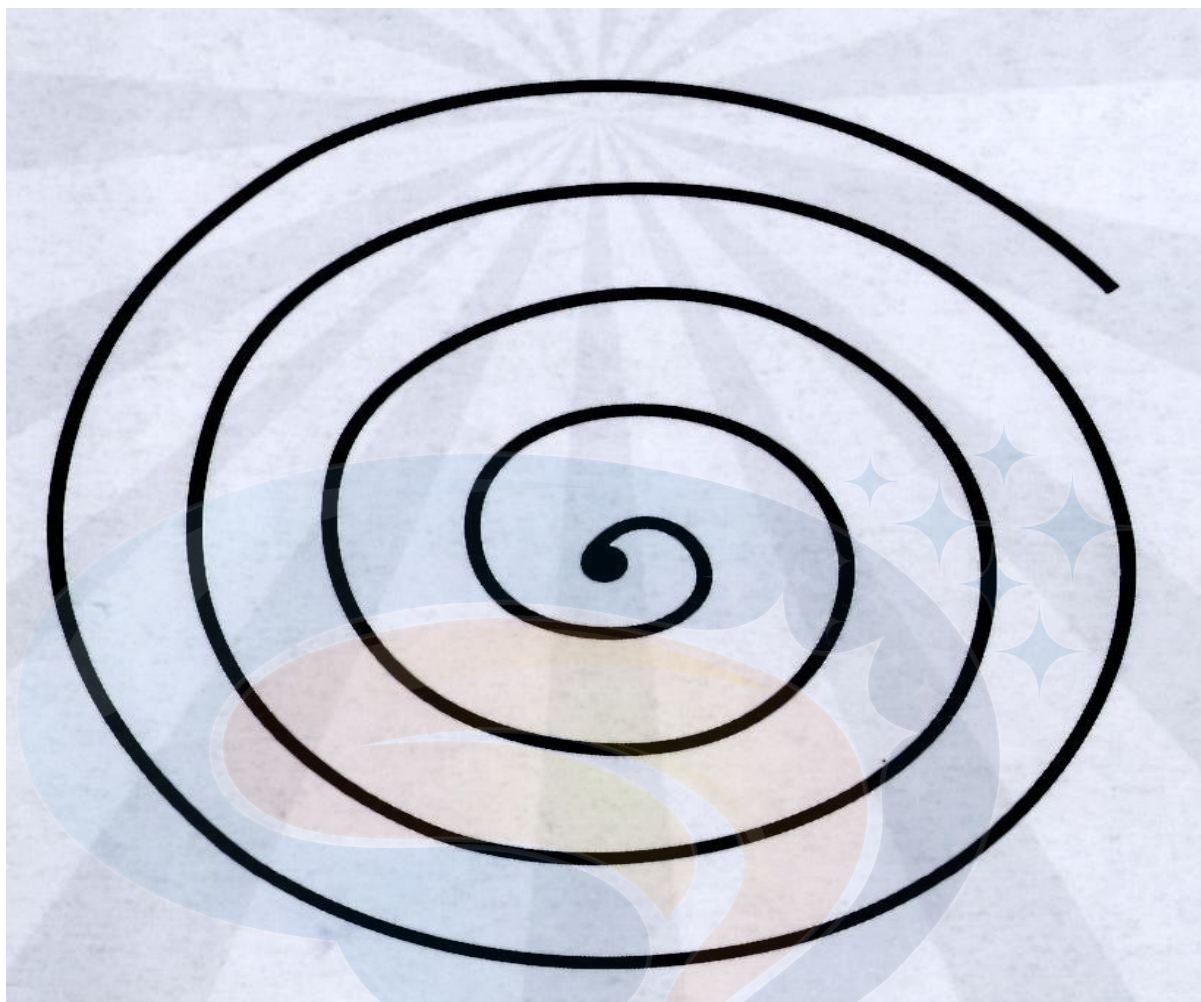
Eye ball Exercises – Circling



Eye ball Exercises – Triangle Shape

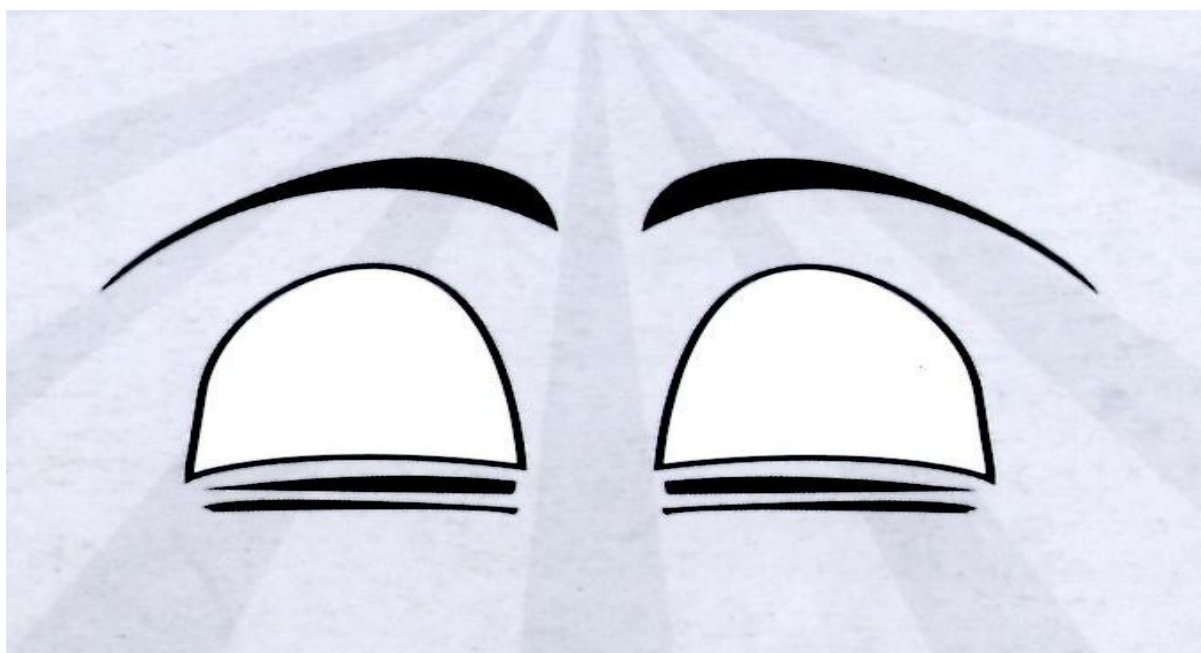


Eye ball Exercises - Spiral



Eye ball Exercises – The Final

Close the eye ball gym by closing the eyes as tight as possible, with full power. Keep it that way for about 10 seconds and then open the eyes slowly. Eye ball exercises are very useful and help you read faster.



Blindfold Practice

Blindfold Play :

- Have fun – play in a happy mood.
- If not in the mood, don't force, look for ways to have fun.
- Don't stress, don't try too "Hard".
- First get child into "Ignited Mind" state (Joyous & Alert).

- 🎨 What should you say before putting on blindfold?
- 🎨 What is the posture?
- 🎨 If unsure whether the eyes are closed, what should you ask?
- 🎨 What is that you should remind your child at all times?

"Close your eyes please"
and Upright, sit upright
Are your eyes closed?
Take a Deep Breath!

Be encouraging. Be slow and steady – Do not rush the child

- Very good or Just Relax.
- Right or wrong does not matter.
- Just try your best.
- You are very smart / I am proud of you...

Giving a card to the child :

Who should be holding the Card? -- The child, unless he/she has developed very strong abilities.

How should you respond after the answer is given? – Very Good

Does it matter if it is right or wrong? -- No, it is the effort they put in that matters.

OBSERVE YOUR CHILD

Can you observe any of (but not limited to) the following improvement/changes over time?

- Studies
- Sports
- Concentration
- Memory
- Behaviour (e.g. tidiness/proactive/shyness/maturity/determination, etc.)
- Comprehension
- Expressiveness
- Sleep
- Temperament
- Hand–Eye Coordination
- Creativity
- Music
- Board games
- Other hobbies

Please share your observations with us. Contact us if you face any challenge.

10 Secrets of Success We Have Shared With Your Child.

1. Know What You Want– Dream Big
2. Be Happy – Feeling Good is the Main Thing
3. Persistence – There are no failures, only feedback
4. Positive Thinking – Give only Positive Inputs
5. Respect Others & Work as a Team
6. Right Practice – Do things the right way and then practice repeatedly to be perfect
7. Create the future you want – Use Affirmations
8. Be Healthy–My health is My Responsibility
9. Attitude of Gratitude
10. Goal Setting

ALL THE BEST FOR YOUR BRIGHT FUTURE



Confidence! Concentration! Creativity !!!

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