



BODY

Brain & Move

In NENOOS we believe that learning and movement go hand in hand; moving comes naturally to all children and this is how they discover and get to know the world. Through our experience, we have created a programming with its own entity which is rooted on different methodologies (psychomotor skills and yoga), and which we have called BRAIN & MOVE.



BRAIN & MOVE consists of positions and movements, which activate the gross and fine motor areas of the brain to the maximum in a controlled, consistent and contralateral manner, stimulating the overall balance of brain and body and the processing of information in the frontal lobe. This routinely activation of the motor cortex develops neural networks in the rest of the frontal lobe and in the rest of the brain, in both hemispheres simultaneously. We know this represents a great help to build the required mechanisms that ensure learning ability during lifetime and the involved brain functions, such as concentration, reading comprehension or memory.

BRAIN & MOVE is a practical and dynamic program that promotes the optimal functioning of the two cerebral hemispheres and improves the connections between brain and body through movement. "Learning problems" occur when information does not flow freely between the different functional centres of the brain. Through continued practice, we encourage the free flow of information and the achievement of improvements in areas such as reading, writing, language and numerical skills as well as, of course, relaxation, motivation and joy in learning.

We exercise through BRAIN & MOVE without losing sight of the fun! Sometimes, practice takes place through popular games in which we incorporate the movements, some other times through choreography, or sometimes we can design workouts for masterminds or tales and stories that they themselves develop and represent.



In our Body dimension, we are committed to the following principles:

- 1. WE ALL LEARN AT DIFFERENT RATES.** In order to rescue this ability each person must find his or her own natural pace of learning, thus regaining a consistent and relaxed functionality.
- 2. ATTENTION FOLLOWS THE INTENTION.** Actual learning only occurs when an area of personal interest towards what we are learning is created.
- 3. FIXING POSITIVE LEARNING.** Our brain develops and improves with each new experience and quickly incorporates those lessons that have contributed positively.
- 4. CONSCIOUS MOVEMENT IS LEARNING.** Growth is a search for a balance between those things we know and that which implies a challenge for us. Therefore, it is necessary to move consciously towards the challenges posed by learning.

Benefits of BODY

The physical practice through our Brain & Move methodology provides the following benefits to our classes:

- Awareness about body care and the value of movement.
- The continued practice helps to calm the nervous system.
- It promotes the game and the joy of learning.
- It develops strength, balance, coordination, resistance and flexibility.
- It improves reading, language and writing.

