

## Recreational Rhythm

**Department:** Counseling and Recreation

**Priority:** Elective class

**Overall purpose of class:**

This class combines the exercises of Brain Gym, also known as educational kinesiology, with music and circle activities that have traditionally been a part of the Center's curriculum. Exercises are performed which were designed to improve learning and perceptual motor function. Different parts of the brain are accessed motorically and used to improve the learning process. The goals of the class are to enhance:

- self-esteem
- motivation
- ability to identify and avoid stress
- awareness of and respect for one's own intelligence, body and personal space

**Number of classes held per week:**

Two times per week

**Optimum class time:**

Any time is appropriate

**Instructor requirements:**

One recreational specialist

**Number of students:** 20

**Student ability range and limitations:**

All levels of students can participate.

**Space and Equipment requirements:**

Large space that can accommodate 20 students with room to move and room for wheelchairs

**Student Needs to be met from the perspective of the instructor:**

Students needing perceptual skill development and practice are encouraged to include this course in their schedules.

**Typical Student Goals that lead to placement in the class:**

Students may request this class who enjoy movement and want to increase perception while having fun!

**Suggested Lessons and Activities:**

Activities are based on **Brain Gym** activities.

Brain Gym activities are copyrighted materials. More information

is available at [www.braingym.org](http://www.braingym.org).