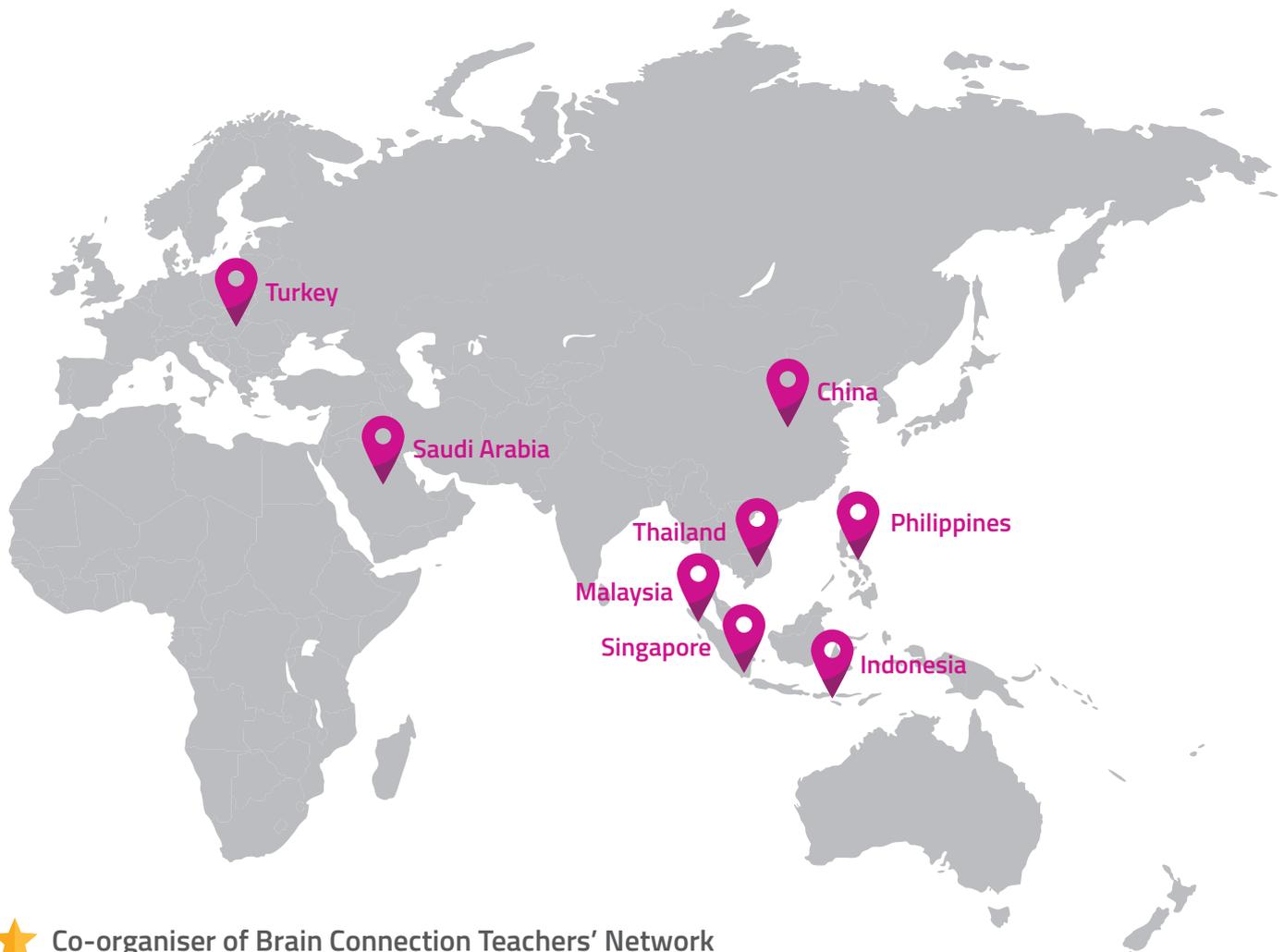


SMART Workout®

PROFESSIONAL DEVELOPMENT

As a brain fitness specialist since 2001, BrainFit® has been actively involved in parent education and teacher training on topics related to brain fitness and cognitive skills for the past 18 years. This is in addition to the cognitive training programmes delivered in over 20 BrainFit Studios and over 50 partner schools in Asia, the Gulf Region and Europe.



- ★ Co-organiser of Brain Connection Teachers' Network
- ★ Partner of LEAP Lab NTU, Singapore
- ★ "Best Cognitive School", Little Magazine, 2015
- ★ "Franchise Quality Mark", Singapore Franchise Training School, 2015
- ★ "Top International Value-Added-Representative", Scientific Learning Corp 2018, 2012-2014, 2006-2008



SMART Workout®

PROFESSIONAL DEVELOPMENT

PROFESSIONAL DEVELOPMENT FOR SCHOOL TEACHERS & ADMINISTRATORS



Recent research has revealed that cognitive skills like memory, attention and processing speed are distinctively different from, yet foundational to academic skills. This professional development series is specially designed to help educators understand the relationship between cognitive skills and learning outcomes, as well as to implement brain-based learning strategies in the classroom.

Teachers and schools can choose from the topics presented here or speak to us to customize a programme relevant to the needs of your school, from short one-hour introductory workshops to our full 15-hour "Certified Brain Fitness Coach" professional development programme.

TESTIMONIALS

Very comprehensive and detailed session. Hands-on activities were very good.

Really enjoyed the short activities. They help us teachers understand our own brain.

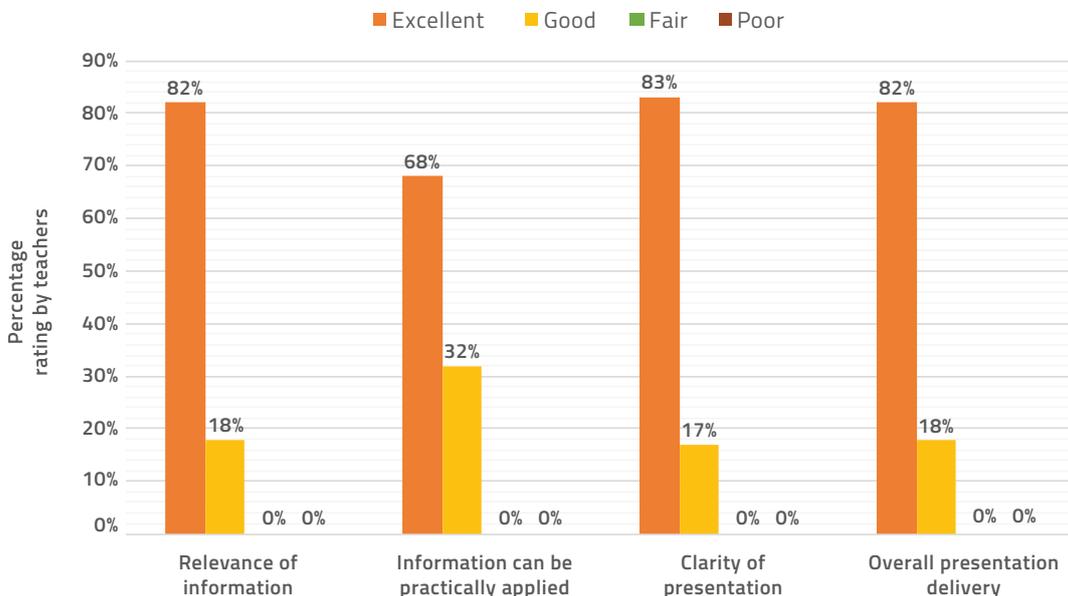
A well-paced introduction to brain-based training.

The highlight of the training for me was the application of cognitive exercises and hands-on physical activities in the classroom.

The best part of the session - the design of a brain-based learning environment.

Very clear and concise. Great and relevant presentation.

100% of teachers who attended our workshops rated them as "Excellent" or "Good".



PROFESSIONAL DEVELOPMENT TOPIC 1:

NEUROSCIENCE 101 - UNDERSTANDING YOUR LEARNER

“ *“We have learned more about the brain in the past 5 years than in all of human history combined.”* **”**
Dr Eric Kandel, Nobel Laureate in Medicine, 2010

Attend this session to:

- Understand why learners differ so greatly in their abilities to learn and perform.
- Uncover new insights into our brain and how it affects learning and classroom behaviours.
- Learn about neuroplasticity or the ability of our brain to rewire through life.

Variations in learning abilities exist due to differences in how our brains process information. Imagine different regions of the brain like cities, connected by roads. If these roads are superhighways, traffic moves rapidly and smoothly from one city to another, helping us to learn quickly and perform well. Learn about the latest neuroscience research on how these “roads” can be paved into superhighways to accelerate learning in our students.



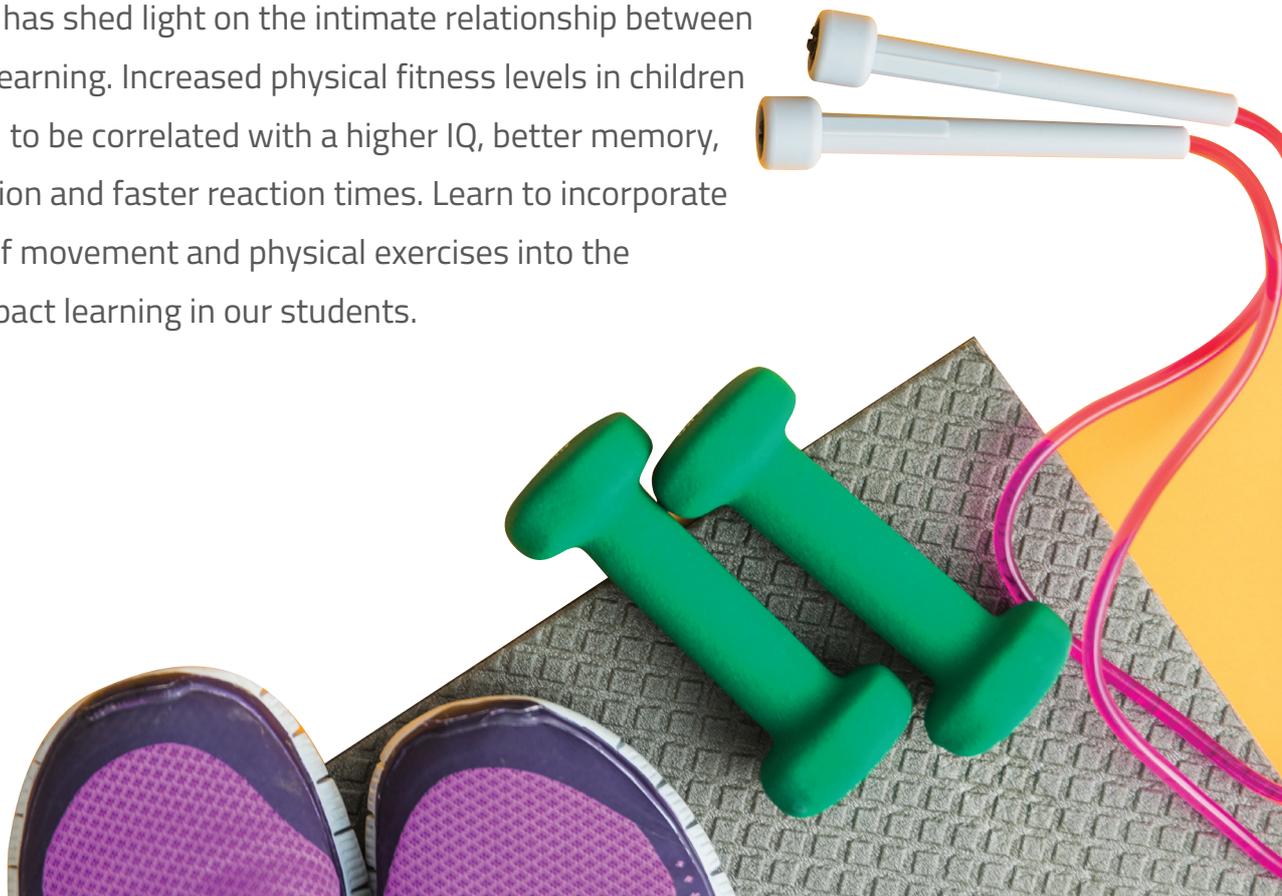
PROFESSIONAL DEVELOPMENT TOPIC 2: USING MOVEMENT TO IMPACT LEARNING

“Exercise is the single best thing you can do for your brain in terms of mood, memory and learning.”
Dr John Ratey, Author of SPARK: The Revolutionary New Science of Exercise and the Brain

Attend this session to:

- Understand how exercise affects cognition, behaviors and learning.
- Learn about the best types of exercise to enhance learning abilities.
- Experience exercises which impact both sensory-motor and cognitive processing.

Recent research has shed light on the intimate relationship between movement and learning. Increased physical fitness levels in children have been found to be correlated with a higher IQ, better memory, increased attention and faster reaction times. Learn to incorporate different types of movement and physical exercises into the classroom to impact learning in our students.



PROFESSIONAL DEVELOPMENT TOPIC 3: STRATEGIES TO DEVELOP ATTENTION AND FOCUS FOR LEARNING



“According to a study by Microsoft, the average human being now has an attention span of eight seconds. This is a sharp decrease from the average attention span of twelve seconds in the year 2000.”

Time Magazine, 2015



Attend this session to:

- Understand how the brain pays attention.
- Uncover the reasons why some students focus easily while others struggle to pay attention.
- Learn practical classroom strategies and exercises to help students pay attention.

Our ability to pay attention is a skill. Both adults and children are having an increasingly difficult time paying attention and sustaining attention, contributed in part by our modern lifestyle of heavy screen time and social media use. Our ability to pay attention is dependent on many brain regions working well together. Understanding this, and how we can strengthen our attention “brain muscles” can set us on a path to improve our students’ attention and focus.



PROFESSIONAL DEVELOPMENT TOPIC 4: STRATEGIES TO DEVELOP MEMORY AND RECALL



"That which is learned with difficulty is better retained..."

Hermann Ebbinghaus, Psychologist, Pioneer of Memory Research



Attend this session to:

- Understand the different types of memory.
- Uncover the relationships between memory and critical/ creative thinking.
- Learn practical classroom strategies and exercises to help students remember better.

There are many types of memory and most people are aware of short-term and long-term memory. However, more recently, working memory has been found to have a deep impact on academic performance and intelligence. Learn about the different types of memory, how different memory strategies work, and the use of working memory exercises to help our students improve their learning and recall.



PROFESSIONAL DEVELOPMENT TOPIC 5: STRATEGIES TO DEVELOP INTRINSIC MOTIVATION



"The three things that motivate creative people - autonomy, mastery, purpose."

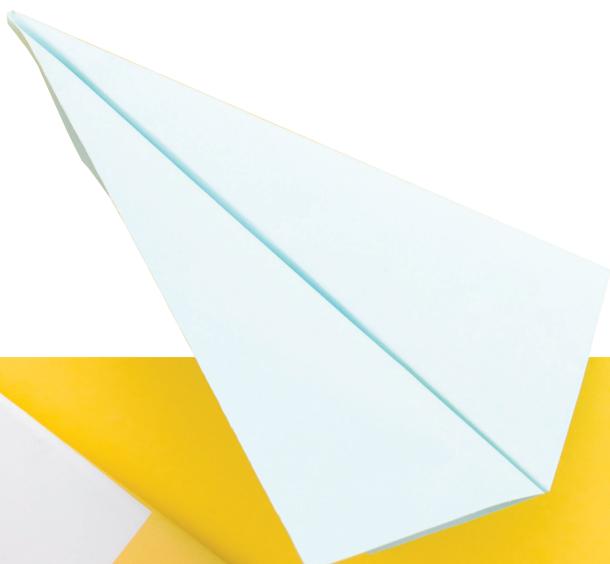
Daniel Pink, Author and Journalist



Attend this session to:

- Uncover the real reasons behind how brains become "lazy", "uninterested" and "unmotivated".
- Understand the 3 key factors underlying the development of enduring intrinsic motivation in students.
- Learn practical classroom strategies to help students build a self-motivated brain.

Babies as young as 9 months have been found to have different interest and motivational levels towards different types of toys (eg. blocks). When their brains were scanned, scientists discovered how differences in specific regions of the babies' brains were contributing to these varying levels of motivation. Learn how to use the 3 "M"s - mastery, mindset and meaning to develop enduring intrinsic motivation in our students.



PROFESSIONAL DEVELOPMENT TOPIC 6:

STRATEGIES TO DEVELOP THE LANGUAGE AND READING BRAIN



"What scientific research tells us is that the ability to read is one of the most complex skills we can learn in our lifetime."

Dr Paula Tallal, Rutgers Board of Governors Professor of Neuroscience.



Attend this session to:

- Uncover the 6 brain "must-haves" to master reading.
- Understand the relationships between auditory processing, language and reading.
- Learn about neuroscientific applications which have been developed to accelerate the cognitive skills critical for reading mastery.

According to extensive research, the reading skills of phonemic awareness, phonics, fluency, vocabulary and comprehension as well as the cognitive skills of memory, attention, processing and sequencing are critical for fluent reading. Learn how the latest in reading technology can be used to complement teachers' reading instruction and help accelerate students' reading abilities through the building of these core skills.



PROFESSIONAL DEVELOPMENT TOPIC 7: STRATEGIES TO DEVELOP MATH BRAIN



"Math is like going to the gym for your brain. It sharpens your mind."

Danika McKellar, Author, Education advocate



Attend this session to:

- Uncover the 4 critical stages in a child's Math brain development.
- Understand "embodied cognition" and gain insights into the relationship between our body sense and Math learning.
- Learn practical classroom strategies and exercises to help students strengthen their Math brain.

Researchers studying the Math brain found that the ability to excel in Math requires multiple brain areas to work together effectively in a network. Children are born with an innate "number sense" where advanced Mathematical thinking is built upon. Discover how to strengthen the various cognitive processes such as number sense, spatial awareness, working memory and automaticity to impact outcomes in Math learning.



PROFESSIONAL DEVELOPMENT TOPIC 8:

BRAINFIT[®]'S GROWTH MINDSET & EMOTIONAL REGULATION CURRICULUM



"Picture your brain forming new connection as you meet the challenge and learn. Keep on going."

Dr Carol Dweck, Professor of Psychology at Stanford University



Attend this session to:

- Gain comprehensive understanding of the complete scope of BrainFit[®]'s growth mindset and emotional regulation curriculum for the classroom.
- Learn how to apply these simple-to-use videos and resources to help students develop stronger growth mindsets, emotional regulation skills and mental resilience in the face of life challenges.
- Build mindset and mindfulness development sessions into the classroom.

Our brain is like a muscle, which can be strengthened through exercise and practice. From our abilities to learn, remember, pay attention and move, to the control of feelings and self-talk in our minds, students learn about how their own powerful "CPU" work. Having an understanding of their brain and how it behaves like a muscle is a key element in developing a growth mindset in our students.



PROFESSIONAL DEVELOPMENT TOPIC 9:

BRAINFIT[®] COGMAP[™] PROFILING – COGNITIVE SKILLS ASSESSMENT



"Knowing yourself is true wisdom. Mastering yourself is true power."

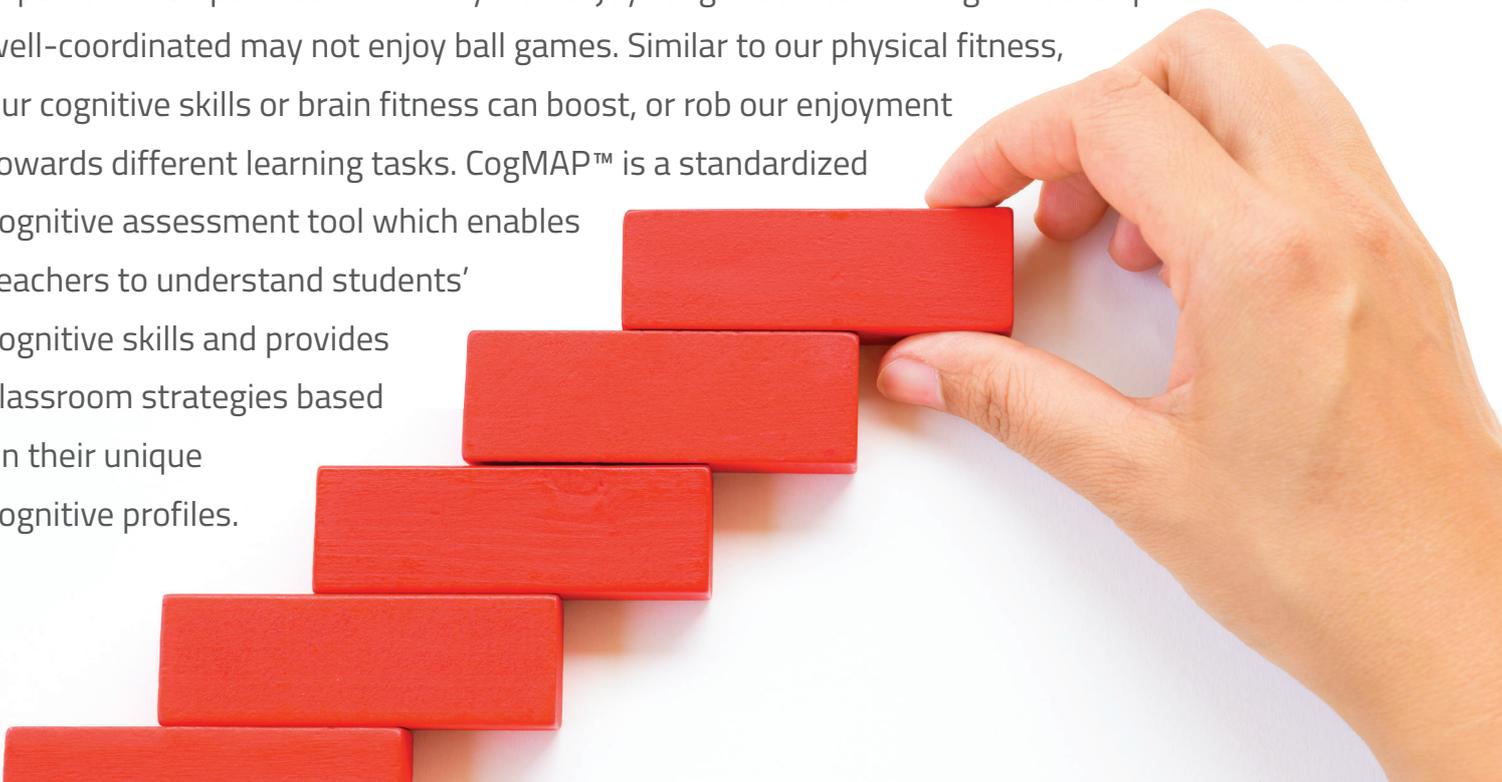
Lao Tze



Attend this session to:

- Gain comprehensive understanding of cognitive assessments.
- Experience a personal cognitive profiling for teachers to understand first-hand their own cognitive strengths and weaknesses.
- Learn to interpret cognitive assessment reports, understand cognitive drivers behind students' behaviours and how to tailor strategies to help each student excel.

A person with poor stamina may not enjoy long-distance running. Another person who is not well-coordinated may not enjoy ball games. Similar to our physical fitness, our cognitive skills or brain fitness can boost, or rob our enjoyment towards different learning tasks. CogMAP[™] is a standardized cognitive assessment tool which enables teachers to understand students' cognitive skills and provides classroom strategies based on their unique cognitive profiles.



PROFESSIONAL DEVELOPMENT TOPIC 10:

BRAINFIT® SMART WORKOUT® - DEVELOPING A "BRAIN-FIT" CLASSROOM



"What you do and learn in life physically changes what your brain looks like - it literally rewires it."

Dr John Medina, Development Molecular Biologist and Author



Attend this session to:

- Gain understanding of the ingredients needed to develop a "brain-fit" classroom using BrainFit's Priming for Learning methodology.
- Learn about the complete scope of BrainFit's SMART Workout® physical and mental exercises applicable for the classroom.
- Experience SMART Workout® exercises and learn strategies for classroom implementation.

Cognitive skills are distinct from, yet foundational to, school readiness and academic success. SMART Workout® is a cognitive and mindset development programme resulting from close to two decades of research and implementation of cognitive skills training in students. It uses a proven science-based approach that includes programmes developed and validated by research from Harvard, Stanford and MIT.

