



# MOVING FROM SURVIVAL MODE TO LEARNING MODE

*A workshop for educators, parents and therapists working with Elementary School Children*



## Discover

- Discover what it means to be physically, emotionally and cognitively ready for learning.
- Discover how intentional movements can help prepare children for learning.



## Explore

- Explore the concept of the "Learning Loop"
- Explore the three parts of the brain and their relationship to learning readiness.
- Explore ways that Brain Gym® movements can be used at home or in a classroom.



## Learn

- Learn about the behavioral and physiological reactions to stress.
- Learn specific Brain Gym® movements that help calm the fight/flight/freeze response.

**“Survival mode is meant to be a phase that helps save your life. It is not meant to be how you live”  
-Michele Rosenthal**

### 2022 Course Date

TBD

### Course Fee

\$99

### Course Location

Brain Fit Academy  
Hopedale, MA

Pam Formosa is the workshop instructor. She is a Pediatric OT and licensed Brain Gym® Consultant. She owns Brain Fit Academy, Inc supporting kids and families with attentional, learning and emotional challenges.



To register, visit: [www.BrainFitAcademy.com/courses/](http://www.BrainFitAcademy.com/courses/)