



# Brain Education™ (BE) for Kids

*Children are our future...  
Help them reach their highest  
potential.*



BE for Kids is a powerful educational program for students designed to promote physical, emotional and social well-being as well as higher achievement.



[www.powerbrainedu.com](http://www.powerbrainedu.com)  
[www.brainwavevibration.com](http://www.brainwavevibration.com)



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Libertyville 60048

## GETTING STARTED

Classes are starting soon!  
Jan 15<sup>th</sup> (2<sup>nd</sup> & 3<sup>rd</sup> Graders)  
Jan 17<sup>th</sup> (4<sup>th</sup> & 5<sup>th</sup> Graders)  
3:30 pm - 4:30 pm  
Grace Lutheran Church  
Chapel Area  
501 Valley Park Drive  
Libertyville

Do you wish you could have had body-mind training available when you were growing up? Now your kids (or grandkids) and their friends can!

*Introducing Power Brain Education for Kids - A Fun Action-Filled Approach to Maximize Brain Potential!*  
For info & videos go to:  
[www.powerbrainedu.com](http://www.powerbrainedu.com)

For over 3 years Power Brain Education programs have enhanced the environments of 76+ schools, more than 5000 Teachers; over 25,000 Students and 2000 of their parents, as well as 30 School Administrators, all in the NY Metro Area. For the US total, 330 schools, 10,000 teachers and parents, and 50,000 students have received Power Brain Education training!!!

## Welcome to Brain Education for Kids

*This comprehensive program approaches education from various angles to help children manage themselves and their lives in a well-rounded manner.*

### **Brain and Body Connection / Coordination Exercises**

Through movement and concentration, students can activate brain cells, create new synapses and induce flexibility into their thought processes.

### **BE Imagination**

Students will practice using their imagination through a variety of techniques aimed to enhance creativity and upgrade efficiency of information processing and memory. Students learn to use their brains in a more integrated way to improve their overall studies.

### **Communication and Expression**

The many diverse ways of expression and sharing such as writing, drawing, speaking, gesturing and team activities can improve confidence, understanding, leadership and harmonious relationships with others.

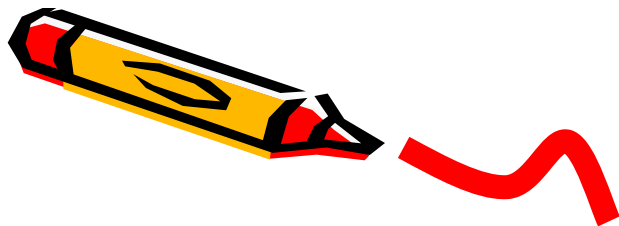
### **Healthy Eating and Food Choices**

As part of a holistic wellness program, diet and nutrition are discussed from the perspective of choice and awareness.



All activities are done with intention to stimulate the healthy, dynamic and productive functioning of the body and the brain.

“ It was really fun. We did a lot of games for the brain that showed us how we use our brain. I figured out a lot of things I didn't know about myself. I think Brain Education™ made me believe more in myself... that I can do something if I set my mind to it and if I keep telling myself that I can do it. What I have learned is to have confidence in myself. It's a good feeling. ”  
-Lisa E., age 12



“As a principal who has successfully turned a struggling school from a “D” to an “A”, I have found Brain Education to be a truly transformational system for my staff and students. BE has facilitated a sense of collaborative teamwork which has improved relationships and promoted the family atmosphere essential to teacher and student success. It is creating a supportive community of caring. With this positive environment, group decision making becomes easier as people are more open to new ideas. We recently celebrated this culture of health, happiness and peace with our school wide “HSP Day” event. We look forward to implementing BE programs at PS 001X as we continue to make great gains in our academic and social progress. “

Jorge Perdomo  
Principal, Public School 1, Bronx, NY

“ It's really amazing. It really opened up new things in me that I didn't really know I could access before. I think it really improved my concentration. I've never been much of a drawer before but it was so easy to express myself through drawings. ”  
Jeffrey Star (age 13)

- The 5 Steps of Brain Education
- Step 1: Sensitizing  
**Brain-oriented purpose:** Awakening the body-brain senses. **Commonly Reported Benefits:** Physical health, enhanced focus and awareness
  - Step 2: Versatilizing  
**Brain-oriented purpose:** Making the brain more flexible and adaptable. **Commonly Reported Benefits:** Enhanced adaptability and creativity, more resilient mindset
  - Step 3: Refreshing  
**Brain-oriented purpose:** Freeing one's brain from negative memories. **Commonly Reported Benefits:** Positive outlook, self confidence
  - Step 4: Integrating  
**Brain-oriented purpose:** Integrating brain functions and unleashing potential. **Commonly Reported Benefits:** Balanced, smoother behavior and activity
  - Step 5: Mastering  
**Brain-oriented purpose:** Enhanced executive control and faculty of imagination. **Commonly Reported Benefits:** Realizing the power of choice and creation. Authorship of one's life.



BE for Kids is effective for treating ADD/ADHD as well as helping kids build more self-confidence and self-love.

