

CURRICULUM BENEFITS

Benefits of MY WORLD TEACHING MANUAL:

Patent Pending 4 Steps to Early Learning. Prior to learning, the four steps will increase cognitive function, improve memory, promote production and survival of new brain cells, increase IQ and problem solving skills, and quiet the brain, which aids in concentration, making children ready to learn – including those with ADHD and Autism. The actual steps will be revealed upon purchasing the manual.

- Improves learning and memory –
Increasing the number of synapses and enhancing the action of neurotransmitters, the chemicals that make brain cell to brain cell communication possible. It also increases the production of brain-derived neurotropic factor (BDNF), a “brain juice” protein that promotes production of new brain cells and the survival of existing ones. This activity has long lasting effects compared to the same duration of exercise, done as an adult. (1) (3)
- Allows students to think in a different way that they used to not think- Students must concentrate on more than five actions at a time during the second step. (4)
- An Endorphin Boost-
Releases a chemical called dopamine in response to pleasure. Dopamine is released from a different brain area (the dorsal striatum) about 10 to 15 seconds before the peak pleasure. (5)
- Creating alertness, motivation and concentration-
More oxygen is delivered to the brain. The oxygen raises tyrosine levels in the blood and brain, causing neurons to manufacture norepinephrine and dopamine, two neurotransmitters that promote alertness and activity. The brain requires norepinephrine to form new memories and transfer them to long-term storage. (5)
- Reduces stress depression (8) and ADHD symptoms –
Executive brain function and decision making. (6) (7)
- ADHD and Autistic Children learn better. (1)(2)(6)

Footnotes:

- (1) (Dartmouth, David Bucci, Department of Psychological and Brain Sciences)
- (2) (Vermont Studies, Dartmouth, David Bucci, Department of Psychological and Brain Sciences) (Felicia Dobbs, vocal professor at Pacific Lutheran University, Former President of National Association of Teachers of Singing, Japanese Study.)
- (3) (Harvard Health Letter. Volume 37, Number 5. “Putting More Brain in the Bank”)
- (4) Robert Zatorre, professor of Neurology and Neurosurgery at Montreal Neurological Institute)
- (5) (The Franklin Institute, Resources for Science Learning, The Human Brain.
- (6) (Weisz, McCarty, & Valeri 2006)
- (7) (Australian Study published in Clinical Psychology & Psychiatry)
- (8) Learning in the Classroom” U.S. Committee for Stress-Free Schools

