



## BRAIN GYM® 104 CASE STUDY LOG

Use this Case Study Log of 26 Movements to record the case studies, and bring it to BG110: Brain Gym® 26 Movement Facilitator Training course.

The Brain Gym® 26 movements are physical skills. Therefore, building muscle memory by practicing them builds fluency and mastery. Gaining knowledge about them and sensing them in the body enhances the ability to teach them. These case studies develop proficiency with the 26 movements for candidates wishing to become a Licensed Brain Gym® Movement Facilitator.

When facilitating each case study, the goals are to:

- Develop thorough and clear record keeping skills facilitating professionalism and continuity in their practice.
- Build proficiency and confidence in guiding others through the movements.

### Case Study Instructions

1. Facilitate each of the 26 Brain Gym movements.
2. Use up to 5 movements per individual, and vary the age range of the clients.
3. Complete the following process for each movement:
  - a. Facilitate noticing activities with the client, including the specific activity listed under the first bullet for each movement in the Brain Gym® Teacher's Edition (2010)
  - b. Teach the client how to do the movement following the description in the Brain Gym® Teacher's Edition (2010)
  - c. Repeat the noticing activities in section "a".
  - d. Allow the client to share any feedback about their experience in the "Client's Comments" section.
  - e. Have the person sign and date the form next to the movement completed.
  - f. Complete the "Candidate's Reflections" section regarding what you learned about facilitating that movement. What might you add, change or do the same?

### Terminology

Candidate: person wishing to become a Licensed Movement Facilitator.

Client: the individual the candidate is facilitating.

# CASE STUDY CHECKOFF

CANDIDATE'S NAME \_\_\_\_\_ DATE \_\_\_\_\_

BG101 INSTRUCTOR \_\_\_\_\_ DATE \_\_\_\_\_

BG104 FACILITATOR \_\_\_\_\_ DATE \_\_\_\_\_

Case Studies are a communication tool for the Brain Gym 110 instructor and Brain Gym 104 Candidate Instructor. They provide a platform for practicing the 26 Activities, reflecting, and receiving feedback.

- Conduct up to 5 case studies per client.
- Practice with a variety of age groups.
- During Pandemic, may utilize online technology (e.g. Zoom, Google Hangouts, Facetime, Skype, etc ) to complete case studies.

BRAIN GYM® MOVEMENT	BGTE PAGE #	CASE STUDY DATE	NAME /AGE OF CLIENT
THE CROSS CRAWL	30		
LAZY 8S	32		
THE DOUBLE DOODLE	34		
ALPHABET 8S	36		
THE ELEPHANT	38		
NECK ROLLS	40		
THE ROCKER	42		
BELLY BREATHING	44		
CROSS CRAWL SIT-UPS	46		
THE ENERGIZER	48		
THINK OF AN X	50		
SIPPING WATER	54		
BRAIN BUTTONS	56		
EARTH BUTTONS	58		
BALANCE BUTTONS	60		
SPACE BUTTONS	62		
THE ENERGY YAWN	64		
THE THINKING CAP	66		
HOOK-UPS	68		
THE POSITIVE POINTS	70		
THE OWL	74		
THE ARM ACTIVATION	76		
THE FOOTFLEX	78		
THE GRAVITY GLIDER	80		
THE CALF PUMP	82		
THE GROUNDER	84		

# CASE STUDY LOG

## The Cross Crawl

DATE \_\_\_\_\_

CLIENT NAME		SIGNATURE	
PRE-ACTIVITY		POST-ACTIVITY	
CLIENT'S COMMENTS		CANDIDATE'S REFLECTION	

## Lazy 8s

DATE \_\_\_\_\_

CLIENT NAME		SIGNATURE	
PRE-ACTIVITY		POST-ACTIVITY	
CLIENT'S COMMENTS		CANDIDATE'S REFLECTION	

## The Double Doodle

DATE \_\_\_\_\_

CLIENT NAME		SIGNATURE	
PRE-ACTIVITY		POST-ACTIVITY	
CLIENT'S COMMENTS		CANDIDATE'S REFLECTION	

## Alphabet 8s

DATE \_\_\_\_\_

CLIENT NAME		SIGNATURE	
PRE-ACTIVITY		POST-ACTIVITY	
CLIENT'S COMMENTS		CANDIDATE'S REFLECTION	

# CASE STUDY LOG

## The Elephant

DATE \_\_\_\_\_

CLIENT NAME		SIGNATURE	
PRE-ACTIVITY		POST-ACTIVITY	
CLIENT'S COMMENTS		CANDIDATE'S REFLECTION	

## Neck Rolls

DATE \_\_\_\_\_

CLIENT NAME		SIGNATURE	
PRE-ACTIVITY		POST-ACTIVITY	
CLIENT'S COMMENTS		CANDIDATE'S REFLECTION	

## The Rocker

DATE \_\_\_\_\_

CLIENT NAME		SIGNATURE	
PRE-ACTIVITY		POST-ACTIVITY	
CLIENT'S COMMENTS		CANDIDATE'S REFLECTION	

## Belly Breathing

DATE \_\_\_\_\_

CLIENT NAME		SIGNATURE	
PRE-ACTIVITY		POST-ACTIVITY	
CLIENT'S COMMENTS		CANDIDATE'S REFLECTION	

# CASE STUDY LOG

## Cross Crawl Sit-ups

DATE \_\_\_\_\_

CLIENT NAME		SIGNATURE	
PRE-ACTIVITY		POST-ACTIVITY	
CLIENT'S COMMENTS		CANDIDATE'S REFLECTION	

## The Energizer

DATE \_\_\_\_\_

CLIENT NAME		SIGNATURE	
PRE-ACTIVITY		POST-ACTIVITY	
CLIENT'S COMMENTS		CANDIDATE'S REFLECTION	

## Think of an X

DATE \_\_\_\_\_

CLIENT NAME		SIGNATURE	
PRE-ACTIVITY		POST-ACTIVITY	
CLIENT'S COMMENTS		CANDIDATE'S REFLECTION	

## Sipping Water

DATE \_\_\_\_\_

CLIENT NAME		SIGNATURE	
PRE-ACTIVITY		POST-ACTIVITY	
CLIENT'S COMMENTS		CANDIDATE'S REFLECTION	

# CASE STUDY LOG

## Brain Buttons

DATE \_\_\_\_\_

CLIENT NAME		SIGNATURE	
PRE-ACTIVITY		POST-ACTIVITY	
CLIENT'S COMMENTS		CANDIDATE'S REFLECTION	

## Earth Buttons

DATE \_\_\_\_\_

CLIENT NAME		SIGNATURE	
PRE-ACTIVITY		POST-ACTIVITY	
CLIENT'S COMMENTS		CANDIDATE'S REFLECTION	

## Balance Buttons

DATE \_\_\_\_\_

CLIENT NAME		SIGNATURE	
PRE-ACTIVITY		POST-ACTIVITY	
CLIENT'S COMMENTS		CANDIDATE'S REFLECTION	

## Space Buttons

DATE \_\_\_\_\_

CLIENT NAME		SIGNATURE	
PRE-ACTIVITY		POST-ACTIVITY	
CLIENT'S COMMENTS		CANDIDATE'S REFLECTION	

# CASE STUDY LOG

## The Energy Yawn

DATE \_\_\_\_\_

CLIENT NAME		SIGNATURE	
PRE-ACTIVITY		POST-ACTIVITY	
CLIENT'S COMMENTS		CANDIDATE'S REFLECTION	

## The Thinking Cap

DATE \_\_\_\_\_

CLIENT NAME		SIGNATURE	
PRE-ACTIVITY		POST-ACTIVITY	
CLIENT'S COMMENTS		CANDIDATE'S REFLECTION	

## Hook-ups

DATE \_\_\_\_\_

CLIENT NAME		SIGNATURE	
PRE-ACTIVITY		POST-ACTIVITY	
CLIENT'S COMMENTS		CANDIDATE'S REFLECTION	

## The Positive Points

DATE \_\_\_\_\_

CLIENT NAME		SIGNATURE	
PRE-ACTIVITY		POST-ACTIVITY	
CLIENT'S COMMENTS		CANDIDATE'S REFLECTION	

# CASE STUDY LOG

## The Owl

DATE \_\_\_\_\_

CLIENT NAME		SIGNATURE	
PRE-ACTIVITY		POST-ACTIVITY	
CLIENT'S COMMENTS		CANDIDATE'S REFLECTION	

## Arm Activation

DATE \_\_\_\_\_

CLIENT NAME		SIGNATURE	
PRE-ACTIVITY		POST-ACTIVITY	
CLIENT'S COMMENTS		CANDIDATE'S REFLECTION	

## The Footflex

DATE \_\_\_\_\_

CLIENT NAME		SIGNATURE	
PRE-ACTIVITY		POST-ACTIVITY	
CLIENT'S COMMENTS		CANDIDATE'S REFLECTION	

## The Gravity Glider

DATE \_\_\_\_\_

CLIENT NAME		SIGNATURE	
PRE-ACTIVITY		POST-ACTIVITY	
CLIENT'S COMMENTS		CANDIDATE'S REFLECTION	



# CASE STUDY LOG

## The Calf Pump

DATE \_\_\_\_\_

CLIENT NAME		SIGNATURE	
PRE-ACTIVITY		POST-ACTIVITY	
CLIENT'S COMMENTS		CANDIDATE'S REFLECTION	

## The Grounder

DATE \_\_\_\_\_

CLIENT NAME		SIGNATURE	
PRE-ACTIVITY		POST-ACTIVITY	
CLIENT'S COMMENTS		CANDIDATE'S REFLECTION	