



Circles of learning

Education Health Environment Community Creativity

Improving Brain Power

Connect with the elements

- Earth: Stomping on the earth for drawing in your energy
- Air: Balloon breathing for greater oxygenation of your brain and body
- Sun: Energises you and brings in Vitamin D
- Water: Drink a litre or more every day

Chemical-free fruit and vegetables for learning power

- Read labels: numbers and chemicals are not food
- Eat living foods, plants that are grown in the earth
- Signature plants: if it looks like a part of your body, it feeds that part of you
- Buy food that doesn't have labels

Awareness of Values

- Be truthful to yourself, be tolerant and patient and don't judge others by your own standards
- Be responsible for yourself and allow others to be responsible for themselves
- Nurture plants, as you would like to be nurtured yourself. Everyone thrives on love and attention and you feel great when you nurture others.
- Believe in yourself; know you will always do well.

Movement & Art for Brainpower

- Movement is vital for the mind – be active.
- Yoga and Martial Arts help bring about a focused mind.
- Draw, colour, paint and make things as often as you can...a healthy brain is a balanced brain between creativity and learning through reading and listening.

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