

Effectiveness of Brain Gym in Reducing Hyperactivity and Increasing Attention in Children with ADHD and Easing Parental Stress

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Effectiveness of Brain Gym in Reducing Hyperactivity and Increasing Attention in Children with ADHD and easing parental stress. Brain Gym is part of the Educational Kinesiology programme. Educational Kinesiology means to draw out learning using movement. It is an advanced and highly effective movement .based programme that improves neural communication throughout the mind and body Â to help you access and achieve your highest potential in learning and any life skills Brain Gym is a set of 26 movement exercises designed to improve cognitive function in children and adults The programme is extremely successful and is enjoyed by everyone who uses it. Brain Gym is used in over 80 countries in Education, Business, Sport and the Performing arts with profound and lasting results. Brain Gym helps to improve neurological function so that areas of the brain are more strongly connected and accessible for any given task. The programme uses developmental movements and provides a level of immediate improvement Method: This study is a qualitative case study. A quasi- experimental design with pretest-posttest is used in this study. Sample of study includes 10 mothers of children with ADHD and 10 children with ADHD. Results: Results revealed that Brain Gym will reduce parental stress. This will also increase attention in children, and effectively reduce hyperactivity in those children. Conclusion: it can be concluded that Brain Gym training has significant effect on increasing attention. Executive functions/ attentions are the abilities that children will need them in future.

Keywords: *ADHD, Attention Deficit, Brain Gym, Hyperactivity, Stress*