

One-day Workshop “Brain Body and Learning:”
Insights into a better quality of student learning and achievement
The Ambassador Hotel, Bangkok
Friday, 27 May 2005

The One-day Workshop: “**Brain Body and Learning:**” **insights into a better quality of student learning and achievement**, was held on 27 May 2005 at the Ambassador Hotel, Bangkok and jointly organised by SEAMEO Secretariat, Integrated Human Dynamics Sdn. Bhn and the Ministry of Education, Thailand, in particular:

- Office of the Basic Education Commission
- Office of the Private Education Commission
- Office of Vocational Education Commission
- Office of the Permanent Secretary and
- Bureau of International Relations

The One-day Workshop “Brain Body and Learning” was a success. The workshop attracted more than 600 participants from schools in Thailand, universities, offices of educational service areas, government organizations, NGOs and educational development agencies.

This post report presents the outcomes of the workshop. It includes a Summary Report and Results. The list of participants and presentation documents and handouts are also attached separately.

We would like to express our gratitude and appreciation to the Ministry of Education, Thailand and Integrated Human Dynamics Sdn. Bhn, Malaysia for their kind support to make the event a success.

SEAMEO Secretariat
August 2005

Part I

A Summary Report

1. Introduction

The Southeast Asian Ministers of Education Organization, in cooperation with Integrated Human Dynamics Sdn. Bhd., Malaysia and the Ministry of Education, Thailand particularly; Office of the Basic Education Commission, Office of Vocational Education Commission, Office of the Private Education Commission, Office of the Permanent Secretary and Bureau of International Relations, organized a One-day Workshop, "Brain Body and Learning:" *insights into a better quality of student learning and achievement*, on 27 May 2005 at the Ambassador Hotel, Bangkok.

This workshop was initiated in collaboration with Human Dynamics, Malaysia by SEAMEO Secretariat since October 2004, but this idea has been deferred due to the school break period. In December 2004, MOE, Thailand agreed to co-organise this event and suggested that it be held in May 2005.

The objectives of this event are to:

- 1) Provide the development of Human Resources on a new knowledge of teaching to Thai teachers in particular the Brain-Based Education
- 2) Strengthen the cooperation and create partnership.

Date and Venue:

The workshop was scheduled on 27 May 2005 at the Ambassador Hotel.

2. Roles of Organizers

SEAMEO Secretariat:

As this event was initiated by SEAMEO Secretariat, the Marketing Officer will be responsible as a Coordinator who will take charge of general coordination, brochure production, marketing, registration, workshop kit and venue arrangement. The SEAMEO Secretariat will be the focal point for enquiries and registration of this workshop.

Integrated Human Dynamics Sdn. Bhd.:

Integrated Human Dynamics Sdn. Bhd provided speakers and hand-outs without charge of tuition fee. However, it was agreed that the SEAMEO Secretariat will support the travel and accommodation expenses of speakers.

Ministry of Education, Thailand:

MOE, Thailand supported venue arrangement, food, dissemination of information to schools and facilitators at the workshop. This also included the reimbursement of registration fee for teachers.

3. Objectives of the Workshop

The workshop aimed to teachers who involve in early years, primary, secondary and tertiary education. Education policy makers, Heads of schools and counsellors were also welcomed to attend.

By attending, participants should:

- Gain an appreciation of the connection between the brain, body and learning.
- Obtain awareness of the role that the brain, primary reflexes and principal senses play as essential foundations for effective learning.
- Consider the importance of stimulating the senses and activating the brain's hemispheres for learning.
- Find out about Sensory and Hemispheric Learning Preferences and some of their implications for cognitive and sensory learning.
- Learn some movements that relax, settle and prepare students and teachers prior to a new period of learning and others that provide greater integration of the left and right hemispheres of the brain.
- Be introduced to the relationship between brain dominance, thinking, teaching and learning preferences and find out your own broad preferences.

4. Presentation Contents

The workshop provided participants with practical knowledge and techniques that may be implemented in classroom. The workshop covered: -

The Brain, Body and Learning: an introduction to the workshop covering some neuroscientific research and theory about this relationship; the role of movement in learning; foundations for learning: primary reflexes and sensory systems; the impact of these foundations on a child's learning; relationships of primary reflexes and sensory systems to learning challenges.

Sensory and Hemispheric Learning Preferences: these provide teachers with clues to their teaching preferences; they show how, when under pressure or learning something new, a student learns; some examples of these preferences and their implications for learning and teaching are addressed.

PACE: a 4 step process from Brain Gym® that prepares, relaxes and settles all those in the learning environment before a new period of learning; the steps are demonstrated before participants are asked to experience PACE for themselves; the benefits of PACE and its steps are discussed.

Supporting Learning through Movement: participants are introduced to some movements that support children's learning; some movements are demonstrated before participants are asked to experience them for themselves.

Brain Dominance, Thinking, Teaching and Learning Preferences: brain dominance impacts upon an individual's preferences for left to right hemispheric cognitive thinking to emotional 'feeling'; it impacts on how and what individuals like to think and learn about; it influences how and what teachers like to teach; it has a bearing, on career and vocational choices. Knowing these preferences has a variety of applications including self-awareness ('that's how I think, teach and learn'), developing learning strategies ('I need visuals' or 'I need to test this theory'), varying the form and manner in which teachers deliver information to students and career, education and vocational choices (whether, for instance, an adult or young adult is more suited, in the simplest terms, to the arts or mathematics, accountancy or marketing).

5. Programme

0800-0900 hrs Registration

0900 hrs **Welcome Remarks**

Mr Abdul Wahid bin Sulaiman, Deputy Director (Programme and Marketing),
SEAMEO Secretariat

0905 hrs **Opening Remarks**

Mr Derek Pornsima, Inspector – General of Inspection, Ministry of Education,
Thailand

0910 hrs **Introduction**

0920 hrs **The Brain, Body and Learning**

- Neuroscientific research and theory about the relationship between the brain
body and learning
- The role of movement in learning
- Foundations for learning: primary reflexes and sensory systems
- Relationships of primary reflexes and sensory systems to learning challenges

1020 hrs Morning break

1050 hrs **PACE**

PACE is a 4 step process from Brain Gym® that prepares, relaxes and settles those in the learning environment before a new period of learning; the steps are demonstrated before participants are asked to experience PACE for themselves; the benefits of PACE and its steps are discussed.

1120 hrs **Sensory and Hemispheric Learning Preferences**

- Provide teachers with clues to their teaching preferences
- How a student learns when under pressure or learning something new
- Some implications for learning and teaching of knowing preferences: a means to improve learning

1215 hrs Questions from the morning session

1230 hrs Lunch at the Third Floor

1330 hrs **Supporting Learning through Movement**

- The role and application of movement in the classroom
- Some features and benefits of movement in the classroom
- Some movements that support students' learning are introduced to participants

1415 hrs Afternoon break

1435 hrs **Brain Dominance, Thinking, Teaching and Learning Preferences**

- How brain dominance impacts upon an individual's preferences for left to right hemispheric cognitive thinking to emotional 'feeling'

- Some implications of brain dominance on how individuals like to think and learn and what they like thinking and learning about
- The relationship between thinking and teaching preferences: how and what teachers like to teach
- Brain dominance, career, educational and vocational choices for adults and young adults

1605 hrs Questions

1620 hrs **Closing**
Dr Chantavit Sujatanon, Deputy Director (Administration and Communication), SEAMEO Secretariat

6. Speakers

Helen Smith and Mark Gibson are qualified Educational Kinesiologists and Brain Gym Consultants/ Instructors.

Please see details of speaker in the appendix

7. Language

The working language was in English however English-Thai translation at the end of each topic was provided to wrap up the information.

8. Registration Fee

The registration fee of 400 Baht covered the cost of refreshment, lunch buffet, workshop kit and certificate.

9. The Expectation of Participant Number

The original expected total number of participants was 400 pax and the expected number of fee paying participants was 350 pax. (50 seats will be reserved for SEAMEO staff, guests and MOE staff)

10. The Estimated Cost

Based on the 350 fee-paying participants the estimated cost for organizing the event was as follows:

Particulars	Cost/unit	Quantity	Amount (Baht)
1. Meeting Package at the Ambassador Hotel (2 refreshments and buffet lunch)	250	400	100,000
2. Marketing expense			22,000
3. Expenses for speakers (2 persons): Airtfares, hotels and others			17,000
4. Seminar Kit	80	400	32,000
5. Opening and Closing Formalities			2,000
6. Live Translator			8,000

7. Administrative Cost: Staff, OT, communications			17,000
8. Miscellaneous			6,500
Total of Estimated Cost			204,500

It can be seen that the revenue from the registration fee does not cover the estimated cost of this event. Since the workshop/seminar is a part of SEAMEO Secretariat's Marketing plan 2004/2005, some expenses for the organisation of this event will be absorbed by the Marketing Budget 2004/2005 of SEAMEO Secretariat.

11. Action Plan

Tasks	By	Schedule
1. Programme Development	SEAMES and Integrated HD	December 04
2. Seeking cooperation with MOE	SEAMES	December 04 – January 05
3. Brochure Development	SEAMES	28 February 05
4. Promotion period 4.1 Dissemination of brochures 1500 copies by Office of Private Education 500 copies by Office of Basic Education 500 copies by Office of Vocational Education 100 copies by Bureau of International Relations 200 copies by SEAMES to QEE schools 800 copies by SEAMES to universities, Faculties of Education, Educational Service Areas 4.2 Link with MOE web		March. 05
5. Registration Period	SEAMES	March – May 05
6. Venue arrangement including exhibition	Bureau of International Relations, MOE and SEAMES	May 05
7. Workshop Kit Production	SEAMES	May 05
8. Arrangement for facilitators and invitation to MOE	Bureau of International Relations	May 05
9. Briefing for Facilitators by Speakers		26 May 05
10. Venue Arrangement	Bureau of International Relations, SEAMES	26 May 05
11. Post Report	SEAMES	

Part II Results

1. Number of Participants

1.1 The total number of participants in the workshop was **634** pax

1.2 The total number of fee paying participants was **615** pax

1.3 Number of participants by type of organization:

Type	Number of participants
Schools and International Schools	352
Vocational Colleges and Universities	193
Ministry of Education, Educational Services Areas, NGOs	89
Total	634
Registered but did not attend	19

2. Exhibitors

There were 7 exhibitors at the workshop. Raw space of 3*3 m. inclusive of a table was provided to the confirmed exhibitors.

The exhibitors were:

- Institute of Brain Based Learning
- SEAMEO RELC
- SEAMEO RIHED
- SEAMEO VOCTECH
- SEAMEO Secretariat
- UNESCO (Information dissemination only)
- Reed Tradex for the World DIDAC 05 and the National Education Leaders Forum

3. Feedback from the evaluation

Of the total participants, **78%** completed the evaluation form questionnaires. Majority stated that the workshop met their expectations.

Question # 1: Grading of the presentation

The presentation was worthwhile and exceeded my expectations	: 3
The presentation was worthwhile and met my expectations	: 2
The presentation failed to meet my expectations - needs improvement	: 1

Type of organization	3	2	1	No answer	Total
Schools and Int' schools	83	154	15	7	259
Colleges	8	15	0	0	23
Universities	27	70	4	5	106
MOE, NGO	13	28	1	13	55
Can not identify	7	40	5	0	52
Total	138	307	25	25	495
%	28%	62%	5%	5%	100%

The reasons of answer "1" were:

	Number of comment
- Too many participants	9
- Need more practical ideas	7
- Need more scientific evidence	5
- Can not see properly	5
- Speakers presented too fast	3
- Need more facilities	2

Question # 2 – 5: General Attitude toward the Workshop

Questions	Yes	No	Total
Has the workshop provided you with new insights into how people learn?	472 (95%)	23 (5%)	495
Have you gained new learning in this workshop that is useful to you?	473 (95%)	22 (5%)	495
Do you feel confident in applying some of the new techniques with your students?	469 (94%)	26 (6%)	495
Would you like to find out more about the themes and topics covered ?	436 (88%)	59 (11%)	495

Question # 6: What do you find of interest during the workshop ?

(3 for high, 2 for medium, 1 for low)

6.1 Schools and International Schools

Topics	3 – high	2 – medium	1- low	Total
Foundations for Learning	127	81	18	259
Sensory and Hemispheric Learning Preferences	133	83	10	259
Sensory Learning	109	131	20	259
Brain Gym	159	88	12	259
Brain Dominance: Thinking, Teaching and Learning Preferences	168	81	7	259

6.2 Vocational Colleges

Topics	3 – high	2 – medium	1- low	Total
Foundations for Learning	13	10	0	23
Sensory and Hemispheric Learning Preferences	17	6	0	23
Sensory Learning	14	9	0	23
Brain Gym	14	9	0	23
Brain Dominance: Thinking, Teaching and Learning Preferences	20	3	0	23

6.3 Universities

Topics	3 – high	2 – medium	1- low	Total
Foundations for Learning	49	51	5	106
Sensory and Hemispheric Learning Preferences	54	5	2	106
Sensory Learning	45	57	4	106
Brain Gym	77	24	5	106
Brain Dominance: Thinking, Teaching and Learning Preferences	83	22	1	106

6.4 MOE, NGOs

Topics	3 – high	2 – medium	1- low	Total
Foundations for Learning	33	21	1	55
Sensory and Hemispheric Learning Preferences	31	22	1	55
Sensory Learning	33	23	0	55
Brain Gym	39	15	1	55
Brain Dominance: Thinking, Teaching and Learning Preferences	37	17	1	55

6.5 Can not identify

Topics	3 – high	2 - medium	1- low	Total
Foundations for Learning	10	25	17	52
Sensory and Hemispheric Learning Preferences	6	25	21	52
Sensory Learning	8	26	18	52
Brain Gym	10	21	21	52
Brain Dominance: Thinking, Teaching and Learning Preferences	12	15	25	52

Question # 7. Would you be interested in attending our workshops that address the following in more detail ? (please tick ✓)

- A - Foundations for Learning
- B - Sensory and Hemispheric Learning Preference
- C - Sensory Learning
- D - Brain Gym
- E - Brain Dominance: Thinking, Teaching and Learning Preferences

Type of Organization	A	B	C	D	E
Schools and International Schools	104	126	103	154	187
Vocational Colleges	11	14	11	16	19
Universities	43	52	45	65	93
MOE, NGOs, Development agencies	21	30	25	40	43
Can not identified	17	27	17	20	33
Total	196	249	201	295	375

Question #8. Other Comments

Number of Comments

Positive Comments

- Good presentation and interesting 22
- Well organized 14
- Very useful 6
- Would like to join next activities 3
- Good translation 1

Weaknesses

- Too many participants, need smaller group 18
- Some slides were not included in the workshop kit 11
- Can not see the presenters clearly 8
- The translation was not clear in some areas 5
- Need more space for exercising/Brain Gym activities 5
- Slides of presentation in handout is too small 3
- Not enough food 3
- Not enough facilities (Toilet) 2
- Can not apply the knowledge to university students 1

Suggestions

- The presentation should be in Thai / provide simultaneous translation 21
- Demonstrate more brain gym exercises or practical ideas 21
- Provide information in depth for each topic 17
- Have longer time for the workshop (more than one day) 16
- Divide participants according to the level of students or smaller group 9
- This workshop should be organized more often 7
- Video Presentation should be included in addition to lecturing 3
- Sell related books or video presentation 3
- Have more facilitators 3
- Present more scientific evidence 2
- Organize this type of event in other province/ rural area 1
- The Brain Based Education workshop should open for the public 1

Recommended Topics for the Next Event

- Special Education
- Brain Based Education
- New Strategies of Educational Management
- Impact on Culture/ Thinking Learning ex East and West People
- Critical/ Systematic Thinking for University Students
- Effective Teaching Plan to Encourage the Learning Process of Students

3. Problems Met and Solutions

There were problems met during the workshop, as follows:

- Too many participants
- Not enough space for movement
- Not enough facilities
- Not enough food
- Not enough workshop kit
- Participants at the back could not see the presentation and exercises clearly
- Archers should be responsible for each row of seating
- There were some translation mistakes in the Thai handout

Some recommended solutions were:

- Be strict on the registration number
- Assign specific staff to be responsible for food/ coffee breaks and venue
- Provide more AV equipment
- Presentation contents should be more focus and in depth
- The registration fee should be higher than 400 Baht
- Set up team to be responsible for each area

4. Summary of Expenses

Particulars	Cost/unit	Quantity	Amount (Baht)
1. Meeting Package at the Ambassador Hotel and meeting room on 26 May			151,200
2. Marketing expense			22,000
3. Expenses for speakers (2 persons): Airtfares, hotels and others			17,000
4. Seminar Kit	80	650	52,000
5. Opening and Closing Formalities			2,000
6. Live Translator			8,000
7. Administrative Cost: Staff, OT, communications			50,000
8. Miscellaneous			4,500
Total of Actual Expenditure			306,700
Revenue from the fee paying participants: 400 Baht * 615 pax			= 246,000

5. Conclusion

Financially, there was no profit gained from the event. But in relation to the participants, the majority greatly explored the knowledge of Brain-based learning and understood more about the implications of Brain Gym.

Majority (90% of questionnaires) stated that the workshop met their expectations and 94% felt confident in applying some of the new techniques with their students.

WELCOME REMARKS
of

MR. ABDUL WAHID SULAIMAN
Deputy Director for Programme and Marketing, SEAMEO Secretariat

**At the Opening of the
One-Day Workshop on “Brain, Body and Learning”
27 May 2005, Ambassador Hotel, Bangkok**

(Greetings)

I welcome you to this unique workshop with the wishes from the SEAMEO Secretariat for a fruitful learning experience that I hope you will carry with you beyond this one-day activity.

This workshop entitled, “Brain, Body and Learning: Insights into a better quality of student learning and achievement,” is a collaboration between the SEAMEO Secretariat and the Integrated Human Dynamics of Malaysia.

Today’s activity would not have been possible, however, without the support of the Ministry of Education, Thailand, in particular the Office of the Permanent Secretary for Education, and four offices under the Ministry -- the Office of the Basic Education Commission, the Office of the Private Education Commission, the Office of Vocational Education Commission and the Bureau of International Relations.

We thank the Ministry for untiringly working with us, starting from the time this activity was still being conceptualized, up to the preparation and coordination.

We also would like to thank the presenters today, Ms. Helen Smith and Mr. Mark Gibson, who are both educational kinesiologists and brain gym consultants and instructors of the Integrated Human Dynamics of Malaysia, for sharing their time to impart new knowledge into teaching.

In organizing this activity, the SEAMEO Secretariat, which is the headquarters and implementing arm of the Southeast Asian Ministers of Education Organization, believes in the nobility of teaching and the necessity of learning.

The SEAMEO as an international organization turns 40 this year, and it has continued to make its mark in Southeast Asia in promoting education, science and culture among its 10 member countries Brunei Darussalam, Cambodia, Indonesia, Laos, Malaysia, Myanmar, the Philippines, Singapore, Thailand and Vietnam. It continues to expand its cooperation beyond the region in enhancing quality of life.

I am certain that with all of us here being students and learners for life, we agree that teaching and learning are two pleasurable aspects of life, and they need not be difficult processes. This notion will not only be emphasized in this workshop, but it will also be demonstrated and experienced.

I learned that there are 600 of you here today. I would like to break that down to 340 from schools, 40 from vocational schools, 150 from universities and 70 from the Ministry of Education, Educational Service Areas and Educational Development Agencies.

Your number is both overwhelming and inspiring, because with your presence here today, we know that there are people like you who are interested in teaching and learning further and better. And this makes us look forward to working more efficiently to improve education in the region.

Thank you.

**THE OPENING MESSAGE
Of**

Ministry of Education, Thailand

**At the Opening of the
One-Day Workshop on “Brain, Body and Learning”
27 May 2005, Ambassador Hotel, Bangkok**

(Greetings)

I am honored to grace this one-day workshop that gathers both educators and learners of various backgrounds.

The Ministry of Education, Thailand is proud to be part of this activity initiated by the Southeast Asian Ministers of Education Organization Secretariat and the Integrated Human Dynamics of Malaysia.

The partnership of the SEAMEO Secretariat and the Integrated Human Dynamics of Malaysia in bringing this workshop to you is laudable, as they thought of studying further the abilities of the brain and body and what they can do to make learning more vital.

Today's occasion reminds us that teaching and learning are two aspects of life that are facing constant changes today. I think this is the reason why you are all here. You find the topic new, interesting and helpful.

“Brain, Body and Learning: Insights into a better quality of student learning and achievement,” as the title of this one-day workshop demonstrates, involves your whole attention to the possibility that the mind and body can still explore ways to stimulate the learning process and enhance teaching skills at the same time.

Currently, students and learners, young and old, are in many ways influenced by the strong social stimuli brought around them by media and information technology, which are rapidly changing with the times.

It is this kind of environment that affects their already short attention span, their complacency and their lack of motivation to appreciate and absorb new ideas and ways of knowing things that they have not previously encountered.

This workshop will answer many of your questions about how teaching can be done in a more attractive way and how learning can become a more interesting experience.

I wish all of you an enriching experience today with your participation in this workshop. I trust that your learning new ways of inculcating knowledge to those in need of it will contribute greatly to the development of today's generation of learners.

Thank you.

CLOSING SPEECH
of
DR. CHANTAVIT SUJATANOND
Deputy Director for Administration and Communication, SEAMEO Secretariat
at the
One-Day Workshop on “Brain, Body and Learning”
27 May 2005, Ambassador Hotel, Bangkok

(Greetings)

I am honored to give a sort of a formal ending to a workshop that is so unlike any other activity in the recent past.

Today, we were introduced to Brain Gym, a program that made us come to terms with our brains and bodies and the many possibilities that movement can do to the way we think and act.

We also came to know of Positive, Active, Clear and Energetic – four important words that remind us to go back to the basics in life that require only the simplest pressure, touch, massage and any form of exercise, including water – to stimulate our minds and bodies. These practical and realistic techniques help us simplify and relax a bit of our already complicated lives.

I hope that you will apply what you have learned in this workshop to your daily lives and to the way you relate to persons in your families, schools and communities, especially to children and young people who are often misguided by the harshness of the real world.

On behalf of the SEAMEO Secretariat, I would like to express our deepest gratitude to the Integrated Human Dynamics of Malaysia, in particular our resource persons, Ms. Helen Smith and Mr. Mark Gibson, for bringing into our consciousness the easy and useful modes of learning. We hope this is not the first and last.

I also would like to thank the National Institute for Brain Based Learning for a brief of educational projects which will be very useful for schools colleges and universities.

The Ministry of Education, Thailand, in particular the Office of the Permanent Secretary for Education, was most helpful in complementing the SEAMEO Secretariat in mounting this activity, and also four offices under the Ministry -- the Office of the Basic Education Commission, the Office of the Private Education Commission, the Office of Vocational Education Commission and the Bureau of International Relations.

I hope our partnership will grow stronger as we look into better ways of advancing education and improving quality of life.

**Brain body and learning:
insight into a better quality of student learning and achievement;
a one-day workshop.
The Ambassador Hotel, Bangkok, 27 May 2005**

Registration



Opening



The Workshop



The Workshop



Closing



Exhibition

