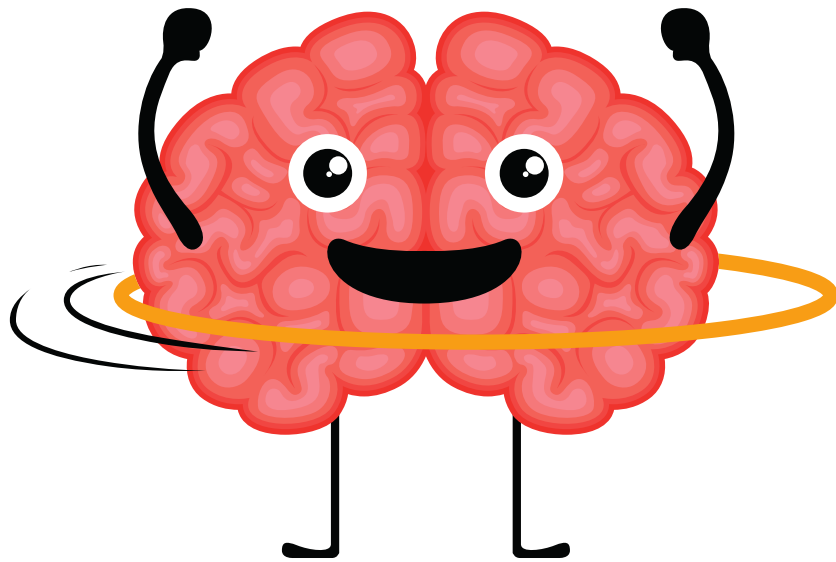




Brain Bloom
Room



The Brain Bloom Room

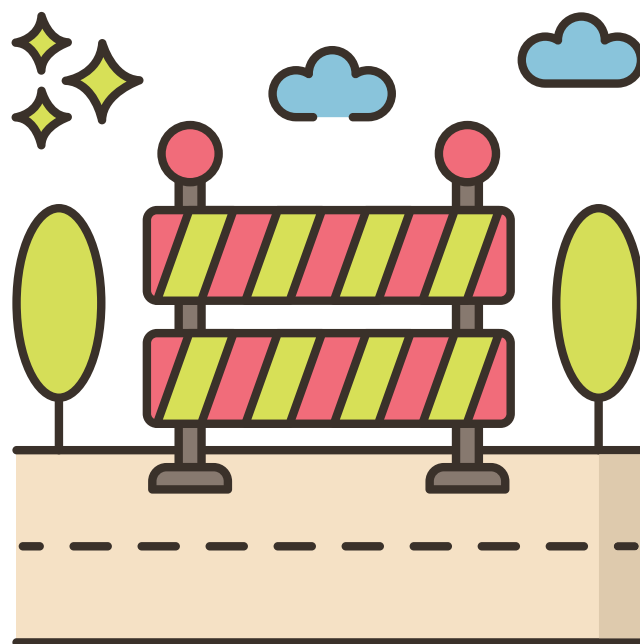


Did you know that the brain
is developed by your body and
not the other way around?
Like a physical muscle, the
brain gets stronger the more
you use it.

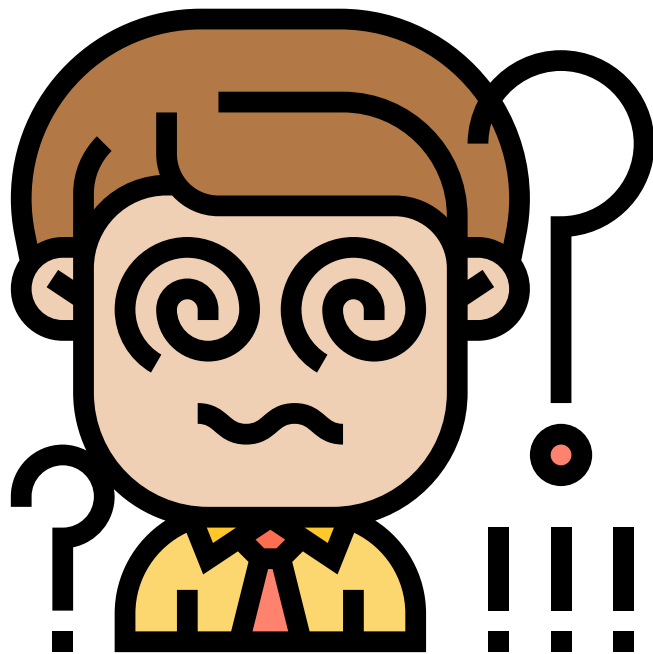
When you were born, your brain had already started building tiny cells called neurons. By following a 'blueprint' and repeatedly doing things over and over again for a set length of time your brain eventually makes a connection (or pathway) between neurons. When this happens it makes it easier for you to do things like sit, crawl and walk.



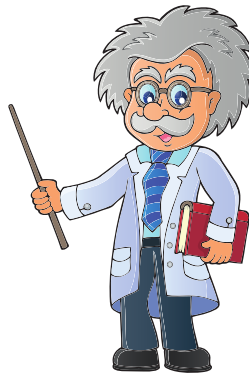
Our baby brains need to follow the 'blueprint' exactly and if there is a deviation from the 'blueprint' then the old pathways obstruct new ones and stop them from connecting properly.



When this happens we hang on to the old pathways causing us struggle to control how we behave, interact with people, learn and regulate our emotions.



Until quite recently, scientists thought that it was only possible for our brains to change during early childhood. They thought that the brain couldn't change as we get older. But research now shows that with the correct stimulation the brain continues to build and make new connections.

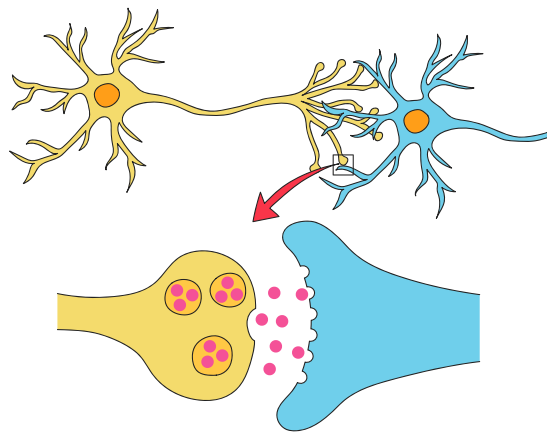


We call the brain's ability to change Neuroplasticity.

The good news is that we can break the old connections and make new ones.



The brain loves repeating patterns and just as moving around in our environment when we were small helped us to make new neural connections, by repeating those movements for a set time our 'blueprint' can be followed and the old connections broken.



The brain “remembers” the things we do repeatedly and each time we do them it gets easier and easier and takes less effort.





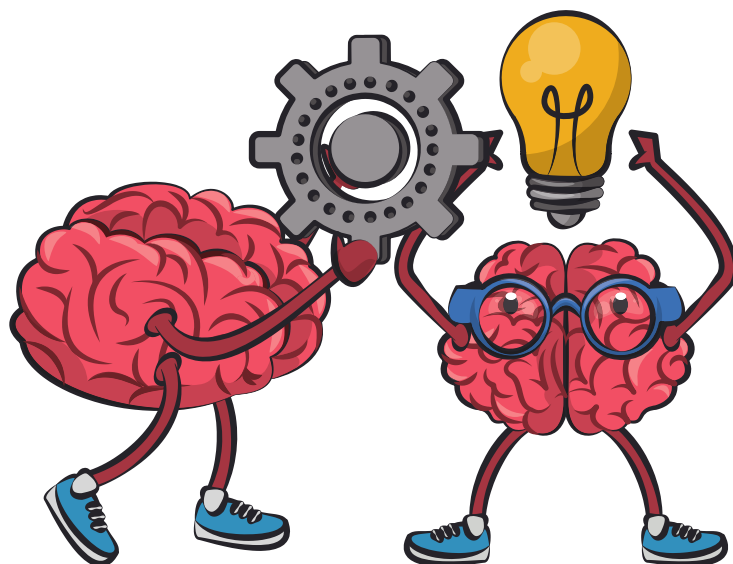
A good example of this is
learning to ride a bike or
playing a musical instrument.
The more you repeat the
activity the easier it is to do.



Your brain continues to grow until you are around 18 years of age. This doesn't mean it stops changing though! By looking after your brain and giving it new regular challenges you can learn new things, even if they seem too hard. All you have to do is keep trying again and again.



Our brains are always changing and we can challenge ourselves by repetition to continue to build new brain connections and learn new skills. This is how our brains get stronger and smarter.



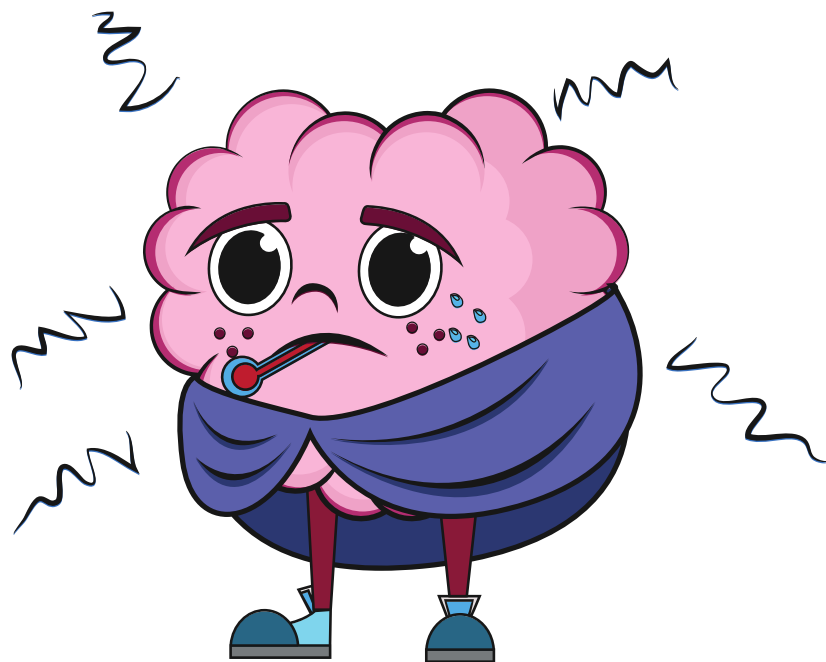
Scientists tell us that the brain grows better, new and strong connections through movement. And if we do specific exercises that challenge our brain then we get smarter and smarter.



We also know that sitting for long periods of time and not moving much isn't good for our brain development.



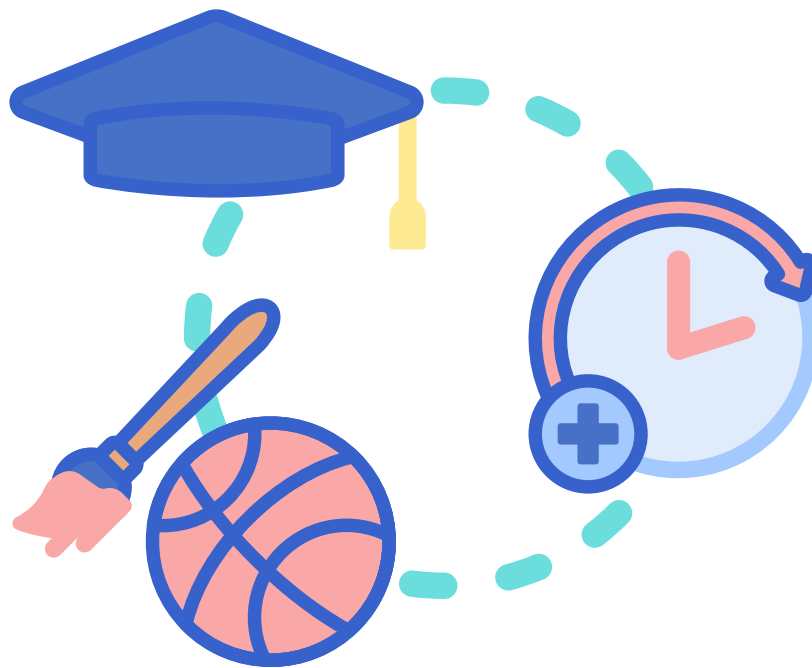
If our ability to move naturally is limited and we don't get enough movement, environmental and sensory stimulation then this impacts on our growing brain.



Playing with devices for too long means our brains process information very differently. We can even get angry when we are asked to stop playing on our devices.



Playing computer games only builds short-term memory and to succeed in school and in social situations we need to build long-term memory.



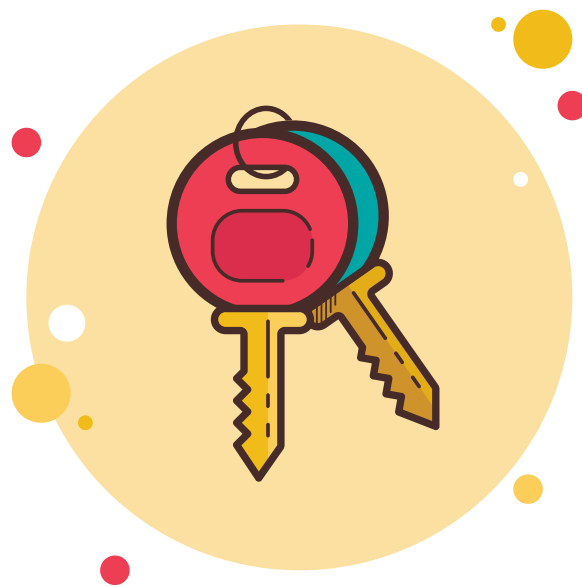
So to build a healthy brain,
it's really important to have
a healthy balance of outdoor
activity too.



Also, the foods we eat fuel our brain. So it's important to put in some brain fuel!



There are many keys of success for a healthy, strong brain, but to start with we need to make sure we allow the brain to develop as it should. This means breaking any old connections that are still lingering around.



Our 'Replenish' programmes at the Brain Bloom Room do exactly that. We find where there are any old connections and give you special exercises to help your brain strengthen and grow new ones. By growing strong neural pathways you will be able to concentrate, focus, sit still, be in control of your emotions and learn.





Brain Bloom
Room

You are in charge of your
own brain. The choice to make
it better and stronger is
yours.

We're here to show you how!

The Brain Bloom Room

Whāngaia, ka tupu, ka puawai
That which is nurtured, blossom then grow