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Criss - Cross Applesauce: The Effects of Movement Based Learning on Visual Process Speed

The purpose of this project was to see how effective Brain Gym® was in enhancing children age's three to nine visual processing speed by completing puzzles. In this experiment the researcher asked ten children, five females and five males, if they would like to do two puzzles and Brain Gym®. While the children completed each puzzle the researcher timed them to see if they could complete puzzles faster before or after doing Brain Gym®. The same motions were used for each child in a system called PACE and each child was allowed five ounces of water to start PACE and 15 seconds to do each motion of three other motions in PACE. The researcher hypothesized that Brain Gym® would improve each child's puzzle completion speed, both boys and girls. The researcher was surprised though when only one female proved Brain Gym® to speed up the time it took her to complete the puzzles. All the males Brain Gym® use supported the hypothesis by taking off anywhere from 15 seconds to three minutes off of the time after Brain Gym®. The girls that didn't support the hypothesis added anywhere from four seconds to about a minute to their time on the second puzzle. After completing this experiment and finding all the data the researcher had to conclude that males respond to Brain Gym® more effectively than females in the intellectual area of visual processing speed that was tested.