

Optimal BRAIN Performance for KIDS!!

Topics: GENDER MATTERS ~ Attention Spans & Brain Breaks
Exercise & Brain Activity



Presented by: **Denise Moser**

Gender Matters: Is there really a significant difference in the way boys & girls learn? Should teachers teach boys & girls differently? **YES!!**

See for yourself the difference in the appearance of the brains in males vs. females and learn how these differences impact learning and comprehension, as well as behavioral issues in the classroom.

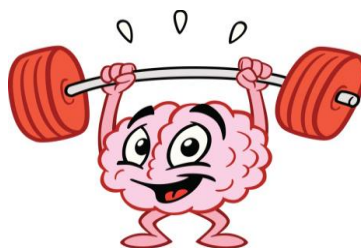
Attention Spans & Brain Breaks: Did you know that your child/student can only focus on one task for approximately 3-15 minutes (based on age) before they need redirection? Did you know that children can only comprehend verbal instruction/directions that last for less than 30 seconds before "zoning out"? Have you implemented BRAIN BREAKS into your instructional curriculum or homework time?

Exercise and Brain Activity: "An active body = an active mind" - proven FACT! How a brain at rest functions compared to a brain after just a few minutes of movement – SIGNIFICANT difference.

Target Audience: Teachers, Parents, Administrators, Daycare Providers – Perfect for Teacher Workday's, PTA meetings and Staff Development Trainings.

*Presentation is approximately 60-minutes in duration.

So, join me to learn about the topics mentioned above, including participation in our own "adult" brain breaks



Presenter Background: Denise Moser holds a BS degree in Kinesiology and a MS degree in Exercise & Health promotion, as well as certifications in Health & PE (PA & VA licensed), CPR & First Aid instruction, Youth Fitness Training, Personal Training, Group Fitness, Speed & Agility Specialist, and Cycle. She has spent over 15 years in the fitness and education industries; as a founding Executive Director of a non-profit in the Washington DC area (Functional Fitness 4 Kids/FF4K), an Athletic Trainer, Sports Medicine teacher, CEO of an Sports Training company, Youth & Adult Personal Trainer, Group Fitness Instructor and a Health & PE Teacher. Denise worked as a Health & PE teacher for Fairfax County Public Schools in VA from 2001-2015; 11 of those years was spent teaching at Lanier Middle School where she was nominated for Teacher of the Year twice, received several awards, including the Community Leadership award from the President's Council for her commitment to youth fitness, wrote youth fitness articles that were published in local & National newspapers and magazines, appeared on local news stations in the DC area for her innovative ideas on how to get kids excited about fitness during PE class and created and implemented County-wide fitness curriculum that is still being used throughout several school districts in Northern Virginia.

During her 11 year career at Lanier MS, Denise worked along side colleague Pam Clingenpeel, who developed a passion for learning everything about kids brains! She went on to obtain her certification in Mind, Brain & Teaching through Johns Hopkins University. The duo began presenting at teacher in-services throughout Fairfax County - it was enthusiastically received and implemented into the teaching curriculum.

In 2015, Denise moved to Harrisburg, PA, leaving her beloved non-profit organization and teaching career behind. After settling in for almost a year now, she is ready to bring some of this exciting, cutting edge, information to local parents and teachers, so that they can better understand and support their children and students!