

Brain Bites



Observation Skills Lead to Greater Intelligence

Category - Observation and higher-order thinking

November 2008

Who are the leaders on the planet that are making cutting edge discoveries on a regular basis? If you said scientists and babies, you are right!!

The job of a scientist is to be open, curious and use keen observation skills to pin point trends, changes and nuances in behaviour, thus leading to new possibilities and inventions. Babies, in their pure and open state, do this naturally - its part of their brain growth and maturation.

Where does that leave the rest of us?

If you aren't a baby (and likely not if you are reading this), and you aren't in an observatory type profession, then there is a good chance you aren't using or developing your noticing skills that lead to a higher states of growth, intelligence and achievement.

According to the co-founders of Brain Gym® International, Paul & Gail Dennison, each time we notice (observe without judgment) we create greater connection between our possibility-oriented prefrontal cortex which engages reason, insight and communication, and our survival-oriented brain stem responsible for automatic action. When this connection is activated we move into a state of focus and comprehension.

Noticing our mental, emotional, and sensory behaviours requires self-awareness and self-directed choice making. In the process, the prefrontal cortex develops in concert with the brain stem and sensory system, essential to higher-order thinking.

As we observe our postural, sensory and movement patterns, based in the brain stem, we invite integration across the "noticing bridge" that connects with the prefrontal cortex, ultimately leading to the planning and exploration of new patterns, growth and life.

Maria Montessori recognized as another pioneer in the field of education and academic achievement is quoted saying, "The teacher must derive not only the capacity, but the desire, to observe natural phenomena. The teacher must understand and feel her position of observer: the activity must lie in the phenomenon."

Learning naturally takes place through curiosity, life experience and frequent noticing. In *Cognitive or Brain Fitness* training we teach participants how to develop and master their noticing skills and develop their Noticing Bridge. Noticing is the most important and fundamental skill in education, and life.

Jill Hewlett and Sharon Todd are both Licensed Brain Gym® Trainers and *Cognitive Fitness Experts!* Their company, Brain Works Global Inc., trains clients on how to maximize their learning potential while working in conjunction with their individual goals.

They provide [keynotes](#), [in house](#) and [community training](#) and personal and professional coaching services to a wide range of [organizations](#), [schools](#) and the [community](#). For more information go to <http://www.brainworksglobal.com> or call 905.830.6902.



Become The Sculptor Of Your Brain!