

LEFT BRAIN

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RIGHT BRAIN

The gas pedal of our brain:

The brake pedal of our brain:

Positive emotions

Negative emotions

Approach behavior

Avoidance behavior

Small muscle (fine motor) control

Big, core (gross motor) control

Light touch processing

Deep touch processing

High frequency sound processing

Low frequency sound processing

Word reading(phonics and decoding)

Reading comprehension

Math calculations (arithmetic)

Math reasoning

Picks out the details of situations

Understands the "big picture"

Deliberate and practical with people

Has intuition with people

Likes routine, sameness, familiarity

Likes newness, novelty

Turns on the immune system

Turns off the immune system

Linear, logical thinking

Creative thinking

IQ (intelligence quotient)

EQ (emotional quotient)

Verbal communication

Non Verbal Communication

When there is not enough LEFT sided function:

When there is not enough RIGHT sided function:

Dyslexia ▪ ADHD(inattentive) ▪ Learning disabilities

ADHD (hyperactivity) ▪ Mood instability (highs and lows)

Poor spelling and letter recognition.

Inappropriate social behavior ▪ Poor reading comprehension

Poor auditory processing ▪ Poor fine motor control (drawing, hand writing, detailed tasking.) ▪ Task avoidance with academics

Inability to focus in school ▪ Poor muscle tone

Gets Sick often. ▪ Can be shy ▪ Poor self esteem ▪ Poor motivation ▪ And more...

Awkward/clumsy ▪ Misses the "big picture" ▪ Asthma and/or allergies
Autoimmunity (immune system over active) ▪ "Space Invader" ▪ And more...