

Tips for Parents and Teachers of Left Brained Learners

1. If this learner is not a completely left brained learner because he is mixed dominant (left hand/right eye) s/he may be more visual. S/he is therefore more of a visual learner than auditory under stress and will appreciate pictures/charts/posters etc.
2. This student may benefit from sitting either further back or on the side where his/her movement doesn't disturb others. Moving is a way for students to "attend" by stimulating the vestibular inner ear.
3. When calm, helping him/her explore ambiguity, emotions and movement can help him/her see things from a whole picture perspective.
4. "Positive enjoyable sensory-motor experiences will help develop the skills necessary to emotionally interact and fully access imagination, creativity and introspection." (The Dominance Factor by Carla Hannaford, PhD.)
5. This learner would benefit from seeing and hearing the details in order to learn because s/he is both an auditory and a visual learner. His/her dominant left hand is connected to the kinesthetic gestalt hemisphere, so s/he may need to move, touch and manually explore in order to organize and express information (Carly Hannaford, PhD.) Throwing a ball while practicing math facts or spelling words can also help.
6. Help this learner to learn math facts and spelling words, vocabulary etc. by utilizing flash cards in the upper left field of vision while s/he says the item aloud. S/he can thereby take a mental snapshot of the information and it becomes more reflexive.
7. Put visual cues/steps/lists up for him/her to see.
8. In class, allowing him/her to put up a cubbie or work in an office/private space during class work will help minimize distraction. If s/he is working with a group of students and becomes distracted by them, you may want to set up a sign to help others know s/he needs less distraction.
9. Parents can encourage exercises at home that reverse the fight/flight or "deer in the headlights" process that happen for these learners. Teachers can encourage water and breaks or other tools that work for that student.
10. In elementary school, allow him/her to sit on an exercise ball at his desk to stimulate the inner ear (this provides focus and emotional grounding).

11. In non stressed environment these learners can communicate, but as they get stressed communication can become "shut down." Physical movement (a walk, a drink of water) can help them reboot more quickly into rational thinking.
12. These students can become overwhelmed during testing situation and revert to fight/flight (where no rational thought is going on) because they see the entire test. Having them hide all but one question from themselves will help reduce that effect.
13. If this learner is mixed dominant (ie. left handed and right eyed) this can cause reversals and confusion in reading and writing, and in comprehending oral instructions.
14. Physically active, non-competitive activities that cross the midline of the body will help integrate this learner and provide stress relief (marital arts, swimming, soccer, knitting).
15. If this learner exhibits some Sensory Integration Dysfunction, which is demonstrable by louder noises and frenetic activity, BIT will help his "filters" come back to a homeostatic place. A great resource for more information/tips on this is "The Out of Sync Child" by Carol Kranowitz .
16. See Bibliography for more ideas