



Dyslexia

By: Mairi



What is dyslexia?

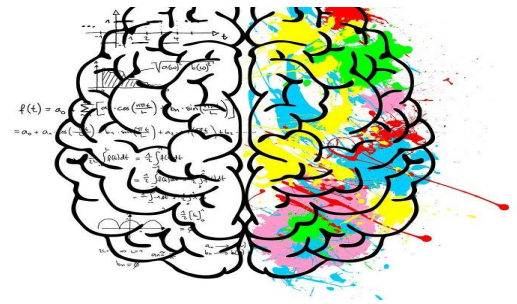
Dyslexia is a learning difference that affects the given individual's ability to manipulate language around them. Such as spelling, reading or in some cases grammar.



Left and right hemispheres of your brain

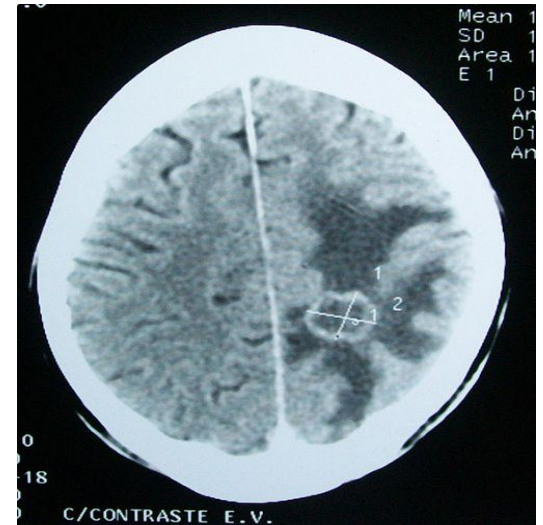
There are two main hemispheres of your brain. The right hemisphere of your brain is associated with creativity and artisticness.

The left hemisphere of your brain is more verbal and orderly than the right hemisphere. It's sometimes called the digital brain. It's better at things like reading and writing.



What does this have to do with dyslexia?

Dyslexia affects the left hemisphere of your brain, making it much harder for people with dyslexia to read and spell. People with dyslexia tend to rely heavily on their right hemispheres and their frontal Cortex.



Memory

Memory

People with dyslexia think in pictures. That makes easier to memorize facts, for instance I can say the whole alphabet backwards.

I was part of The Davis program. This program teaches tools to people with dyslexia. Such as writing words out in clay, how to ground yourself so you can stay more focussed and how to keep your minds eye Aligned.



What is your mind's eye?

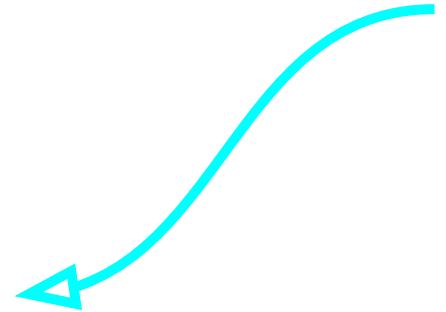
Your mind's eye is a concept that is introduced at the Davis program. If you do not have dyslexia then your mind's eye stays in place but if you do have dyslexia it can move, altering your vision. It could make something go slightly or a few feet off centre.



What happens when your mind's Eye Is off centre?

When your mind's eye is off centre it can cause trouble spelling. For example I would mistake a b for a d or a q for a p.

Other things are also affected when you're mind is Off-center. For example if I'm crossing a bridge my minds eye could go off the bridge making it seem like I'm falling. Many other things can happen when your mind's eye it's off-center though these are the main things that happen to me.



How do you keep your mind's eye aligned?

There are many different tools for keeping your mind's eye aligned. At the Davis program one of the main ones they focus on is using your koosh ball. You would do this by practising juggling or using it as a focal point.

Another technique introduced at the daves program is controlling your breathing. This can calm you down and realign mind's eye.



Thanks for watching

Any questions