Getting Started with Right Brain Education

Welcome to TweedleWink!

The preschool years are precious... and busy.

Your preschool-age child is busily absorbing everything around him, asking plenty of questions, and actively making connections that make learning passionate and fun.

Preschoolers are curious. They giggle as they learn. Find out how you can enrich your child’s heart and mind through materials, a well-designed environment, and purposeful play in an atmosphere of love.

In this Getting Started information booklet, we’ll share what you can do to maximize and strengthen your preschool child’s intelligence and overall sense of well-being (IQ & EQ).

Here’s 4 Steps to help you get started right away!

1. Read up!
2. Create your space.
4. Play!
The TweedleWink Preschool Program combines and utilizes 12 special techniques to nurture both the right and left sides of the brain.

**Right Brain Builders**
1. **Love**  
   - Loving contact and communication with parent
2. **Image**  
   - Mentally imaging success, health and happiness
   - Strengthening three-dimensional imagination
3. **Flash**  
   - Showing flash cards at a 1-second-per-card rate
4. **Listen**  
   - Playing high-quality audio

**“Bridge” Builders**
5. **Talk**  
   - Fun verbal sound play with phonics and words
6. **Track**  
   - Visual tracking stimulation
7. **Move**  
   - Left-right infant/toddler exercises

**Left Brain Builders**
8. **Think**  
   - Matching, sequencing, organizing information
9. **Draw**  
   - Writing and drawing shapes, letters and words
10. **Do**  
    - Arts and crafts, plus practical life
11. **Read**  
    - Independent reading, enjoying activity books

**Whole-Brain Synergy**
12. **Fly!**  
    - Beginning right-brain memory and speed reading games - a gentle transition to Wink™

The final TweedleWink technique is a graduation step to the Wink program. Wink integrates the left and the right hemispheres of the brain with seven simple steps:

- **Step 1:** Alpha Relaxation
- **Step 2:** Eye Exercises
- **Step 3:** PhotoEyeplay
- **Step 4:** Mental Imaging
- **Step 5:** Observation Training
- **Step 6:** Memory Linking
- **Step 7:** Photographic Memory and Speed Reading
2 Create your space.

Find a relaxing, cozy space—for you and your child.

Creating your own private classroom is a unique experience. By establishing a place of comfort for learning, you become intimately acquainted with your child’s needs.

The cheerier, more comforting it is, the easier it will be to really relax and enjoy your time together. The more love you put into your space, the more excited you will feel to have a lesson together.

A beautiful, friendly-feeling learning space can be created in 4 steps. When following these steps, it is important to pay attention to the details. Right-brain children tend to be highly-sensitive and react (positively and negatively) to many nuances that adults may not think much about.

Pay attention to the “feel” of the...

• Space
• Climate
• Color
• Fresh Air
• Plants
• Lesson Trays
• Temperature

• Furniture
• Wall decor
• Lighting
• Music
• Scent
• Water
• Thoughts/Feelings

How to Create a Right Brain Lesson Corner

Step 1: Create a lesson space.
- select a light, bright, and happy place
- add low lesson shelves and a basket for flashcards
- add a cd player and make sure that all outlets and plugs are covered
- make sure that plants are safe for children

Step 2: Add color!
- place visual stimulation cards and posters on the wall (make sure to include: “Relationships Before Results”)
- secure peripheral vision rainbow wall buttons (ages 4+)
- add lesson mats
- double check for safety

Step 3: Add the basics.
The basics are the materials that you will use from week to week.
- for love & imaging—add a soft blanket and stuffed animal
- for perfect pitch—add tuning forks
- for visual stimulation—add an optic flashlight and toy
- for floor exercises—add a soft carpet

Step 4: Bring in the lessons!
These materials will be refreshed every week.
- add current sets of flashcards
- add music and language CDs
- add lessons to boost left and right brain development—depending upon your child’s current stage
Gather materials.

Maria Montessori once said, “The things a child sees are not just remembered… they become a part of his soul.”

Your child’s brain is actively building neural connections based on every thing he sees, hears, observes and does. TweedleWink enrichment activities make the most of this time with a loving boost of learning experiences.

Right Brain Builders

Technique 1: Love

Parent-Child Bond
Begin each lesson by sending love to your child. You can do this simply by spending time together, talking, eating, reading, drawing, or just sharing your day.

Positive Affirmations
How you view and speak about your child is important. Every child should regularly hear: “You are loved.” “You are special.” “You can achieve your highest potential!”

TweedleWink DVD Flashcards
Check out our foundational DVD series designed for your child’s heart and mind. Every lesson begins and ends with loving affirmations.

Technique 2: Image

Visualization
Positive mental and emotional images can assist the mother/child bond. Take a moment to visualize your child as a happy, healthy, intelligent and compassionate person. Imagine a positive future for your family.

Don’t know how to visualize? We can help!

Alpha Relaxation
Deep relaxation techniques will help you send good feelings to your child. These are excellent for bedtime as well.

Surfing the Alpha Wave CD
Harp music with sounds of nature. Helps the mind gently shift from left-brain beta wave state to the right-brain alpha wave state.

Perfect for use in the background of a classroom or home to calm and soothe both parents, teachers and children. Program this CD for continuous play throughout the day.

Wink: Mental Imaging DVD
Mental Imaging can help enhance your ability to visualize effectively. This DVD stretches your imagination, guiding you through five imaginary journeys where you are encouraged to use all of your senses to create a multisensorial mental experience.
Technique 3: Flash

Flashcards, Books, Manuals, Encyclopedias
Your child’s right brain is like a sponge. Take advantage of this by flashing cards to your child to build a vast subconscious mental library. You can teach just about anything with flashcards: vocabulary, science, math, music, art... Later, when the information is taught in school, they will feel quite comfortable with it, and learn with greater ease.

FREE TWEEDLEWINK STARTER SET
Math (1-20) • Colors • Music Notes
OUR GIFT TO YOU! If you enjoy making your own learning materials, then let us help you get started with three simple sets:
• Math (1-20),
• Musical Notes (c, d, e, f, g, a, b, c)
• Colors (10 cards).

Just click and download for FREE.
www.rightbrainkids.com

TweedleWink DVD Flashcards
This is the complete set of TweedleWink Lessons on DVD discs (in English) — 48 lessons in all. Each DVD volume includes 4 lessons, with over 800 images. Each lesson covers the following topics:

- Art
- Cultures
- Speed reading
- Math
- Whole words
- Affirmations
- Science
- Perfect pitch
- Vocabulary
- Word building
- Poetry
- Visual Tracking

Children who have seen the complete series walk away with about 10,000 images—which the brain uses to create a strong neural network in the brain for lifelong IQ.

www.youtube.com/watch?v=sEeLcrv_S8w

TweedleWink Downloadable Flashcards and Touch Charts
Jumpstart your child’s flashcard library with these precious downloadable card sets. Just print, cut, and flash!

- **Math (1-100)**
  - Flashcards: available in two sets
    - Set One (1-50), Set Two (51-100)
  - Touch Chart: 1-30 on a page

- **Music Play (full set)**
  - Booklet & Card Set: printable flashcards, matching cards and Music Play instructional booklet for tuning fork play

- **Phonics**
  - Flashcards: 30 cards representing the 30 phonic sounds for early reading
  - Touch Chart: all 30 sounds on a page

- **Whole Words**
  - Flashcards: available in four sets (12 lessons each = 120 cards) The words in these sets correspond to the 48 lessons presented in the DVD series.

- **Colors**
  - Flashcards: 12 colors, no words on face of card
    - (Suitable for use with many different languages.)

- **Shapes**
  - Flashcards: 10 shapes; can be used as black-and-white stimulation cards as well (see Technique 6: Track)
Technique 4: Listen

World Languages
Expose your child to languages through tapes, conversation and reading.

**TweedleWink Multiple Languages DVD**
This DVD introduces your child to six different languages: English, Spanish, German, French, Russian, and Japanese! Includes: Shapes, Colors, Numbers, Fruit, Vegetables, Vehicles and Animals.

Music and Perfect Pitch
Music and pitch can be learned effectively in childhood. Play classical music during your lesson time or in the background as your child plays. Tuning forks are a fun way to teach pitch.

**John Walker Perfect Pitch Tuning Forks**
Set of thirteen tuning forks representing every note, from “middle C” to “high C.” Imported from England. Downloadable flashcards, matching cards and an instructional handbook are included with each purchase.

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"Bridge" Builders

Technique 5: Talk

**Conversation**
Actively talk with your child, showing interest and respect. Narrate the day. Ask questions. Give your child words and feelings to match what he may be seeing or experiencing. Conversation is fun—and cute—at this age.

**Phonics**
Encourage your child to imitate the basic seed sounds of the English language: phonics.

**TweedleWink Phonics DVD**
This DVD features the 30 phonic sounds. Encourage your child to repeat each sound as it is played. You’ll be surprised at the results!

**TweedleWink Phonics “Playbook” with audio CD**
The TweedleWink Phonics Playbook series presents phonics concepts in a right-brain manner using imagery, songs, rhymes, touch and playful interaction. Choose from Level 1-5

Ages: age 2+*
*or as soon as your child can hold a pencil

Includes: one “playbook”, pull-out “touch chart” and audio CD with 30 phonics songs.
Technique 6: Track

Visual Tracking - Movement
Strengthen your child’s visual senses so that he can see more—and therefore remember more—of his surroundings. Left-right optic movement boosts brain development and enhances communication between the two hemispheres.

TweedleWink DVD Flashcards
Visual Tracking lessons are included in each lesson in our 12-DVD series. If you have the DVDs, you don’t need to do anything extra.

VISUAL TRACKING GAME - If you do not have the DVDs and/or wish to do visual tracking activities at home, it’s quite easy to do. All you need is a bright ball (or toy). Move the ball in different directions, encouraging your child to follow it as you do: up/down, left/right, diagonally, and in circles.

Visual Enhancement - Black/White
Exposure to black and white images boosts depth perception, shading, and helps the eye discern important details needed for photographic memory.

FREE! Make-Your-Own Starter Flashcards Black-and-White Visual Stimulation Cards
Just click and download these sets to get started...

www.rightbrainkids.com

Visual Enhancement - Color
Exposure to strong, vivid patches of color enhances the development of the eye’s color cones needed for clear visual intake.

Wink PhotoEyeplay DVD
This DVD (used in our Wink program) is a viewing meditation for young children. Colorful shapes appear with Alpha relaxation music in the background. Includes: primary, secondary, and complementary colors, as well as color gradations.

Technique 7: Move

Right-Left Movement • Balance • Strength
Your child’s brain is intimately connected with his or her whole body. The central nervous system thrives on movement—especially that which synchronizes the right and left side of the body.

TweedleWink Level 1 Training Course
Many of the techniques in our program can be done easily at home with materials you may already have. This especially applies to the MOVE technique. Learn exercises in our TweedleWink Level 1 online course. We will show you how to maximize the first years of your child’s life by using the 12 gentle, yet powerful techniques of the TweedleWink program.

Includes: 4 modules with learning manual, online audio/video instruction, and downloadable resources.

Yoga Ball Fun
An easy way to tone your child’s muscles while strengthening their sense of balance is with TweedleWink Yoga Ball exercises.

YOGA BALANCE & STRENGTH EXERCISE
To begin, introduce your child to the yoga ball and play a little bit so that he is comfortable with it.

When ready, gently place your child, face down, onto the ball. Roll forward/back, left/right, in circles, and bounce!
Left Brain Builders

Technique 8: Think

Puzzles
Encourage your child to explore his environment, as well as everything in it. Although you don’t need much, some basic toys are a must for the development of your child’s thinking skills.

Make sure that you have the basics:
- blocks (Legos, Kinex, Duplos, wooden blocks)
- puzzles (with educational images are best)

Matching Games
In TweedleWink, matching games are a great follow up to TweedleWink flashcards. They serve as a powerfully playful way to bring all the information stored in right-brain memory to left-brain practical use. And, besides... they’re fun!
Play “Go Fish”, matching, hide-and-go-seek and more.

MAKE-YOUR-OWN - Matching cards can be created easily with calendars, catalogs, stickers or magazines. Our all-time favorite resource is garden seed catalogs—full of pictures of fruit, vegetables, flowers, shrubs and trees.

TweedleWink Downloadable Matching Cards
Simple do-it-yourself card sets. Just print, cut, and match!

Math
Includes: 1-20 dots

Colors
Includes: 10 colors

Shapes
Includes: 10 shapes

Phonics
Includes: 30 pictures, 30 words

Words
Includes: 30 words
Technique 9: Draw

Shapes, Letters, Words and Pictures
In TweedleWink, we teach children to draw shapes, then letters (according to our phonics system) and pictures. Check out our TweedleWink Playbooks.

Technique 10: Do

Arts and Crafts
Children learn so much through art: fine motor skills, use of color, appreciation, and patience.

Montessori-Inspired Practical Life
Maria Montessori believed that children need every opportunity to do things by themselves, with guidance from a patient adult. Practical life lessons teach children how to pour, spoon, measure, sort and more.

Want to know what happens when a child is touched by Montessori method? Think: Google! The creators of Google were raised in a Montessori environment. Montessori methods work!
Technique 11: Read

Independent Reading
Encourage your child to master his understanding of phonics through independent reading and workbooks. Once your child masters the 30 phonic sounds, he begins to put them together as words and, before you know it, he is reading!

“Sam the Elf” Phonics Readers
Enjoy word-building with Sam the Elf stories.
Includes: 48 stories designed to reinforce TweedleWink’s 30 sounds.

Smiley “Great Me” Children’s Stories
Enjoy character-building with Smiley, Sara and their many adventures.
Includes: 48 stories that teach family values, healthy habits, respect and self-control.
COMING SOON!

Activity Books
Encourage your child to master his understanding of phonics through independent reading and workbooks. (We call them “playbooks”!)

TweedleWink Phonics Playbooks
This delightful series presents the 30 phonic sounds, encouraging your child to write, say, and practice them in a simple matching game.

TweedleWink Math Playbooks
Early math activity books should be inviting and fun! The TweedleWink playbooks fill the bill, including touch charts and fun activities to learn how to add at an early age.
Technique 12: Fly!

The final TweedleWink technique is a graduation step to the Wink program. Wink integrates the left and the right hemispheres of the brain.

The Wink program allows parents and teachers to:

1. **activate** your child’s right brain pathway so that a very high absorption of material is maintained

2. **use the flow of information** between the right and left hemispheres in accelerated learning techniques, such as photographic memory and speed reading

Learn more before you begin.

**Parent-Teacher Training**
Right-brain memory and speed reading games are a breeze... when you know how! Wink’s 7-step program gently eases your child into the process.

**Wink Level 1 Training Course**
This easy home training course will show you how to reanimate and keep your child’s right brain pathways engaged for more effective learning. You will be surprised how much you can personally benefit from it, too!

This is a six-module course, including:

- Module 1: Right Brain Education
- Module 2: Alpha Relaxation
- Module 3: Eye Training
- Module 4: Creative Imagination
- Module 5: Memory Tune-Ups
- Module 6: The Power of Not Thinking

**Includes:** 6 modules with learning manual, online audio/video instruction, and downloadable resources.

**Wink: Right Brain Education Program Overview and Guide**

Wink: Right Brain Education is for drawing-out the inquisitive childlike qualities for all ages -- children, teens, adults and seniors. This manual shows you how to use the materials in each of the 7 steps. This guide book is included in the Wink kit. For those who buy small parts of the kit at a time, please remember to buy this book!
**Wink Kit**

Begin Wink one step at a time—or all at once!

**Wink: Right Brain Education**
The Wink: Right Brain Education Seven-Step Package includes...

**CONTENTS**
- Wink Program Overview and Guide
- Wink Quick Start Chart
- Step 1: Wink Alpha Relaxation
  - Guided Meditation on audio CD
  - Surfing the Alpha Wave music CD by Shawndeya
- Step 2: Wink Eye Exercises
  - Eye Exercise Cards
- Step 3: Wink PhotoEyeplay
  - Visual Activation DVD
  - PhotoEyeplay Deluxe Card Set
  - PhotoEyeplay Color Art Shapes
- Step 4: Wink Mental Imaging
  - Mental Imaging DVD
- Step 5: Wink Observation Training
  - Observation Training DVD
- Step 6: Wink Memory Linking
  - The Memory Train Cards Set
  - The Memory Train Audio CD
  - The Memory Train Small Starter Cards set
- Step 7: Wink Photographic Memory and Speed Reading
  - Photographic Memory and Speed Reading DVD
  - The Memory Zoo card set
  - Grid Cards and Color Blocks

Give your child the “right” start in life! (wink)

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**Step 1: Alpha Relaxation**

**Embracing the Peaceful Alpha Wave**

Alpha Wave Relaxation is the process of calming the senses, centering the body and adjusting the thought waves to an alpha wave frequency in order to access the creative universe of the mind.

"Wink: Guided Meditation" audio CD

This CD teaches deep relaxation through a guided meditation spoken with gentle music in the background.

"Surfing the Alpha Wave" music CD (not shown)

**StressEraser Biofeedback System**

The StressEraser® is a handheld, portable biofeedback stress reduction device. It is a medical instrument that provides relief from stress. It works by helping you relax your body and calm your mind by guiding you to adjust your breathing and your internal focus.

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**Step 2: Eye Exercises**

**Speed Reading Readiness**

Eye Exercises strengthen the ability to focus, increase the scanning speed, stimulate brain development, accelerate memory retrieval, integrate the right and left hemispheres of the brain and heighten sensitivity.

"Wink: Eye Exercise Card set"

Includes: Six exercises designed to prepare the eyes for scanning.
Step 3: PhotoEyeplay

The Camera for the Mind
Wink PhotoEyeplay is a unique visual process which stimulates the ability to see an object’s after-image, or negative photographic image. After-imaging activates the primary vision centers used for photographic memory.

Wink: PhotoEyeplay Package
This PhotoEyeplay product is a package combination of the DVD flashcards, the deluxe printed card set and the color shapes cards.

Step 4: Mental Imaging

Magic Carpet Rides
Your mind is the laboratory of your soul. Once your mental imaging ability is developed, you can use your mind to play-out and test ideas before creating them materially.

Wink: Mental Imaging DVD (Visual Stories)
This DVD stretches your imagination, guiding you through five imaginary journeys where you are encouraged to use all of your senses to create a multisensorial mental experience.

Step 5: Memory Linking

Right-Brain Memory Linking
Memory linking consists of learning to recall many items in a specific order without the drudgery of rote memorization.

The Memory Train set
Wink Memory Train is a fast and easy way to build whole-brain memory. Sequentially memorize up to 300 images at a time!

Includes: 15 cards of 300 images, narrative audio CD and starter memory cards (for initial training purposes).
Step 6: Observation Training

The Power of Details
Observation Training is the means of training your eyes (and your mind) to see more imagery details. The more details you consciously perceive, the more vivid is your recollection.

Wink: Observation Training DVD
This DVD contains Observation Training lessons to help you build your imagery recall and remember more details in everything you see.

OBSERVATION TRAINING GAME -
Place an assortment of items on a blank lesson mat. Ask your child to pick out details, such as colors: “How many objects are [red]?” You can do the same activity by organizing the material into different shapes or math quantities.

Step 7: Photographic Memory & Speed Reading

Photographic Memory
Photographic memory consists of remembering several things at once, in order or at random. This type of instant memory is considered to be more right brain, and fosters creativity and intuition in learning.

Wink: Photographic Memory and Speed Reading Set
This DVD brings you through 3 levels of memorization with: picture images (photographic memory), words (speed reading), and math quantity. Includes: DVD, a set of six Color Grid Cards, Color Blocks.

Speed Reading
Speed reading can boost the abilities of slower readers, and help faster readers read even faster. It does not depend on your education level or intellectual development.

SpeedReader-X Online Speed Reading System
SpeedReader-X® is designed to make learning speed reading fast and easy. The system consists of ten, easy-to-follow on-line lessons.
Play!

Ready to start?
At the preschool stage, there are 2 types of lessons we give to children, depending upon their development.

• a TweedleWink lesson - for children who have not yet been exposed to our flashcard-based enrichment program, or for children who are not yet able to read
• a Wink lesson - for confident, independent readers

How to give a QUICK TweedleWink Lesson
Invite your child to have a lesson with you. Get comfortable. Play soft music in the background.

Love • Image
☐ Begin each lesson by sending love to your child. You can do this simply by gazing into his eyes and feeling happy, or grateful.

DVD Users: Snuggle up and hold your child while viewing. Say each affirmation with the DVD lesson at the beginning and the end: “You are loved.” “You are special.” Feel it!

Flash • Listen • Talk • Track
☐ Flash cards to your child.
☐ Play classical music or world languages.
☐ Practice conversation. Read poetry.
☐ Play a visual tracking game.

DVD Users: You can combine all these steps into 1 handy DVD lesson. Watch 1 DVD flashcard lesson per day together with your child.

Move
☐ Play songs in the background while moving and playing with your child.

DVD Users: Jump, clap or shout as each Vocabulary Booster word appears on the screen.

...that’s it!

A NOTE about Left-Brain Building Techniques
The 4 left-brain techniques (Think, Draw, Do and Read) should be incorporated into your child’s everyday environment (at home or at school). If they are not, then please add them to your daily lesson. Better yet, think of ways to create a living space that stimulates your child to learn.
Graduation to Wink!

**Whole-Brain Synergy**
Wink games are fun. For best success, present only three activities per lesson at first. We like to organize them into five school days (Monday to Friday).

(NEW Wink kit includes DVDs instead of VHS tapes.)

When should my child begin?
Graduate from a TweedleWink lesson to a Wink lesson ONLY when your preschooler is actively reading, independently. (If you begin the Wink lessons too early, you can stress your child, producing the opposite desired effect.)

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How to give a QUICK Wink Lesson

Invite your child to have a lesson with you. Get comfortable. Play soft music in the background. Always begin with Step 1 and Step 2, then add one more Wink activity, as follows.

**Step 1: Alpha Relaxation**
- Relax using the guided mediation audio CD, simple breathing exercises, or with a 5-second hug.

**BREATHING WITH MOMMY** - Hold your child on your lap. Encourage him to close his eyes. Allow him to listen to the beating of your heart. After a few moments, give him a hug and begin your lesson.

**Step 2: Eye Exercise**
- Warm up your scanning speed with an eye exercise!

**Final Step: Choose one more Wink activity.**

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<thead>
<tr>
<th>Day</th>
<th>Activity</th>
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<tbody>
<tr>
<td>Monday</td>
<td>PhotoEyeplay</td>
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<tr>
<td></td>
<td>After-image 1 card and 1 object</td>
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<tr>
<td>Tuesday</td>
<td>Mental Imaging</td>
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<td></td>
<td>Go on 1 magic carpet ride</td>
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<td>Wednesday</td>
<td>Memory Linking</td>
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<td>Play with the Memory Train story</td>
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<tr>
<td>Thursday</td>
<td>Observation Training &amp; Photographic Memory</td>
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<td>Play the DVDs</td>
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<td></td>
<td>or play w/objects</td>
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<td></td>
<td>—slowly, for observation</td>
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<td></td>
<td>—flash and recall, for memory</td>
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<td>Friday</td>
<td>Speed Reading (readers only)</td>
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<td></td>
<td>Flash and catch words, play DVD</td>
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<tr>
<td></td>
<td>or on-line Speed Reader X lessons</td>
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(NEW Wink kit includes DVDs instead of VHS tapes.)
Thank you for reading!

Our families at Right Brain Kids wish you and your child the very best!

Please visit our web site for more information or Getting Started guides for other stages of development, including:

- prenatal
- infant-toddler (0-3)
- preschool (3-6)
- elementary (7-12)
- teens and adults
- special needs

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“Our care of the child should be governed, not by the desire to make him learn things, but by the endeavor always to keep burning within him that light which is called intelligence.”

—Maria Montessori