

PROVIDING BRAIN GYM AND ICE BREAKING TO IMPROVE PRIMARY SCHOOL STUDENTS' LEARNING CONCENTRATION

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SUMMARY

Background: Learning concentration is the ability to focus attention on learning. Concentration is closely related to the brain's ability to work. Maximum brain performance can increase concentration. Brain Gym or brain gymnastics is a method for training students' concentration in learning. Brain Gym or brain exercise itself is a movement that is carried out by stimulating brain waves through light movements involving hand and foot movements. This learning, which is interspersed with icebreaking, gives students enthusiasm to participate in learning. Icebreaking is a game or activity that functions to change the atmosphere of ice in a group. There are several types of icebreaking in the learning process, namely shouting, clapping, songs, exercises, humor, games, stories, magic and audiovisuals. **Purpose:** to increase knowledge, especially for physiotherapists and students about the application of brain gym and ice breaking to increase student learning concentration. **Method:** The KIE media chosen is video. Video was chosen as KIE media because it has several advantages. **Results:** video media entitled "Providing Brain Gym and Ice Breaking to increase Primary School Students' Learning Concentration". **Conclusion:** the video entitled "Providing Brain Gym and Ice Breaking to increase Primary School Students' Learning Concentration" was chosen as health promotion media targeting physiotherapists, physiotherapy students and madrasah students.

Keywords: Study Concentration, Brain Gym, Ice Breaking