LEARN TO MOVE, MOVE TO LEARN

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Why movement activities?
(J. Madigan)

- Boosts brain function
- Increases learning and retention
- Increases self esteem
- Is necessary to express feelings
- Allows all systems of the body to function
- Improves moods
Why move? (Madigan, Ratey)

- Repetitive gross motor movements balance brain chemicals, hormones and neurotransmitters that calm behavior and elevate self esteem. What is a RGM?
Raising the heart rate oxygenates the brain while feeding it glucose.

That’s Me!
Physical activity reduces stress by lowering cortisone

Ball Toss
What makes us move is what makes us think.

The brain processes movement the same way it processes thought patterns.

- Front to back (motor cortex)
- Side to side (corpus callosum)
- Up and down (brain stem to frontal lobe)
85% or school aged children (grades K-12) are kinesthetic thinkers!
Use the “17 minute” guide

- Include movement in some form about every 17 minutes to maintain attention and remember key concepts.
- Connect the movement to the learned material if possible. It will become more meaningful because of muscle memory recall.

- Continents
Movements that activate the left and right hemisphere of the brain simultaneously are especially effective.

Movements that cross the midline of the body will stimulate both hemispheres of the brain:

- Fingers, Thumbs – Fingers, Pinkys
- Nose and Ears
- Lazy 8 (stand, sit, with a ball, on your back)
- Shapes in Space
Movements need to be what the youth needs, values, enjoys or wants to do

The more things you try and the more they feel success, the more motivated they will be to try new things
When to do a movement break? (Lengel, Kuczala)

- Staring into space
- Fidgeting
- Doodling, humming
- Talking to a neighbor
- Shouting answers before question is complete
- Attention seeking behaviors
- Interrupting
- Can’t complete activities
Why do a brain break? (Lengel-Kuczala)

- Give the hippocampus time to process information
- Lessen feelings of anxiety
- Provide for laughter/fun
- Refocus as youth returns to content
- Develop social skills!
- Reenergize the body and brain simultaneously
The Movement Hierarchy (Oliver)

- In your packet
- Allow this to be your guide
- Start simple
- Not sure what level? Observe youth

- Stop!
Body Awarenesses (V. Gambetta)

- Is the awareness of one’s body and body parts and their movement capabilities
- These work individually or are combined with others
- By including various body awareness activities, you will enhance the experience for youth.
- Many examples to follow…
Tactile Awareness is the ability to discriminate through touch and feel

- Head, Shoulders, Knees and Toes L1
- Partner finger point L2
- Name Pass L2
Visual Awareness is the body’s ability to process visual stimuli

✓ Choose a Partner
✓ Mirror, mirror L2
✓ Mirror Add On L2
✓ Cooperative Passing L2
✓ Birthday Line Up L2
✓ Partner Shoe Tie L3
Directionality is the awareness of right, left, forward and backward individually or in any combination.

- Brain Jumps L1
- Brain Hops L1
- Walk the Line L1
- Grapevine L1
Auditory awareness is the ability to discriminate, associate and interpret sound.

- Where is it? L3
- That’s Me! L2
- Anger Control Song
Vestibular awareness is balance. The body’s relationship to gravity.

- Heel taps, toe taps, windmills, Knee ups L1
- Criss Cross Up and Down L1
- Brain Jumps, Hops and Balances L1
- Leaning Tower of Trust L3
Rhythmic awareness is the ability to make movements that are repetitive and patterned

✓ Cooperative Clapping L1
✓ Dancing L1
✓ Rhythmic Clapping Counting, Spelling L2
Spatial awareness is the ability to navigate through space and orient around people or objects

- Switcheroo L3
- Advanced Switcheroo L3
- Hoop Pass L3
- Spider Web L2
- Giraffe, Elephant, Bunny, Puppy, Snake L3
  (note: this is not in your packet)
- Hamburger Press L3
Temporal Awareness is the timing mechanism of the body

- Finger Grab L3
- Advanced Finger Grab L3
- Super Advanced Finger Grab L3
- Group Juggle L3
- Do-Si-Do L3
The brain needs *water* about every 45 minutes:

- There is typically a 68% better retention of knowledge about 10 minutes after drinking water.
- Your brain is about 75% water!

✔ Hydration ball
The brain uses lots of oxygen

- The brain only weighs about $\frac{1}{50}$ of the body's total weight, it utilizes about $\frac{1}{5}$ of the body's needed oxygen!
A few Tips....

- Start simple – observe the response
- Get feedback from youth
- Allow for transition time to calm down
- If possible, include music
- Never use movement as punishment
- Use progressive relaxation as a calming transition when complete (wrist drop)
In conclusion

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- Updates to packet, equipment, activities
- Let me know how you are doing