

LEARN TO MOVE, MOVE TO LEARN

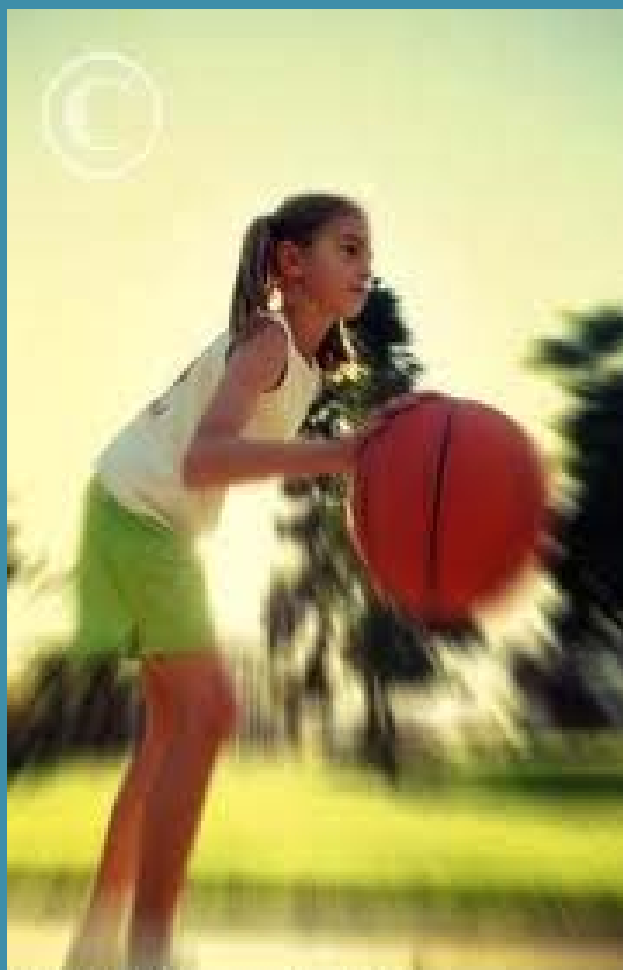
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Why movement activities? (J. Madigan)

- 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?



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➤ 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 collosum)
- Up and down (brain stem to frontal lobe)

All humans possess various intelligences (H. Gardner)

85% of 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

Bihemispheric Lateralization (crossing the midline)

- ▣ 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

Key point...

- ▣ 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 $1/50^{\text{th}}$ of the body's total weight, it utilizes about $1/5^{\text{th}}$ 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

- ▣ solivererie@aol.com
- ▣ Updates to packet, equipment, activities
- ▣ Let me know how you are doing