

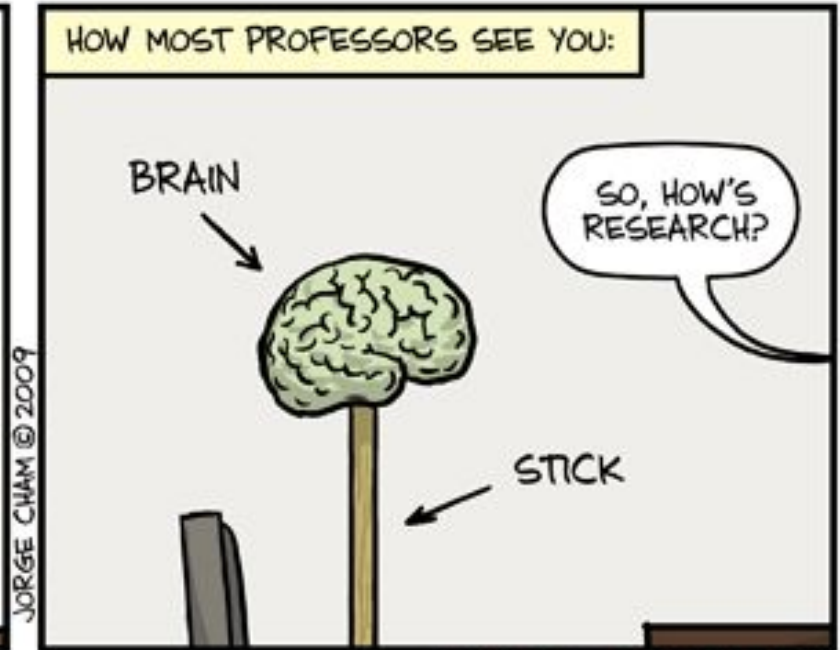
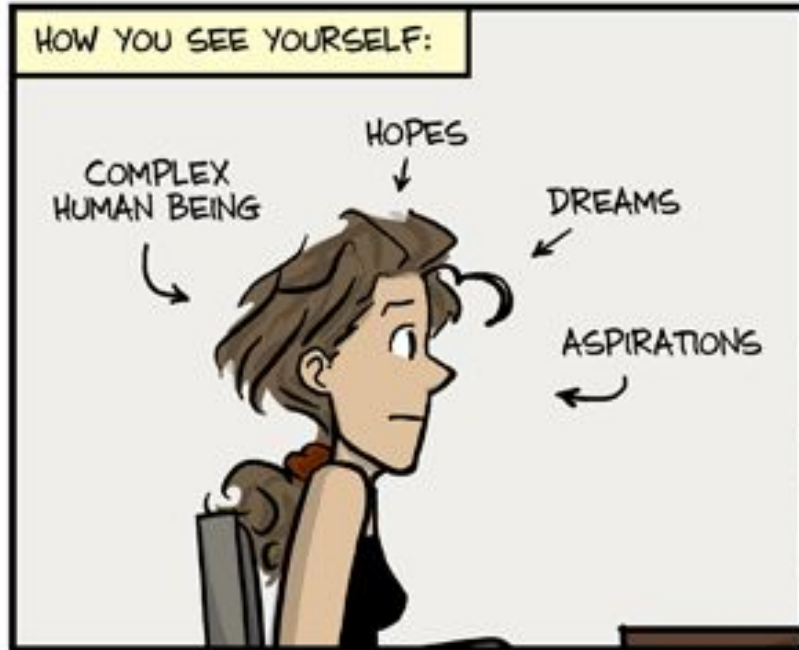
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Learning Through Movement

Dr. Sharon Rice



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Introduction

- Environment
- Discipline/Program
- Student Learning Style
- Instructor Comfort





What can we do?

How to incorporate physical activity
into course discussions
—
regardless of discipline

Examples

Breathe In/Out

- You can start a class with a simple breathing exercise to help students center themselves and incorporate mindfulness
- This allows students to “reset” themselves before new concepts are taught to them

Sticky Notes

- Giving students different color sticky notes at the beginning of class can be used to encourage learning with activity
 - Get up and find a student with a different sticky note color and summarize the lesson content
 - Get up and find a student with a similar color sticky note and discuss one question you both have
 - Easy way to group students or for ice-breaker activity

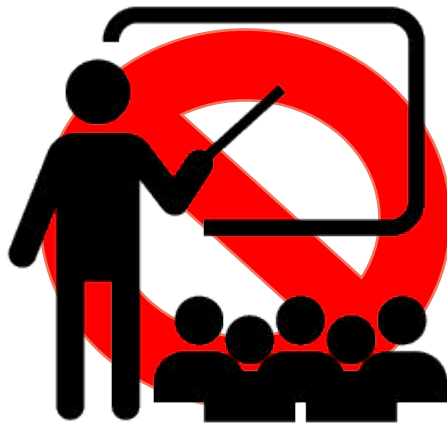
Classroom Creativity

- In a classroom with whiteboards – have students walk up and add concepts to the course discussion
 - Carousel style
 - Allows them to erase mistakes and try again
 - Having students discuss with peers and then add to concepts allows critical thinking

Why this is beneficial


Movement

- Using simple teaching strategies that incorporate movement allow students to burn extra energy that might be hindering their focus
- The movement keeps them engaged because they have to move and continue thinking about the lesson



Use of Senses

- Using multiple senses to engage learners helps with retention of materials
 - Speaking it
 - Writing it
 - Touching it
 - Hearing it
 - Using movement to explain a process – science, art, etc.



The way to get started
is to quit talking and
begin doing.

Walt Disney

Thank you

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Ideas gathered from "Minding Bodies" by Susan Hrach

