

Movement and Learning

From: Brain-Based Learning and Assistive Technology
Judith Sweeney

- Movement Influences - 20% students learn best when they can move while learning.
- Standing and Learning - When standing, more blood flows to brain and increases neural firings; attention arousal increased with standing.
- Movement, Reading, Attention - Movement (crawling, spinning, marching, rocking, pointing, tumbling) aided in gains in reading and attention.
- Movement and Learning - Even simple movements stimulate growth of brain axons which carry messages between neurons, thus forming new connections.
- Teacher Gestures and Math - Hand gestures used along with verbal explanations increased understanding of concepts presented as compared with only use of oral presentations.
- Learning Motor Skills - Learning is faster when students verbalize to another what they are doing when learning new motor skill.

Gross Motor Games

Winter-Wear Relay

Gather a variety of large winter clothing items at one area of the room. Children will have to look at or listen to a prompt, move to the clothing and put it on. Then return.

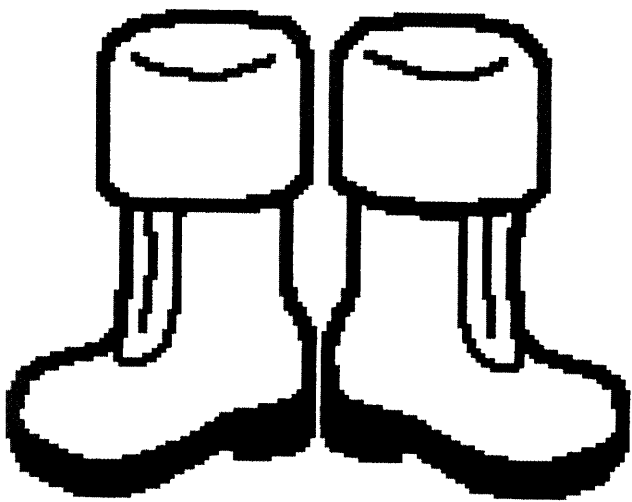
The prompts can vary to create "new" activities or to individualize and practice different skills. Think about different kinds of prompts . . .

- auditory only ("Put on the hat.")
- visual only (hold up article of clothing)
- auditory and visual (objects or pictures)
- text only
- text and picture

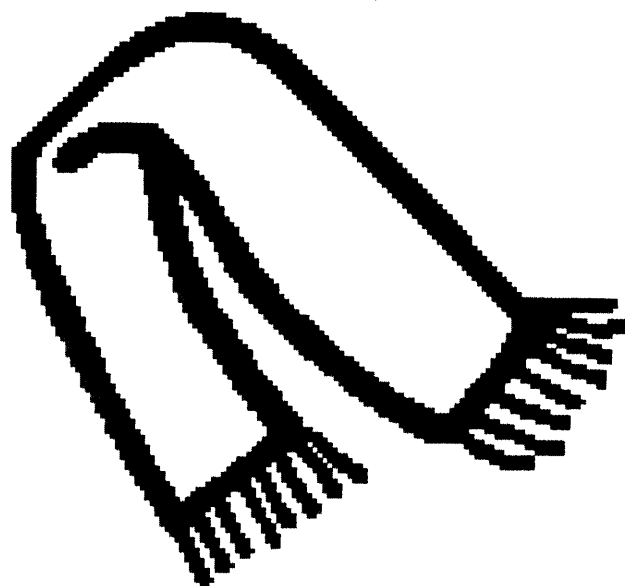
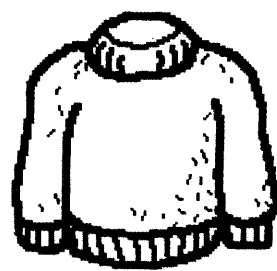
Consider making it harder by having children remember more than one element . . .

"Put on the hat and the gloves."

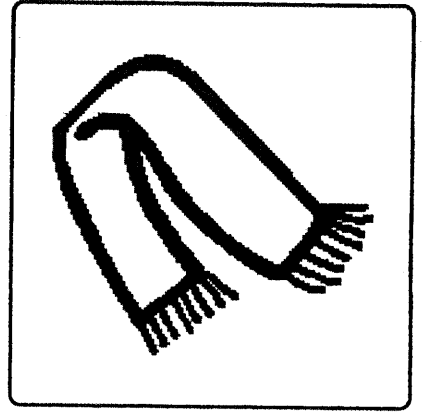
Enlarge, color, cut, mount and laminate pictures/text for the game.



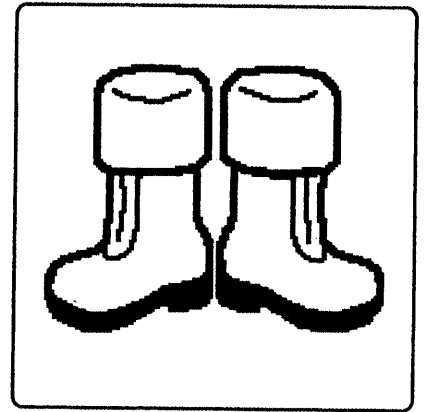
sweater



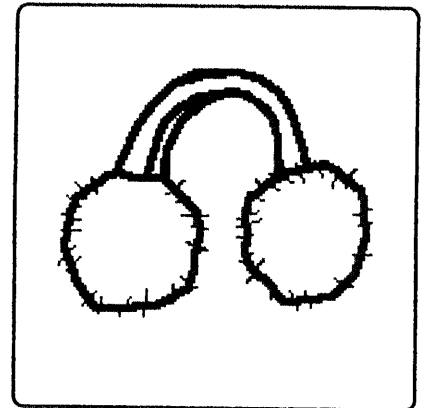
scarf



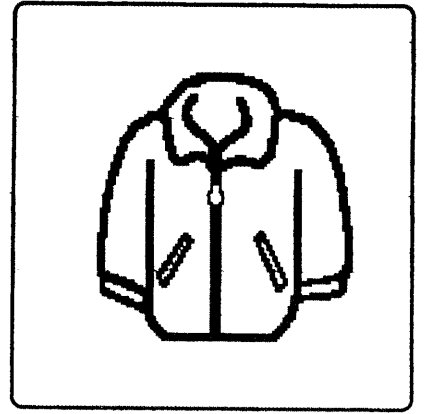
boots



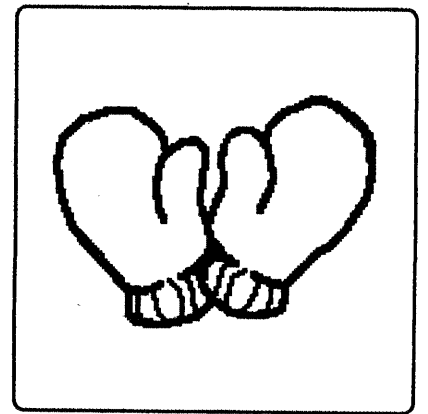
earmuffs



jacket



mittens



hat

