

RAISING READERS

Volume 3

October 2014

LIZ KAULFUSS

What Does the Research Say About Movement?

- Research shows that allowing **MOVEMENT** in the classroom is critical for adolescent brain development.
- When we allow students to move around in the classroom, the blood flow and oxygen to the brain increases and releases neurotransmitters which helps them learn.
- Movement increases motivation and focus.
- Students learn best by doing, and movement keeps many from zoning out. Can they act out their reading?
- **Sit and Get** does not work for most students. Though they may be compliant, this does not mean they are engaged.
- Physical movement helps decrease stress which also reduces aggression, avoidance, and apprehension about learning.
- Providing small items like Koosh balls or bean bags for students to squeeze can reenergize the brain.
- Playing music in the classroom and creating purposeful activities around it reenergizes the brain.



Best Practices and Strategies for Success

- Consider a **Ball Toss Review** to get students moving. Put them in a circle and have them throw the ball to someone who then answers a review question.
- Use the **four corners** of your room and let students move to a corner to express their views on a given topic. Corners can represent the degree to which they agree or disagree with given statements.
- **Use stations** with different activities. Use stopwatch.com projected on your board to create a sense of urgency.
- Play a **review/race game** by having students in rows or tables pass around a study guide answering just one question before passing it on to another group member.

Do I...

- Do I try something different or unique from time to time and see if it helps my students?
- Do I provide a **VARIETY** of strategies so I can reach as many students as possible?
- Do I incorporate some kind of movement daily in the classroom?
- Do I take the time to make learning memorable so students **RETAIN** what I am teaching?
- Do I create hands on activities as much as possible and address the social side of teaching?