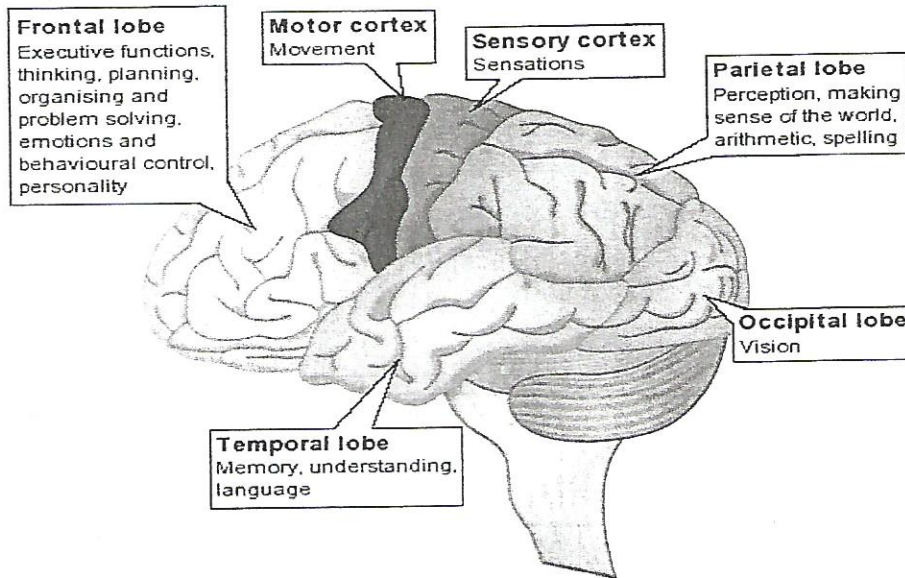


I am Moving, I am Learning

Facilitated By Jamie Bonczyk, M.A.

Moving with the Brain in Mind

http://choosykids.com/CK2-resources/eventhost/Day%202/Brain/Brain_ppt.pdf



- Children's play experiences are the foundations of reading and language development.
- Movement enhances
 - Early brain development
 - Neurological integration
 - Sensory integration
 - Visual processing
 - Auditory processing
 - Bilateral coordination
 - Hand-eye coordination
 - Motor planning

80% of the “foundations” of neural networks are being constructed between birth and age 3. It is critical for young children to have active physical and sensory experiences because they impact their cognitive, emotional, and social understanding of the world.

Physical activity stimulates the body to create a hormone that acts like miracle grow for the brain. – John J. Ratey, MD.

Dr. Gene - forty four?
 Greg & Steve
 Laura Becker
 Tabatta (high intensity + low intensity) itunes

micah
 Jim Gill (a girl) I took a bath in the washing machine
 Jan Brock

Resources

| <u>Song</u> | <u>Artist</u> |
|------------------------------------|---|
| ¡Excelente Fabuloso! | The Okee Dokee Brothers - red leaf press fund CD |
| Build A Bridge | Angela Russ - lakeshore learning (small moves) #2 |
| Following Directions with Exercise | Mark D. Pencil - exercise game #1 itunes |
| Move And Freeze Dr. Becky | Bailey & The Learning Station |
| <u>Book</u> | <u>Author</u> |
| The Squiggle | Carole Lexa Schaefer |

Active Learning Ideas

| Activity | Academic Category(s) | Large Motor Category | Materials Needed | Notes: |
|---|--------------------------------------|----------------------|-----------------------------------|---|
| throwing socks on wall | gravity | throwing | socks, basket | |
| walk on tape "balance" beam with bean bags on shoulder | | | | voice game fruit & veggie bean bags |
| my body space paint (has CD) | | | | clear contact (mat) paper vs laminated name labels |
| scarves in motion movement music | | freeze & move | | oriental trading company |
| body turn my time | row your boat on knees | looking out | or on knees looking down at me | use airplane |
| Exercise balls & have them lay flat or breathing | have them lay flat or wig mins | start relaxation | have them | laid on my chest na breath is sold for pumping the pump |
| laminated cards w/ name + image and | actual "food" you can identify / eat | | match up | |
| - power of food (in person) - farm to? | | | | |
| - tipping fire scale (online) - laminating (in person) | | | | |

- u on breathing - tongue out "ha" breath & hands
- feeling belly & breath as it expands & then try "ha" breath
- "ha" with arm movements
- leaning on belly & feeling others inhale & exhale