

Moving and Learning is Connected in the Brain

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BAM!

- The more a child moves, the more a child knows.

The more a child knows, the more a child wants to know.

The more a child wants to know, the more a child needs to move.

Research

- The body is the brain's first teacher and movement is the curriculum
- movement builds sensory perception and critical pathways in the brain.
- Through physical and sensory experiences, a child, in his/her first 5 years of life, sets down 90% of his/her neural pathways. These will shape everything from passions to reflections, from outlook to reactions.
- The more a child moves, the more he/she stimulates the brain and the more she stimulates the brain, the more movement is required to go get more stimulation.

Movement has changed

1. inside instead of outside
2. playgrounds have high level of safety and low level of challenge
3. technology
4. toys today leave little room for a child's own discoveries which leads to instant gratification
5. taking away recess and PE
6. less walking, riding bikes and more shuttling
7. less free play and more structured inside classes
8. push down curriculum

How Does your Engine Run?

The Alert Program

- Moving and learning is connected in the brain
- Take Five!
- Self Regulation – methods we use to change our levels of alertness through what we see, hear, feel, taste, smell and how we move.
- Your body is like a car engine
- Natural Design – DISC Model

8 Senses

- Sight
- Hearing
- Smelling
- Touching/feeling
- Taste
- Vestibular
- Proprioception
- Interoception

5 Ways to Regulate

- Eyes
- Ears
- Hands
- Mouth
- Movement

6 Types of Movement

1. Oscillation – up and down
 2. Rotary – spinning/rolling
 3. Linear – back and forth
 4. Inverted – upside down
 5. Crashing – what it sounds like
 6. Heavy Work – pushing, pulling, lifting
- *When bodies are out of control look to movement. 5 minutes of movement gets you 25-30 minutes of focused energy. Not all children like all movement. Which ones are best for your children?