

Using (or not using) Technology

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Howard Gardner

- “Children would not suffer the slightest if they didn’t see one (computer) ‘till age nine or ten.”

Technology

- 20 minutes at a time
- Don't use as a reward or punishment
- Turn off 45-60 minutes before bed.
- Technology rewires the brain for fight, flight, freeze

What are companies looking for when hiring employees

- Innovation and innovative thinking (loose parts)
- Teamwork skills (community curriculum)
- Flexibility (temperament and flexibility of thought)
- Imagination
- Creativity

Where is all of this found.....PLAY!

Play

- Open-ended play produces more creativity and a higher level of intelligence
- 10% toy, 90% child
- Brains learn best by creating meaning which means children have to play around with stuff.
- Children need patterns, relevance, active involvement, reflection and quiet spaces for their brains to grow healthfully.
- The body and brain are connected so movement is needed to connect all the senses.

Movement

- Body is the brain's first teacher and the lesson plan is movement
- 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 he/she stimulates the brain, the more movement is required to go get more stimulation.
- 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.

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