Great Brains on Fire!

Brain Power Today will shake your nerves and ignite your brain,
Too much sitting without movement will make “ALL” insane!
I love teaching!
Building Relationships + Movement = Increased Student Success
No significant learning can occur without a significant relationship.

- James Comer
Brain Power Today: FORMULA FOR SUCCESS
Building Relationships + Movement = Student Motivation

#1 BUILDING RELATIONSHIPS include emotions and social interactions.
Brain Power Today: FORMULA FOR SUCCESS

#1 BUILDING RELATIONSHIPS
Let’s Talk About Emotions
How are feeling today?
Birthday Time

Write your birthday month on your paper plate. When the music starts, line up with the month of your birthday.
With your birthday month talk about:

What is your most memorable birthday either good or bad? Be ready to share your favorite story with the group.
Emotions make us human. Denying them makes us beasts.

Victoria Klein

meetville.com
How do you think this lead up could spark an interest from students?

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Example of Time Line

Have student Google up their birthday or important date to see what other historical events occurred on that day.
Variations:
✓ Partner
✓ At your table
✓ Cross the hemisphere
Know your students!
Don’t just know their name but truly know who they are.

One of the best feelings in the world is knowing your presence and absence both mean something to someone.
“Get to know your students—not casually, but intentionally. Once they know you have their back, everything else falls into place.”

— Emile G. Aiton @emilegaiton
Be influenced by those who challenge and encourage you to succeed; not self destruct.

Ishmael Muhammad
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#1

BUILDING RELATIONSHIPS
Let’s Talk About Social Interaction!
Social Interaction:

- Where people can express their feelings and share their problems with other people which has a beneficial outcome on human health.
- Good social support helps coping with stress.

*Many people find it hard to open their hearts and share their feelings and problems.*
Some students find the prospect of not doing well so anxiety-inducing that it becomes a self-fulfilling prophecy.

Help students understand that struggling with a subject isn't the end of the world.

The social interaction can get them excited about things in the classroom and students can motivate one another to reach a goal.
What is communication?

Feedback helps the communicators make sure that the message has been decoded correctly.

The receiver's reply to the sender is called feedback.
1st Type of communication: VERBAL

Words Alone
How do we sound?

Dolphins
And
Whales
Body language is a very powerful tool. We had body language before we had speech, and apparently, 80% of what you understand in a conversation is read through the body, not the words.

Deborah Bull
Brain Power Today: FORMULA FOR SUCCESS
Building Relationships + Movement = Student Motivation

#2-Ingredient
Movement
Brain Energizers & Teaching Tid-bits
Quadrant Clapping
Research on why we need movement to motivate:

The brain changes after a human sits for about 17 minutes. Because of gravity, blood starts to leave the brain and pool in the hamstrings. The blood flow is blocked by the hips, knees and ankles.
The lower limbs are not moving which impedes the flow of the blood. After 17 minutes the brain sends a signal to the body that the human is at rest.
Movement Improves:
- student focus.
- mental sharpness.
- student attention.
“Movement does not make students smarter, but more ready to learn.”

"What's happening in the body is their heart rate's increasing and blood flow is changing, and they're actually activating the brain differently than when they're sitting down," says John Ratey, a psychiatrist at Harvard University.
Most significant is the direct relationship the research showed between the amount of movement the classroom teacher used and the percentage increase of students' test scores.

Movement is the Key to Learning

by Anne Green Gilbert
“Tell me and I'll forget; show me and I may remember; involve me and I'll understand.”

Chinese Proverb
Crosses the midline of the brain:

Crossing the mid-line of the brain and body aids in organizing, integrating, and energizing the brain's hemispheres to absorb information.

http://neurology.med.upenn.edu/~cdg/midline_3%20copy.jpg

http://www.dmacc.edu/instructors/rbwollaston/body_planes.gif
Students cannot sit still for very long before the blood and oxygen flow to their brains significantly slows down, thereby slowing down the learning process.

*Anne Green Gilbert*
Brain Energizer

No Guns
Standing appears to provide a 5–15% greater flow of blood and oxygen to the brain, thereby creating more arousal of attention (Jensen, 1995).
Carla Hannaford says, "Water comprises more of the brain (with estimates of 90%) than any other organ of the body." Having students drink some water before and during class can help "grease the wheel".
Total Body Immersion

Teachers must make use of the classroom space to arouse all senses.

Example:

Build a rainforest simulation in the classroom while studying the environment of Central America. By placing stuffed animals around the forest, children automatically associate certain species with this theme. Students can go on safari during a class to learn more about the rainforest.
Peripheral Learning
BRAIN Energizer
Pinkie/Thumb
Micro strategies are very situation specific.

For example, when you are giving directions, only give one a time, because the brain needs time to process the location, the action and the qualities of the action (“Go find your teammates and wait quietly at your team stations.”). Micro strategies require demonstration and context to maximize the understanding and transfer.
Macro strategies are achievement boosters. These are the “biggies” that reap huge rewards. You need to use your own experiences to customize them for your situation. Macro Strategies focus on the “big picture.”

Principle Strategies and Practical Applications focusing on MACRO strategies.
Students need 5 minutes of movement every 25 minutes to keep their brain in a state of "ready to learn".
Brain Energizer
Choir Director
Brain Energizer
Don’t You Dare Sit in that Chair
Physical movement actually has an inordinate amount of impact on creating and accessing memory.

Dr. John Ratey
Movement helps cement memory!
Brain Energizer
Hand Shake Special

Right elbows touch, left elbows touch
Low five with right, low five with left.
Fist bump right, fist bump left.
Make an X with arms and high five.
Bring hands back together and start over.

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New evidence suggests the value of teaching content in even smaller chunk sizes.

The new research says two to four chunks are more realistic.
Teachers should teach in small chunks, process the learning, and then rest the brain.

Too much content taught in too small of a time span means the brain cannot process it, so we simply don’t learn it.

Breaks, recess and downtime make more sense than content, content and more content.
Brain Power Teamwork wishes you a successful journey through life!

Check out our website:
www.brainpowertoday.com
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