

Benefits of Movement in Learning:

*movement forms millions of connections within the developing nervous system and repeated movement strengthens neural pathways that run between the brain and body...these connections allow for developed communication between the individual and the outside world
(Blythe, 2009)

*increases mental alertness: modeling, sequencing, attention to detail, memorization, concentration, listening, critical thinking and problem solving, reasoning and analyzing

*increases memory because it stimulates all of the senses

*increases interpersonal management and teamwork skills, diversity and acceptance of others/self, competition management and bettering collaborative skills

*increases personal development: creation of values, development of self-expression safely, raises self-esteem, offers supportive environment for learning and risk-taking

*increases ability to become a contributing and responsible member of class, school, and community: movement teaches respect, control, discipline, structure, etiquette, higher-order thinking skills, etc.

(Hanna, 1999)

*movement makes students happier: excited to learn, involved, engaged, willing to take risks, more cooperative, offers challenge in a safe manner

*movement makes kids healthier and more physically fit: let's off steam/stress and increases endorphins necessary for learning and cognitive, emotional, social growth

(Kogan, 2004)

*movement experiences allow children to work at their own rate allowing each one to have success...there is no such thing as failure because each child's solutions/ideas are accepted because there is no right or wrong way to interpret/explore movement...builds positive self-concept

*movement is natural to each of us from birth and according to Piaget we need to maintain awareness of children's stages of development: students need concrete objects, activities before abstract verbalization

*movement provides immediate feedback as to whether or not a student is comprehending and communicating and if a student needs more help with the task/concept, etc.

(Green-Gilbert, n.d.)

*for girls, movement helps verbal communication, feeling oriented and comfortable with surroundings, better readers, and cooperative learners
*for boys, movement helps with problem solving, spatial relations, fidgeting, math skills, and competitive play

(Minton, n.d.)

*movement (also known as motor learning) provides opportunity for use of critical AND creative thinking, lots of repetition, and chances to make connections which all help students with their memory and long-term learning
(Howton, 2010)

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