

Five Essential “M”s!!!!!!
Kim Bevill, Gray Matters
303-386-3628
kim@kimbevill.com

When you come in

Visual learners?

Illustrations include

Long Term Benefit of Illustrations

Hands-On strategies to enhance

1989 Reform in Education in Charlottesville VA

Schools must address

Educators toil over low reading scores

Student engagement is the key to education

Instinct and human beings

Manipulatives and the brain

The effects were significant

Active learners are better learners

Learning is natural, it's what our brain does

Why meaning?

What allows for memory and recall?

Emotions and Memory

Our learning is state dependent

Brain based research

Perception of meaning and relevance

Amygdala and hippocampus

The most powerful route to permanent memory

Schools disregard children's innate preference to play

Implications for the classroom?

Strategy: provide different selections for reading

Strategy use newspapers

Males have significantly higher

Movement

Why?

This is the chemical basis for the explanation of improved thinking and learning

Motion addresses the needs of the human body

Developmental research is conclusive

Play reduces stress for 72 hours

Why does play and movement work?

Movement is fundamental to the existence of a brain

In his early life it swims

How do we stop digesting our own brain?

What will damage/ age the brain?

Neuroplasticity

Exercise makes new nerve cells

Research on exercise

Demands on the brain brings a recovery period

And it happens quickly

Dance Dance Revolution

Pe4life.com

Huge sample size

2001 grade 5

Why do we have to learn in motion?

Music

Why is music necessary?

Music attaches to memories

Improves learning

Physiological properties of music help to release

Music affects heartbeat, pulse rate, blood pressure and respiration

State of Consciousness: Beta = 13-39, Slow is Alpha = 8-12 (best learning, healing state)

UCLA professor Catterall led

Music and sound effects impact the brain's attention circuits

One of the most promising findings:

Elementary school children learn better

Guided relaxation of music and the performance of 1st graders

Music in reading instruction

Low achieving readers learn to read

How to create the most meaningful memories?

Simulations

Projects

Speakers

Field Trips

As far as the brain is concerned

“Freedom Writers Diary”

Field Trips

Speakers

The Research? 150/150