

Kinesthetic Learning Through Dance & Movement Games

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Challenges

Lack of space

Huge classroom strength

Engaging students in active mode

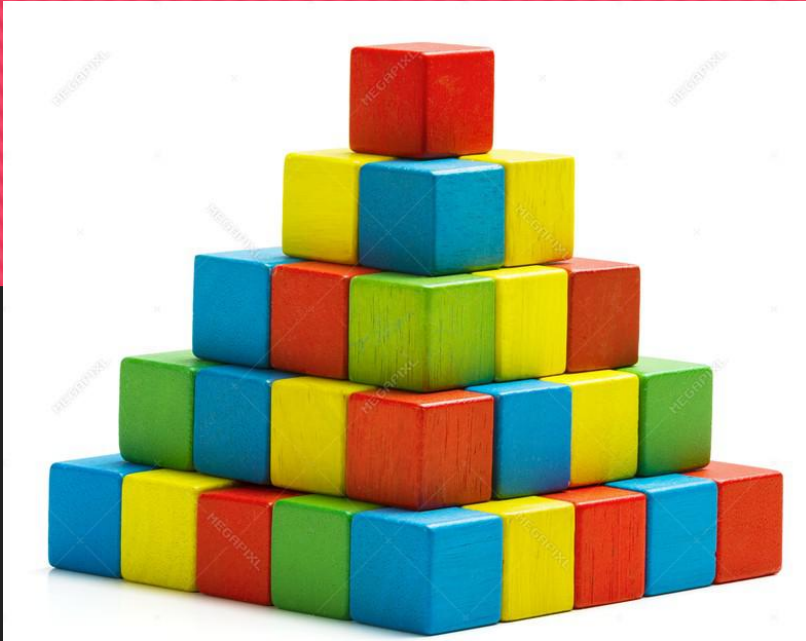
We ourselves are not conditioned to move

Resources & Ideas

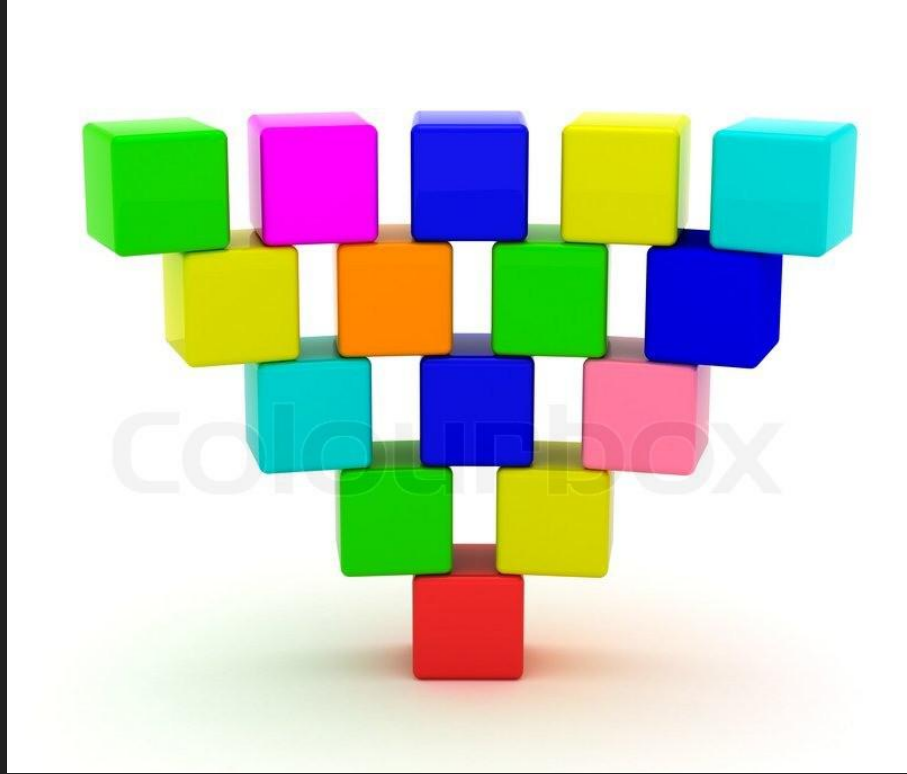
What are the ways to include movement in class

1. Dance
2. Using Body as a teaching aid
3. Movement Games
4. Creative movement & Dramatization
5. Brain Breaks

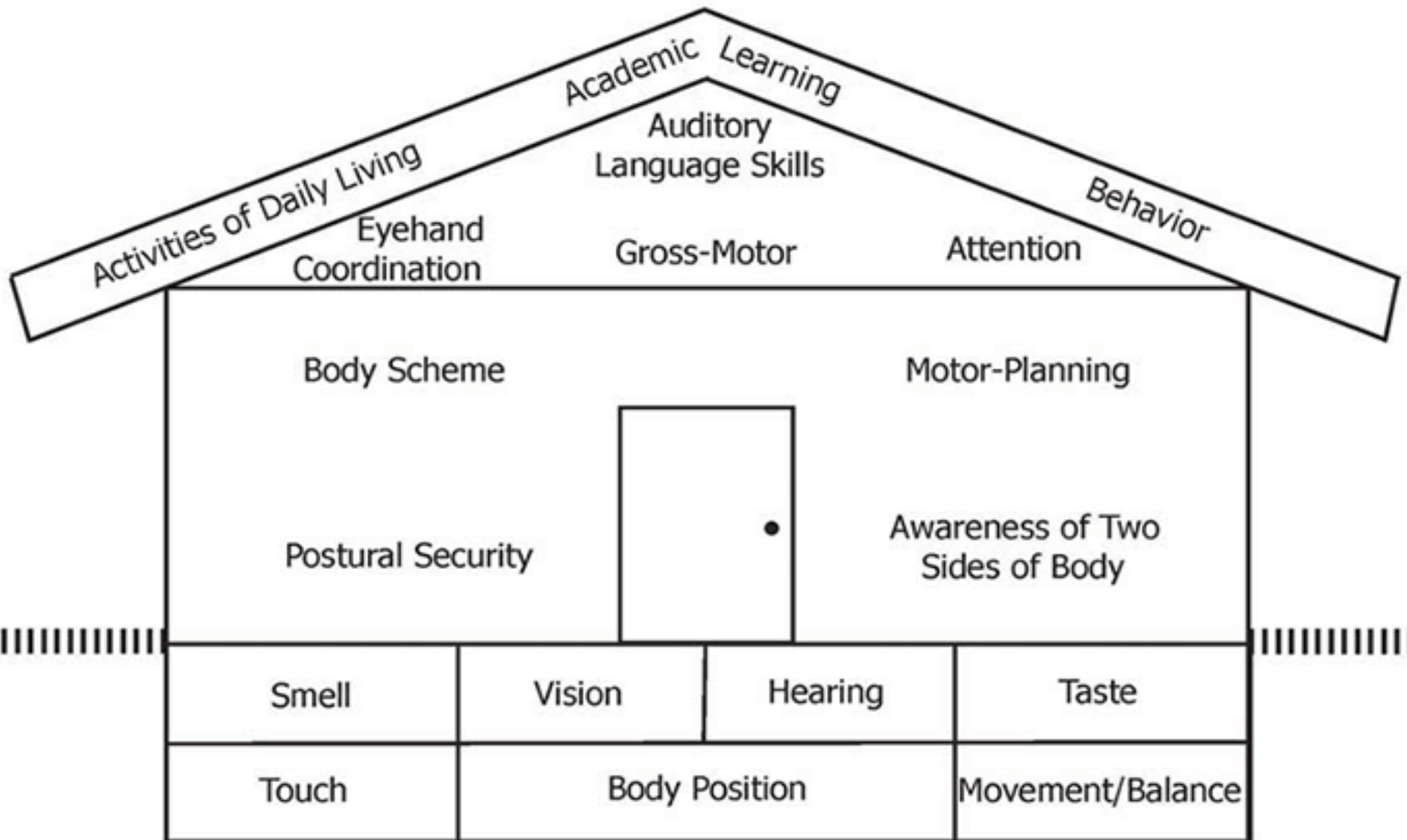
1



2



Sensory Integration/Sensory Processing





What do we want children to do in school?

- ▶ Sit and not move around - **lower brain**
- ▶ Listen when teacher is talking- **lower brain**
- ▶ Behave - **lower brain**
- ▶ Share...problem solve - **higher brain**
- ▶ Focus and pay attention - **higher brain**
- ▶ Learn - **higher brain**
- ▶ Think..critically - **higher brain**
- ▶ Read - **higher brain**
- ▶ Write - **higher brain**

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Dr. Swati Poppat

The lower brain feeds the higher brain

- Lower brain needs sensory stimulation, motor skills, visual, balance and movement and positive emotional experiences.
- If lower brain needs not met = cant self-regulate, can't sit in their seat, cant stay focused, mentally fatigued during learning
- When lower brain is involved then higher brain functions occur.
- When lower brain is not involved then higher brain cannot be engaged.



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**Yes,
it is proven !**

**It spurs the development
of new nerve cells from
stem cells in the
hippocampus**

**It prepares and encourages nerve
cells to bind to one another, which
is the cellular basis for logging in
new information**

**It optimizes your mind-set to
improve alertness, attention,
and motivation**

Improves Digestion

Its like HAJMOLA- helps children to digest other academic subjects well and also increase the intake & retention of learning 😊



Its like a
Camphor we
use in Aarti



So if you are not using movement in classroom

- You are making things DIFFICULT for your self & for your students
- You are going against the law of LEARNING SCIENCE

