Action Based Learning and Kinesthetic Classrooms

Presented by Bonni Cohen and the Manorhaven ABL Trainer/Leaders
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Port Washington School District ABL Trainer/Leaders

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Manorhaven Awarded Let’s Move Active Schools National Award 2015

- One of 12 schools in New York
- The only Long Island School
- Selected by Kidsfit for a model kinesthetic classroom
Kidsfit and Kinesthetic Furniture

Mrs. Drucker’s Fifth Grade Classroom
Kids and Kinesthetic Furniture (adults too)

Focus
Attend
Learn
Review
Secure
Explore

Pedal
Slide
Bounce
Rock
Roll
Move
Jean Blaydes Moize, Found and CEO of Action Based Learning using brain research to connect movement to learning
P.W. Teachers Certified ABL Trainers
Time For a Movement Break!
Action Based Learning Lab on a Cart
The Action Based Learning Lab on a cart can move from classroom to classroom.
Action Based Learning Centers

Mrs. Bellmann’s second grade reviews content using Action Based Learning Mats and kinesthetic furniture.
Our ABL Lab on a Cart Unpacked

Contents

- Task cards/vocab cards/number and shape cards/ABC Pathway cards
- ABC Pathways Mat
- Giant Keyboard
- Scooters
- Hula Hoops
- Balance Boards
- Learning Ladder
- Brain Posters
- Learning Mats
Benefits of Kinesthetic Furniture

1. Movement gives students a sense of renewed focus and energy.
2. Best thinking typically comes during motion.
3. Activating the brain through movement increases attention, memory, and retention of new information.
4. Gentle rhythmic motions help calm fidgety, restless students to minimize distractions.
5. Kinesthetic furniture helps develop good posture and a strong core.
Benefits of Action Based Learning

1. Preparing the brain
2. Providing brain breaks
3. Supporting exercise and fitness
4. Developing class, school, district cohesion
5. Teaching content
6. Reviewing and assessing content
Video: Action Based Learning and Kinesthetic Classrooms in Port Washington

CLICK HERE FOR VIDEO
Starting Your ABL Library