ENERGIZING STRATEGIES for ENGAGED LEARNING:
Using Movement, Rhythm, and Creative Play
to Facilitate Classroom Learning

A Workshop With
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Full Frontal Lobe Functioning
• Envision the future
• Set goals and plans
• Problem solve creatively
• Manage emotions
• Impulse control
• Consequential thinking
• Kindness, empathy, and compassion
• Conscience formation

Developmental Stages and the Brain

Abstract Thought
Problem detection, hypothesis testing, formal rules
(i.e., grammar), calculus, metaphor

 Symbolic Representation
Mental images, pictures, words, stories, math
problems, language proficiency

Sensory-motor/Concrete Learning
Touching, moving, feeling, tasting, sensing,
manipulating, exploring, building
CHARACTERISTICS OF FLOW

- Full involvement
- Full immersion
- A feeling of energized focus
- Success in the process of the activity