

# Action Based Learning Workshops

Providing students an advantage to learn



## Continuing Education in Action Based Learning Concepts

Fast Track Trainings 2 Days/Certificate of Completion 16hrs

National Trainings 3 Days/Certificate of Completion 24hrs

Action Based Learning Master Trainers offer professional development workshops, year round to K12 educators, administrators, principals, and health professionals. Learn the purpose of Action Based Learning, the brain based research, and how to implement into your classroom. ABL Training Team is highly trained, highly qualified presenters, who are chosen because they are outstanding award winning educators, with an extensive background in research and education.

## Understanding the Brain's Response to Movement and How it Affects Learning

### "Action Based Learning"

Trainings were developed with one goal - to further our 3L mission- "Reaching the child LEAST likely to succeed, LAST in line, LOST in the system." The educators who attend these sessions, all share the same passion. This is for those who wake up every day on a MISSION to change the future for our children. Action Based Learning trainings evolved on the basis of recent studies that validated the effectiveness of

### LEARN HOW TO:

Implement Brain Breaks in the Classroom  
Improve Academic Performance  
Improve Behavior in the Classroom  
Improve Health and Wellness  
PREPARE THE BRAIN TO LEARN

integrating learning with movement- the brain body connection.

Integrating movement into the classroom drastically improves physical, mental, and emotional health of students, empowering them

to focus, absorb, and assimilate more efficiently. Movement and Learning allows students to engage the brain and body simultaneously, which improves concentration and learning capacity. Today over 250 studies prove that physical movement integrated into the classroom significantly improves students' span of interest and concentration. Children who are practicing Action Based Learning concepts get higher test scores and grades than children who do not exercise.



Dr. Jean Blaydes Moize, founder of Action Based Learning, is an internationally known educational consultant, speaker, and author on the subject of how brain research supports the link of movement to enhanced learning. Jean Blaydes Moize has made hundreds of presentations internationally and nationally in all 50 states. Moize taught for 27 years in the classroom, in Physical Education and as a college professor. Her excellence in teaching is recognized by awards such as Richardson ISD Teacher of the year, Texas AHPERD Teacher of the Year, and National Elementary Physical Education Teacher of the Year. Jean received the 2005 PE4Life Advocacy award. Her dynamic, interactive presentations will have you on your feet, experiencing learning through movement & valuable applications for successful curriculum implementation.