

“Each year, districts spend hundreds of thousands of dollars on new initiatives and **failed** programs. Programs will continue to fail if the **brain** is not prepared to learn. Research shows us the **brain body connection** is critical in the brain’s ability to read, write, and retain new information. Simple brain breaks and specific movements can drastically **improve** a child’s academics, behavior, & well being. It’s time to use real **brain based** solutions. We know healthy, active kids means better learners and **happier** students. Thanks to research, we can now use specific movements to **increase** brain function, **prepare** the brain for learning, and provide student’s an **advantage** to learn. We need to focus on the **whole** child, making learning **fun**, and creating **active** environments that allow children to **thrive.**”

**-Action Based Learning**

