To learn how brain compatible movements prepare the brain for learning and enhance memory for better academic performances. It changes the Learner’s state and creates a positive learning experience. Brain research strongly supports the link between movement and learning. We know that healthy, active students make better learners!

To learn from brain research how a protein in the body, BDNF, is activated via movements and physical activity resulting in better academic performances. It nourishes the brain by enhancing neural connections and neural pathways for better learners. Also, movement grows new brain cells in the brain’s hippocampus. Incorporating movement into our daily classroom curriculum, the brain and body become aligned - this will regulate mood and behavior, which will result in more attentive students!

If we are looking to increase engagement, and decrease negative behaviors in the classroom, the critical first step is to understand the benefits of the 12 Foundations as they relate to positive classroom outcomes. ABL helps you understand the connections between these concepts so you can provide your students with the tools they need to excel!

Cindy McGarvey Hess

Cindy has implemented Action Based Learning concepts for more than 25 years during her time as an educator. She is now working with schools nationally, and she teaches the principles of the brain-body connection for greater academic performances.

Traci Lengel

Traci Lengel is a Health and Physical Education teacher in the Pocono Mountain School District. With more than 25 years of experience, Traci’s knowledge in movement education, kinesthetic furniture, motor development, lifelong fitness/wellness, health education, curriculum design and educational/content publication has contributed to the success of her insightful programs and consultations.