



# Action Based Learning Certified Workshop



# GOOD MORNING

**Introduce yourself to your table mates  
for the day and fill out your name tag**

**MOTIVAT  
OR**

**POSITIO  
N**

**NAME**

**SCHOOL**

**FUNNY TEACHING STORY**

# YOUR "FAB" PRESENTERS



# JEAN MOIZE



# JEAN'S STORY



# JEAN'S STORY



With Bill Moize



Bill with Mrs. Moize

# LESLIE DERVITER

ACTION BASED LEARNING

MASTER TRAINER

ALIEF ISD ABL

INTERVENTIONIST

KIDSFIT CONSULTANT

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# LESLIE'S STORY



# AFTER EACH ACTIVITY

- WE WILL celebrate!
- WE WILL TALK ABOUT WHAT JUST HAPPENED IN OUR BRAIN (BRAIN LINK)
- WE WILL TALK ABOUT THE TYPE OF MOVEMENT
- WE WILL PROCESS WHAT THIS LOOKS LIKE IN YOUR CLASSROOM

# BE AN OBSERVER TODAY

- **LOOK** OBSERVE NOTICE DETAILS
- **LISTEN** FOR LANGUAGE, DIRECTIONS
- **LEARN** BY DOING AND EXPERIENCING THE LESSON
- **LINK** IT TO BRAIN CONCEPTS
- **LIST** IT IN YOUR COLLECTION OF LESSONS/ACTIVITIES

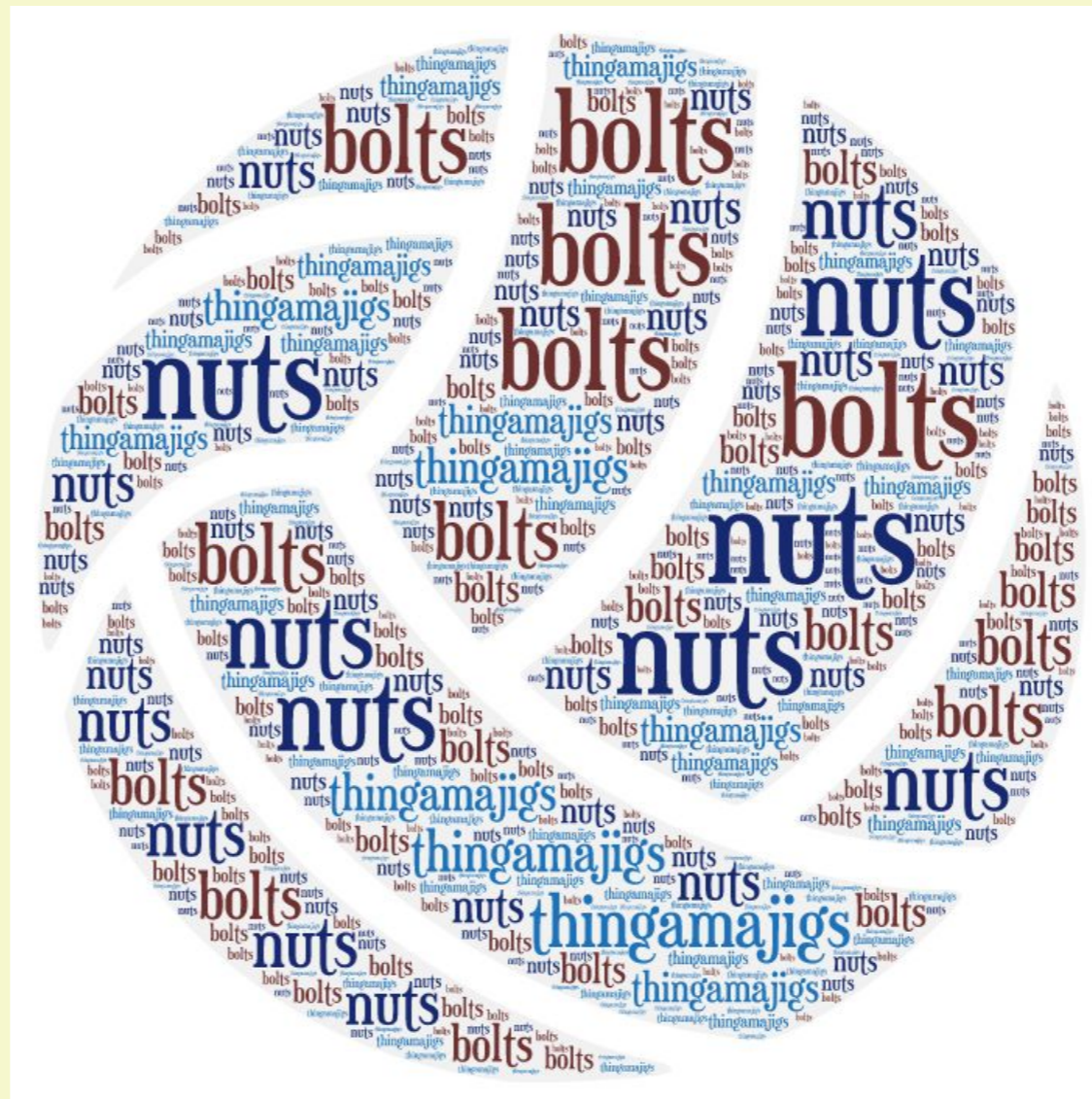
# TYPES OF MOVEMENT

- ENERGIZER
- TRANSITION
- ACADEMIC  
REINFORCEMENT
- REVIEW
- ASSESSMENT
- NOVELTY
- PEER COOPERATION
- FITNESS

# BRAIN LINKS

WHY?

# NUTS + BOLTS



# PASS IT ON

## LET'S GET MOVING!!

- WE WILL BE MOVING FOR ABOUT 3 1/2 MINUTES
- WHEN YOU ARE DONE – PLEASE PASS IT ON!
- IF YOU DON'T KNOW WHAT TO DO – PASS IT ON!
- WATCH OTHER GROUPS FOR IDEAS!!!




# CELEBRATE + PROCESS

## FIREWORKS



## PROCESS





# Can you change a brain??

Neuroplasticity

A cartoon-style illustration of a red apple with a green leaf and a yellow banana. The apple is positioned in front of the banana, which is curved behind it. Both fruits have thick black outlines.

A cartoon illustration of a boy with black hair and a wide smile, wearing a black t-shirt and black shorts, running towards the right. He is leaving a trail of white footprints behind him. The background is a solid light yellow color. In the top left corner, there is a partial yellow circle with a black outline. In the bottom left corner, there is a partial white circle with a black outline.

A cartoon illustration of a man with dark hair and a mustache, wearing a red t-shirt, sleeping peacefully in a bed with white pillows and a blue blanket. Above his head, a series of 'Zzz' symbols are arranged in a curved path, indicating deep sleep. The background is a solid light yellow color.



NOW ARE YOU  
READY FOR THIS?

# BRAINS ARE HARD-WIRED FOR 6 EMOTIONS

Jensen

- JOY
- ANGER
- SURPRISE
- DISGUST
- SADNESS
- FEAR



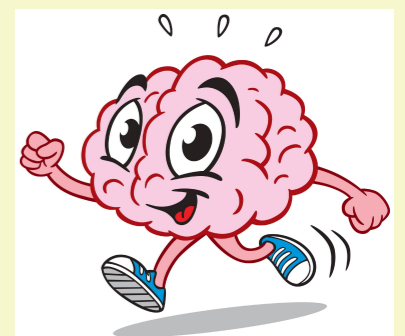
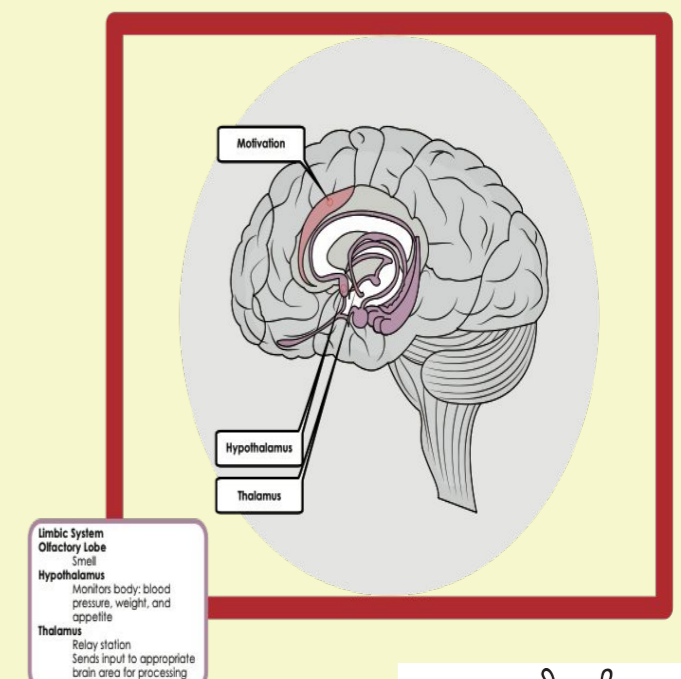
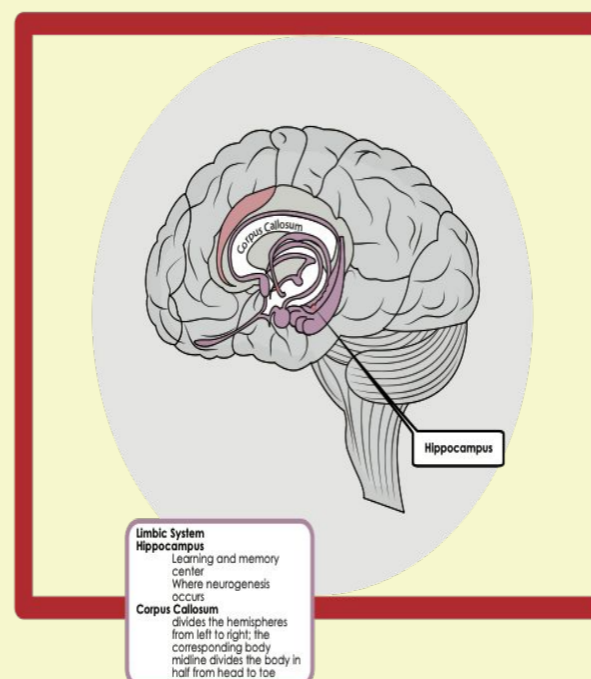
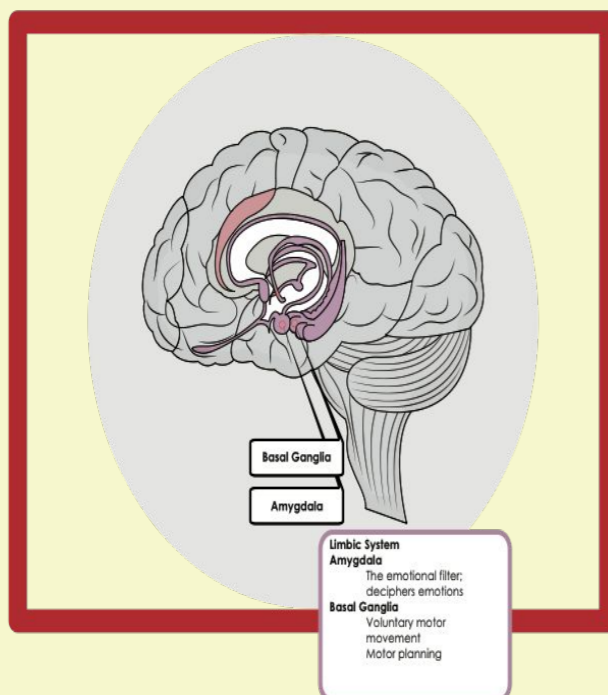
# ALL OTHER **EMOTIONS** MUST BE TAUGHT

- COOPERATION
- PATIENCE
- UNDERSTANDING
- EMPATHY
- GRATITUDE
- FORGIVENESS
- TOLERANCE
- RESPECT
- RESPONSIBILITY
- PATRIOTISM
- CARING
- SHARING
- PRIDE



# LIMBIC SYSTEM

THE EMOTIONAL CENTER OF THE BRAIN  
LOCATED IN THE CENTER OF THE BRAIN



# LIMBIC SYSTEM

## AMYGDALA

- THE EMOTIONAL FILTER
- DECIPHERS EMOTIONS

## HIPPOCAMPUS

- LEARNING AND MEMORY CENTER
- WHERE NEUROGENESIS OCCURS

## HYPOTHALAMUS

- MONITORS BODY: BLOOD PRESSURE, WEIGHT, AND APPETITE

## THALAMUS

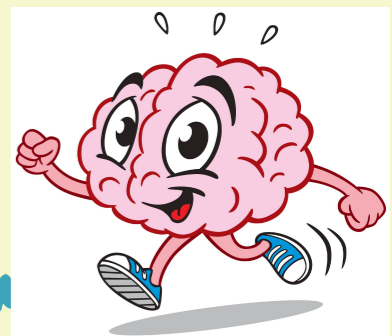
- RELAY STATION
- SENDS INPUT TO APPROPRIATE BRAIN AREA FOR PROCESSING
- SMELL

## OLFACTORY LOBE

- SMELL

## BASAL GANGLIA

- VOLUNTARY MOTOR M
- MOTOR PLANNING



# AMYGDALA

- **EMOTIONS DRIVE ATTENTION WHICH DRIVES LEARNING**
- **EMOTIONAL FILTER**
- **TEEN AMYGDALA**
- **MATURES ABOUT AGE 25**





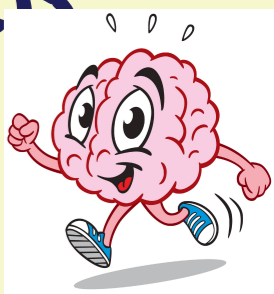
**18 SECONDS TO  
DECIDE  
YIKES!**

**YUM!**

**YEA!**

# HIPPOCAMPUS


- MEMORY, LEARNING, AND EMOTION
- ESSENTIAL FOR MAKING NEW MEMORIES
- KEY LEARNING – PHYSICAL ACTIVITY GROWS BRAIN CELLS IN THE HIPPOCAMPUS AND CAN LEAD TO ENHANCED COGNITIVE



# Activities that will bring you class or group together

- People to People
- High 5's
- In Common
- Favorites

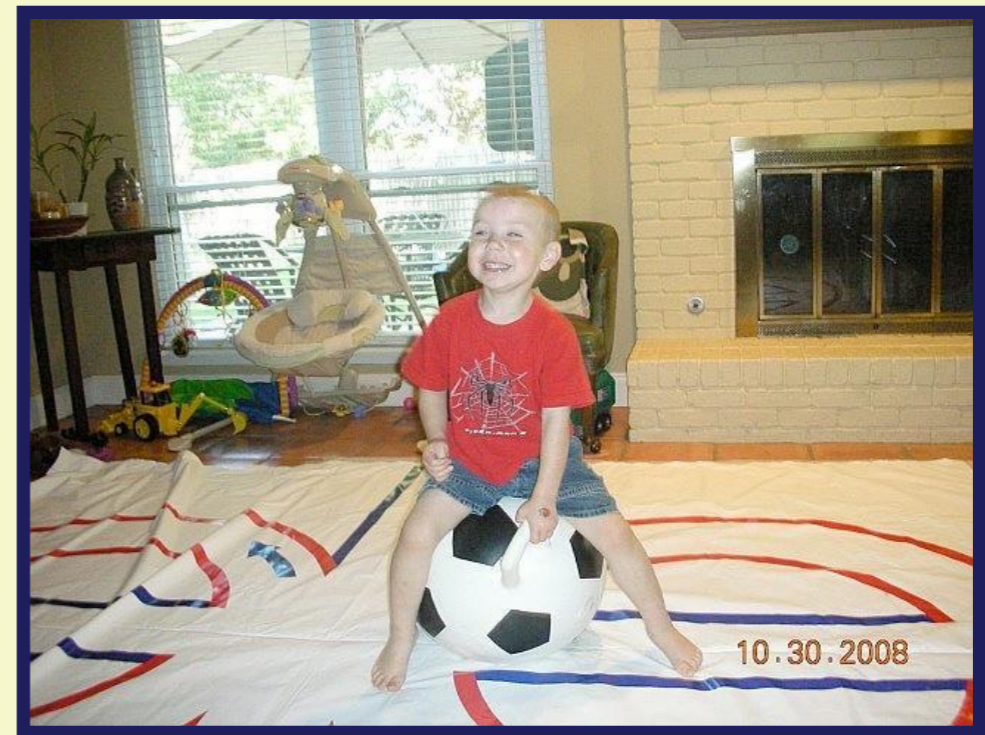




**THE BRAIN IS ONLY AS  
HEALTHY AS THE BODY THAT  
CARRIES IT!**

**HEALTHY, ACTIVE KIDS MAKE  
BETTER LEARNERS**

# MOTION AND EMOTION ARE CONNECTED



- MOVEMENT HELPS BALANCE
- MOOD AND BEHAVIOR

# WHAT DO YOUR STUDENTS NEED?

- SEE IT
- HEAR IT
- SAY IT
- DO IT





**Action Based Learning is**  
**movement**  
**with**  
**intention**

**PURPOSE**

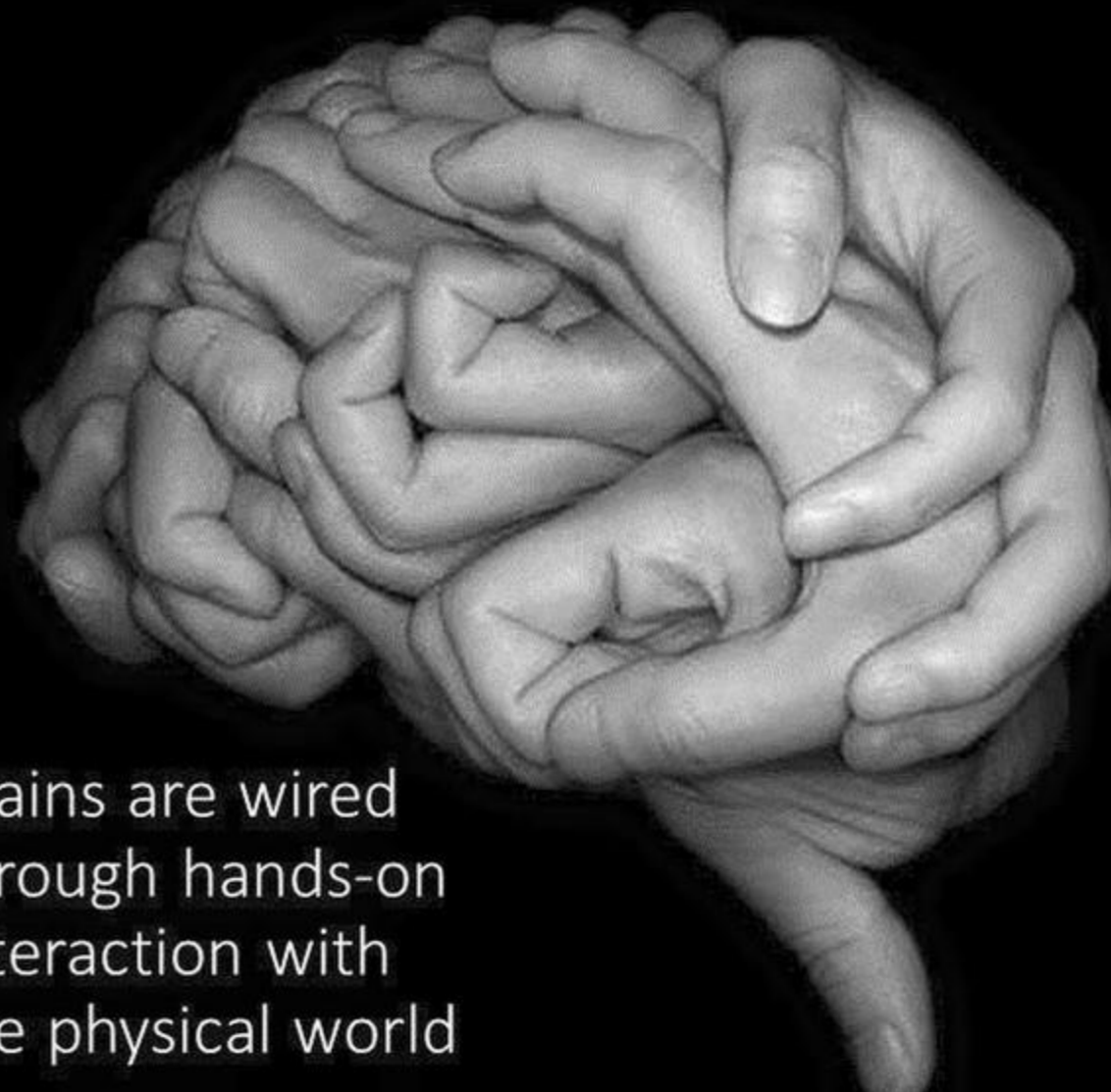
# THE BRAIN AND THE LESSON

**THE BRAIN IS ATTRACTED TO NOVELTY!**  
**THE BRAIN IS NOT ATTRACTED TO BORING THINGS!**



# CLASSROOM RELEVANCY FOR MOVEMENT


We Learn By Doing



Brains are wired  
through hands-on  
interaction with  
the physical world

# 10 KEY COMPONENTS OF ABL

- **Cross Lateralization**
- **Locomotor Movements**
- **Strength & Endurance (with Flexibility)**
- **Balance**
- **Visual Tracking**
- **Cardio**
- **Fine & Gross Motor Skills with Manipulatives**
- **Mindfulness & Problem Solving**
- **Rhythm & Beat Competency**
- **Nutrition**



**WHAT DOES IT LOOK  
LIKE IN THE  
CLASSROOM?**

# CROSS LATERALIZATION



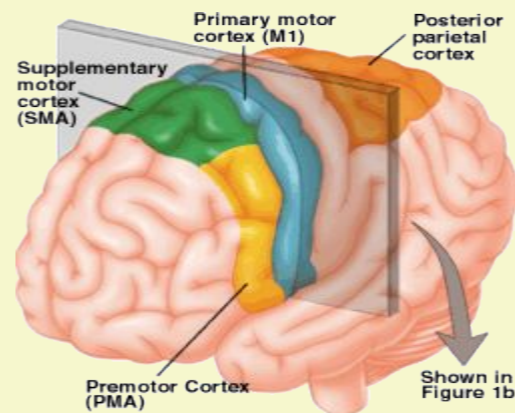
**ROCKIN TURTLE SHELL**



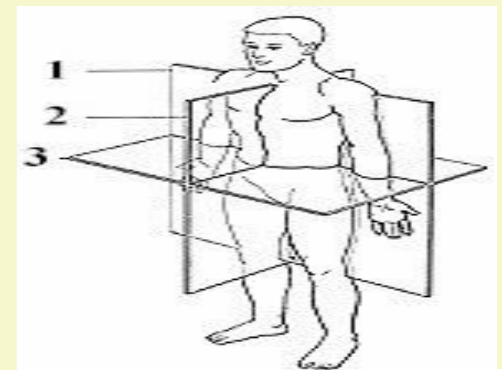
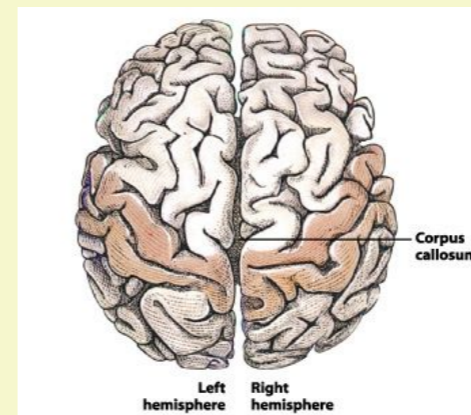
**IN OBSTACLE**

# MIDLINES IN YOUR BODY AND BRAIN

- MOTOR CORTEX**



- CORPUS CALLOSUM**



- CORRESPONDING BODY MIDLINES**



# THIS IS YOUR BRAIN...

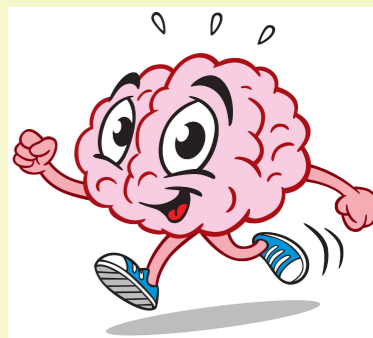
## INFORMATION FLOWS:

- SIDE TO SIDE
- BACK AND FORTH
- UP AND DOWN



# THE 3 BASIC MOTOR MOVEMENTS

- CRAWLING/WALKING
- JUMPING
- ROLLING



# MOVEMENT THAT CROSSES MIDLINES

CROSSING THE MIDLINE OF THE BRAIN AND BODY AID IN THE COORDINATION OF MOVEMENT AND THOUGHTS BY ORGANIZING, INTEGRATING AND ENERGIZING THE BRAIN'S HEMISPHERES.

- CROSS CRAWLS, NOSE EAR SWITCH, ELBOW KNEE ALPHABET, BLINK SNAP
- WINDMILLS
- GRAPEVINE
- STRADDLE CROSS

- JUMPING ROPE IS ONE OF THE BEST (BOTH SIDES OF THE BRAIN SYNCHRONIZE WHEN JUMPING)



- JUGGLING
- RIBBONS OR STREAMERS
- HAND CLAP PATTERNS (JUMP IN)



# CROSS LATERALIZATION

Jump In  
Slap Spelling  
Slap Count



# CELEBRATE + PROCESS

HVA



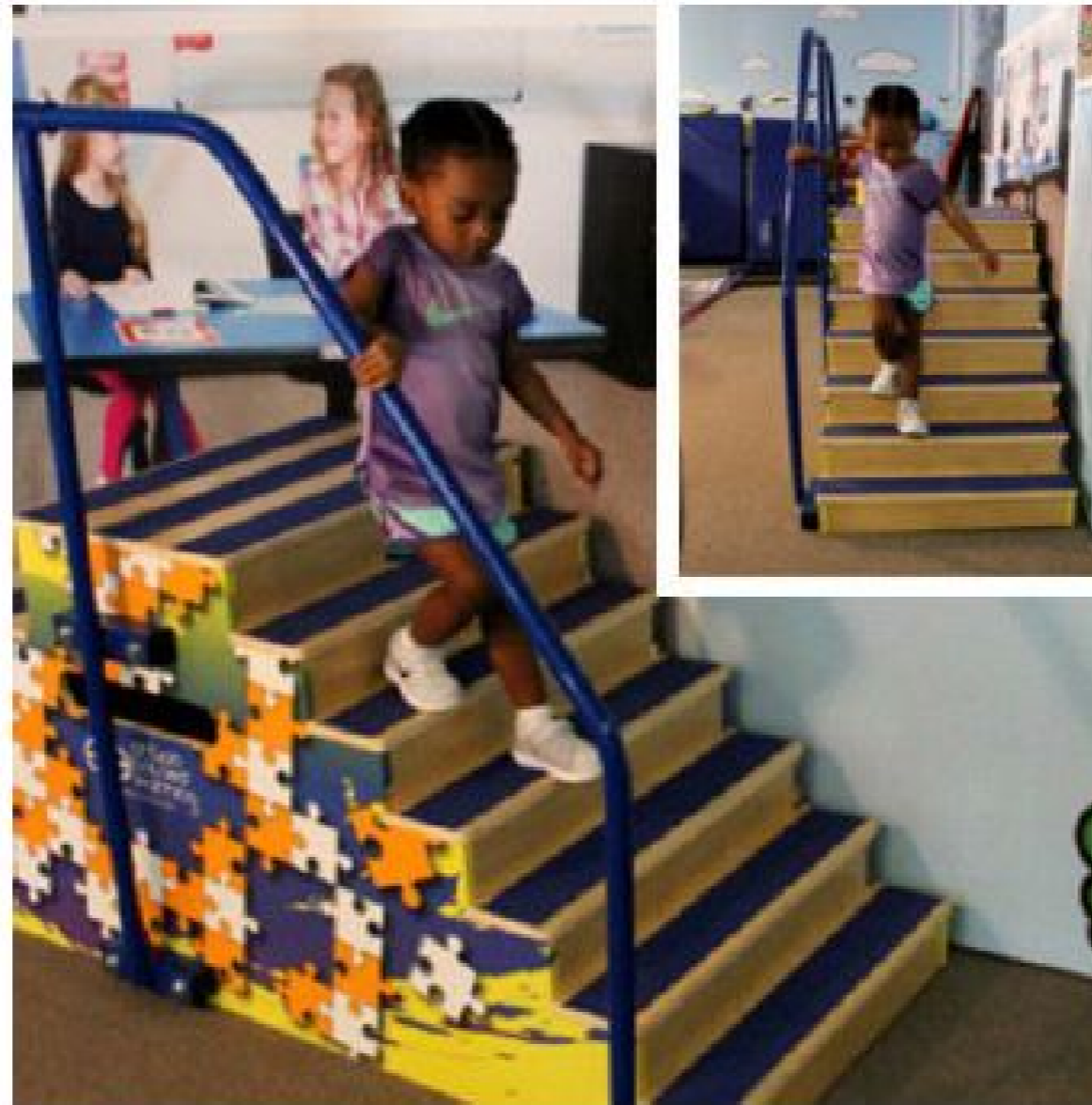
PROCESS



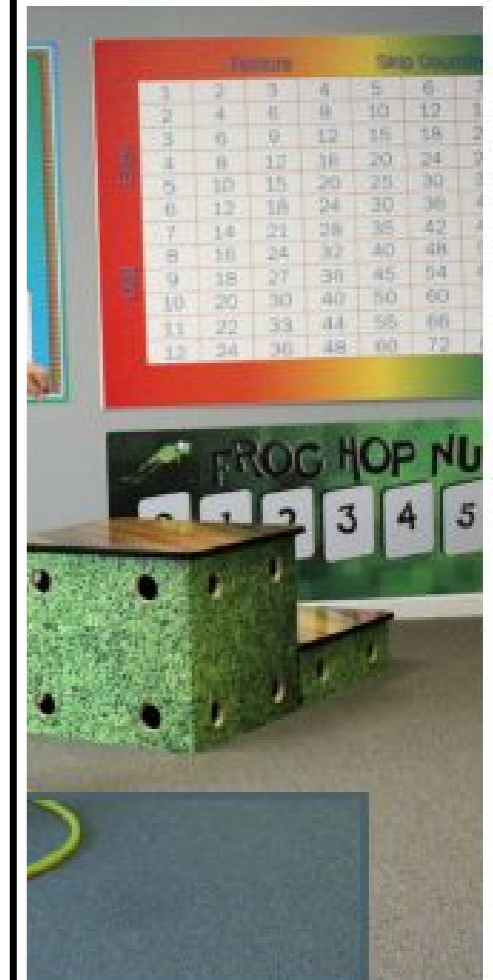
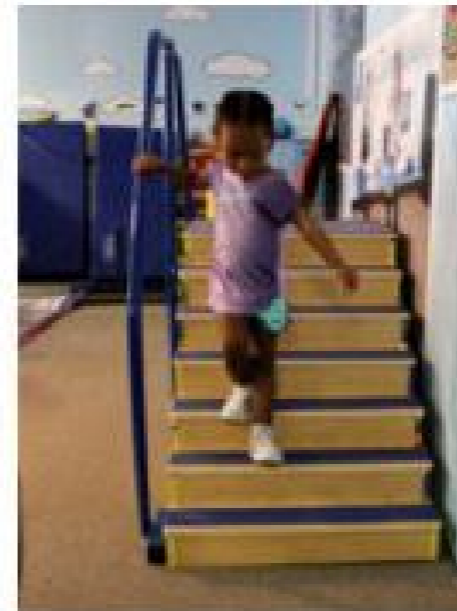
# LOCOMOTOR MOVEMENTS



AN

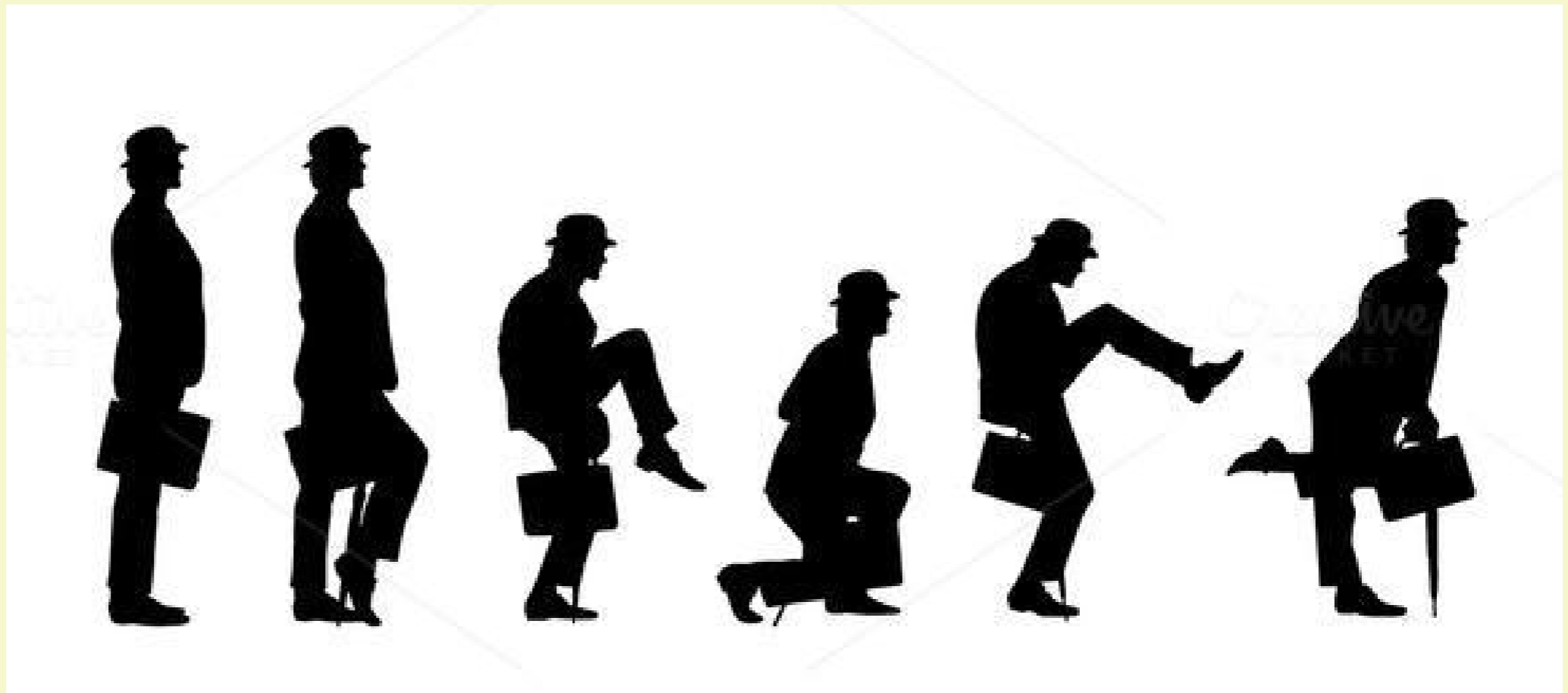


PLATFORM STEPS



BOX JUMP

# What makes us MOVE makes us THINK!!





# LOCOMOTOR MOVEMENTS

Get Funky  
Say What I Say

# SAY WHAT I SAY

IF YOU NEED STUDENTS FOCUSED FOR THE NEXT ACTIVITY!

ROUND 1: SAY WHAT I SAY, DO WHAT I SAY

ROUND 2: SAY WHAT I SAY, DO THE OPPOSITE

ROUND 3: SAY THE OPPOSITE, DO WHAT I SAY

ROUND 4: SAY THE OPPOSITE, DO THE  
OPPOSITE



# CELEBRATE + PROCESS

WOW

PROCESS

BRAIN DUMP

2 MORE WAYS YOU CAN GET KIDS TO  
CROSS THE MIDLINE AND GO IN TO ALL 4  
QUADRANTS



# STRENGTH + ENDURANCE



ST



DIPPY-DOOS WITH VEGGIE BOX



THE FLOOR



# **STRENGTH & ENDURANCE WITH FLEXIBILITY**

**Soul Man  
Partner Math**

# CELEBRATE + PROCESS

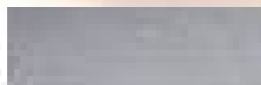
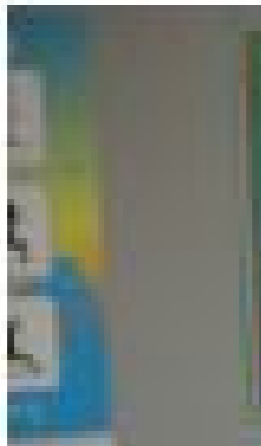
JELLYFISH  
KNUCKLE BUMP

PROCESS

BRAIN DUMP



# BALANCE



ABL LEARNING LADDER



WHALER BOARD

ANCE ROTE



# BALANCE

Walk the Line  
Balance Spelling

**CELEBRATE + PROCESS**

**I THINK YOU...**

**PROCESS**



# VISUAL TRACKING



ABL PATHWAYS MAT



# VISUAL TRACKING

Eye Development

Juggling

# CELEBRATE + PROCESS

BLINKING  
APPLAUSE

PROCESS



# RHYTHM + BEAT COMPETENCY



CARDIO DRUMS



# RHYTHM & BEAT COMPETENCY

Ra ta ta  
Beep Beep

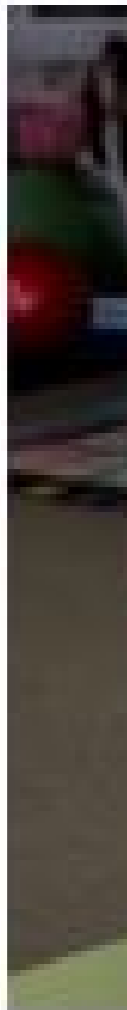
# CELEBRATE + PROCESS

7-7-3-3

PROCESS



# FINE/GROSS MOTOR SKILLS W/ MANIPULATIVES



REEF RESCUE



D COLOR SORTING



# **FINE & GROSS MOTOR SKILLS W/ MANIPULATIVES**

**Oh Shoot  
Number Ball  
Mat Review**

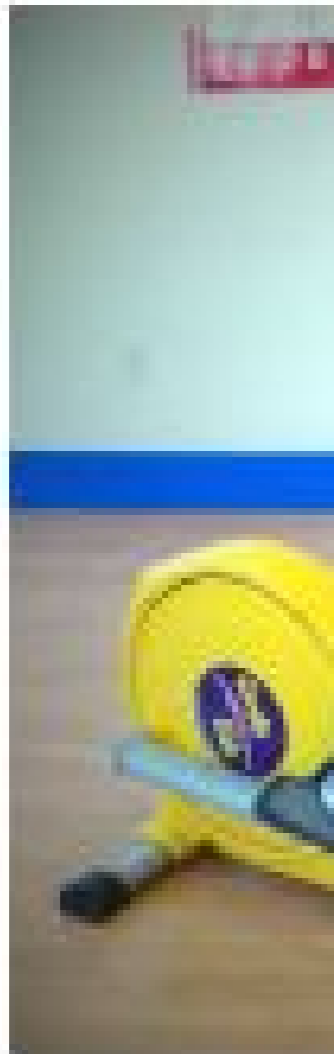
**CELEBRATE + PROCESS**

**ROUND OF  
APPLAUSE**

**PROCESS**

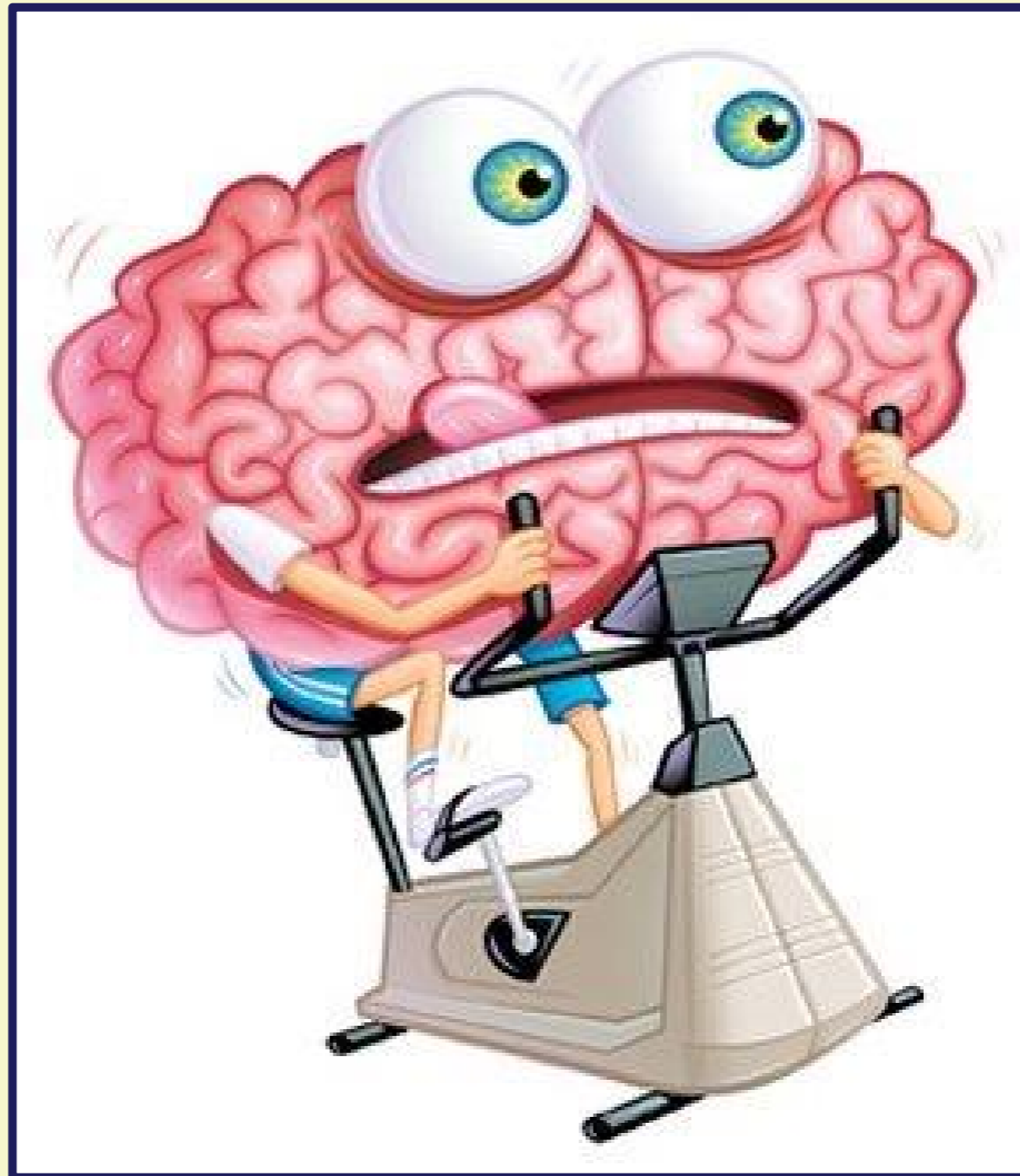


# CARDIO



KIER

# EXERCISE GROWS BRAIN CELLS



**EXERCISE IS LIKE  
TAKING...  
A LITTLE PROZAC  
AND  
A LITTLE ADDERALL!!**



**DEFINITIONS**

**MOVEMENT**

**PHYSICAL ACTIVITY**

**EXERCISE**

# EXERCISE BENEFITS THE BRAIN FIRST

- EXERCISE CHANGES THE BRAIN AT A MOLECULAR LEVEL
- **BDNF** FOR LEARNING AND MEMORY, REPAIR AND MAINTENANCE
- **NEUROGENESIS** FOR BETTER CONNECTIVITY
- INCREASED LEVELS OF CALCIUM FOR SHARPER **PROBLEM SOLVING**
- STRENGTHENS SECONDARY DENDRITIC BRANCHING FOR MEMORY
- IMPROVES **SELF** CONCEPT



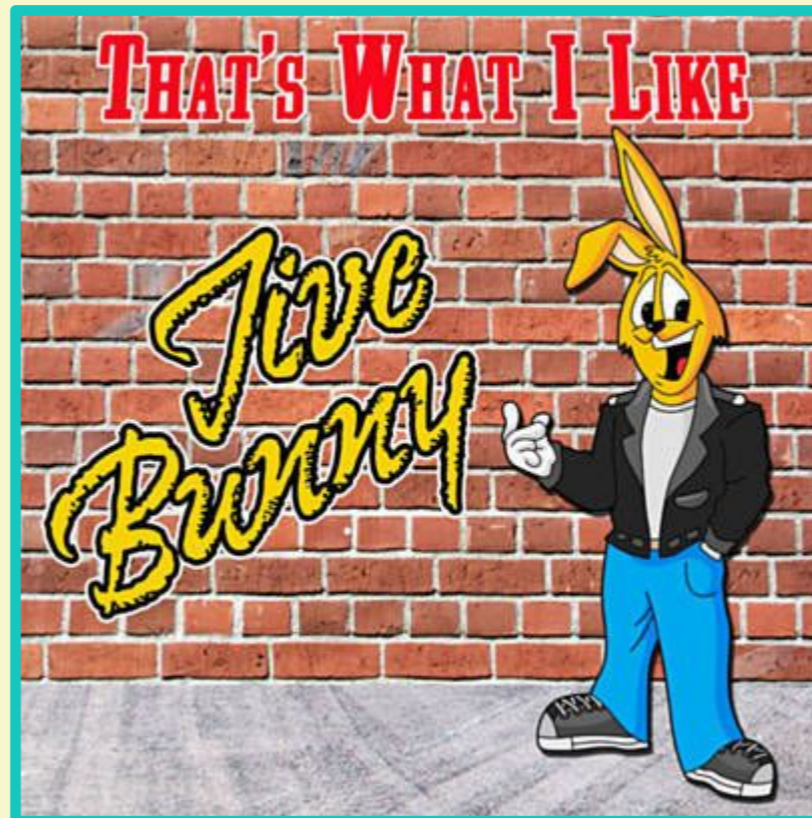
# CARDIO

## Cardio Tabata Seatwork

[tabata timer](#)

**LET'S ALL GET UP  
AND MOVE!**

**SEATWORK**



**CELEBRATE + PROCESS**

**CHEESE GRATER**



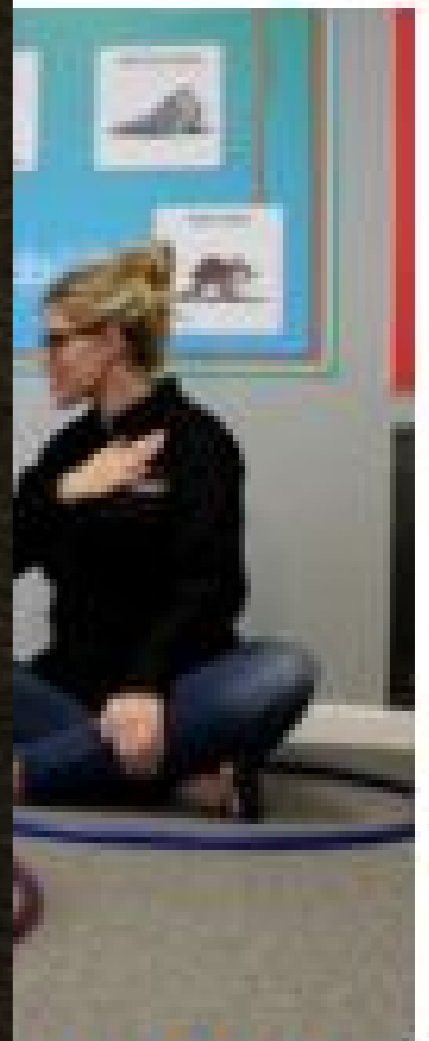
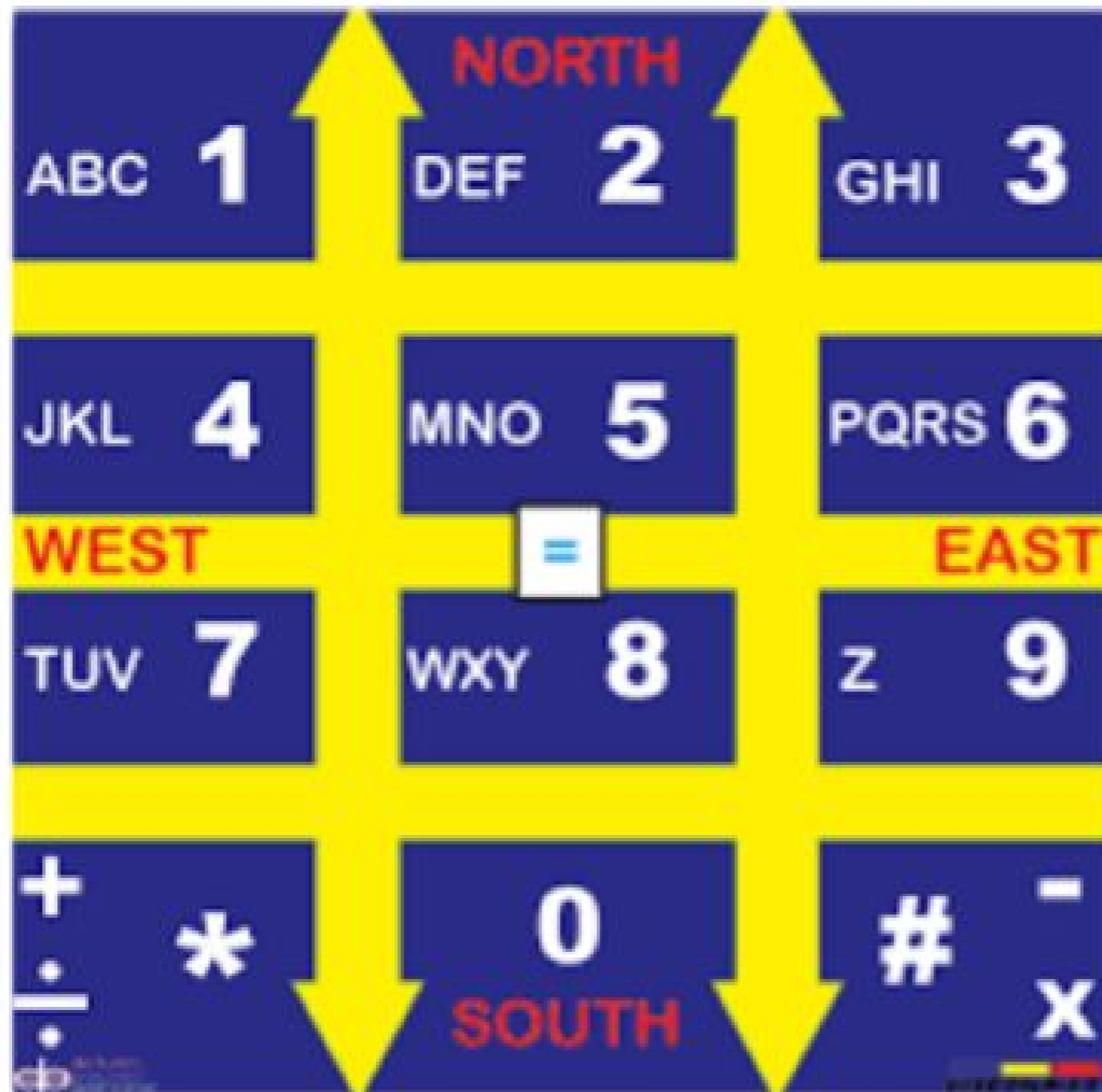
**PROCESS**



**BRAIN DUMP**



# MINDFULNESS + PROBLEM SOLVING



ARTBEAT



# **MINDFULNESS & PROBLEM SOLVING**

**Gotcha**  
**Quick math**  
**Success & Try Again**

# CELEBRATE + PROCESS

VOLUME  
APPLAUSE

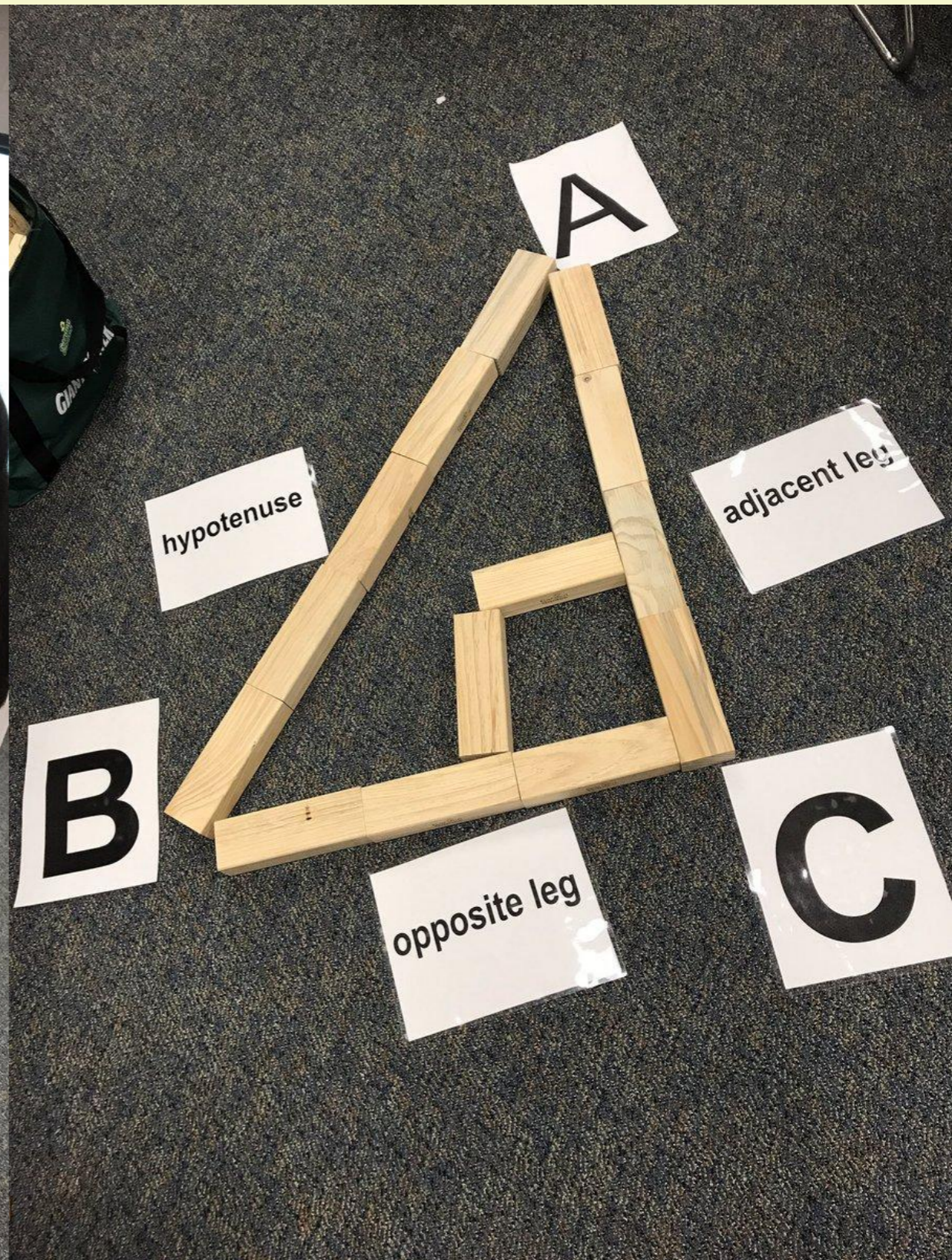
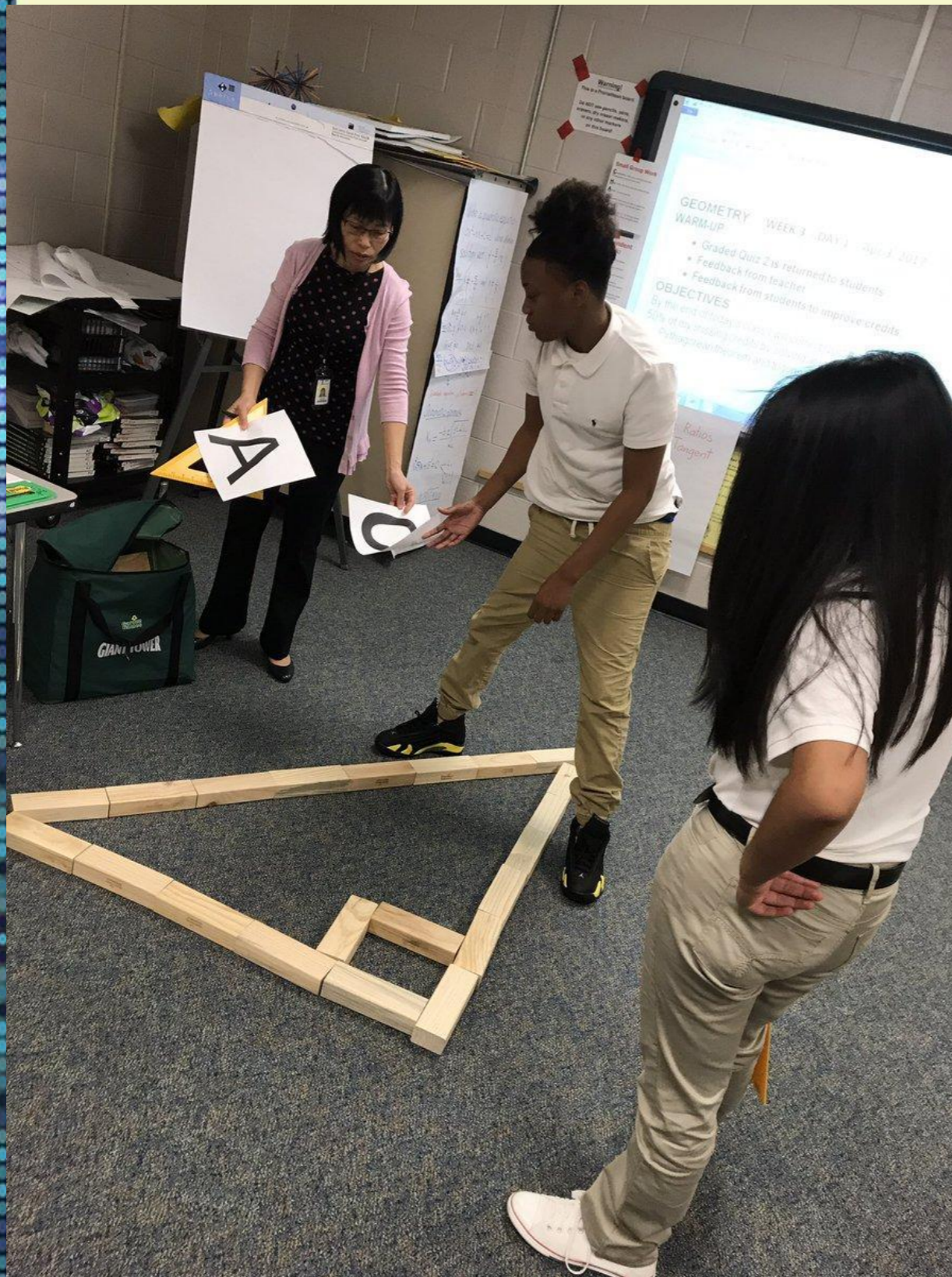
PROCESS





# **MINDFULNESS & PROBLEM SOLVING**

## **Giant Jenga Geometry**



# NUTRITION



VEGGIE HEROES CLIMBING WALL



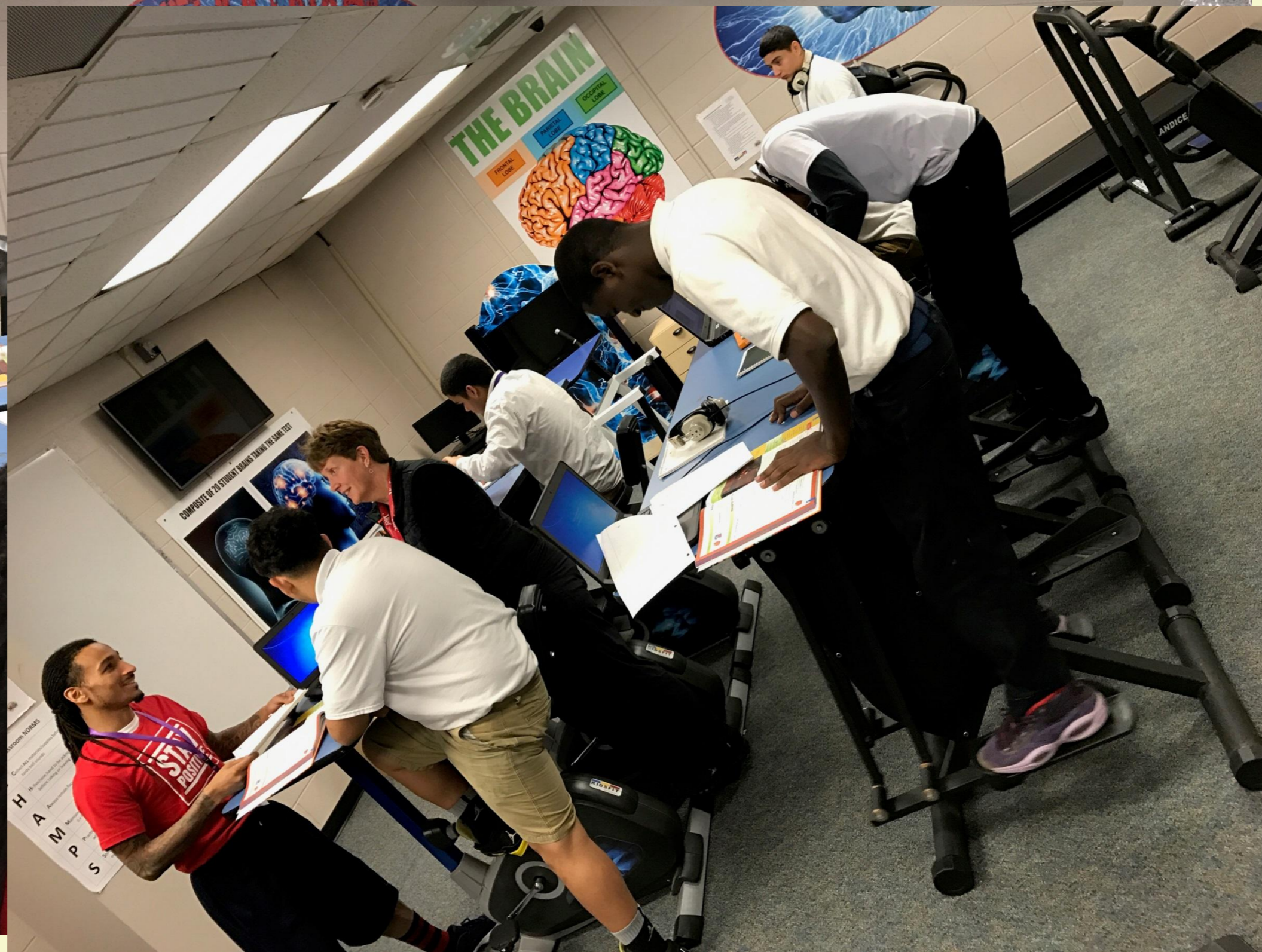
# NUTRITION

## Spell master Categories



# **WHAT IT LOOKS LIKE IN THE LAB**

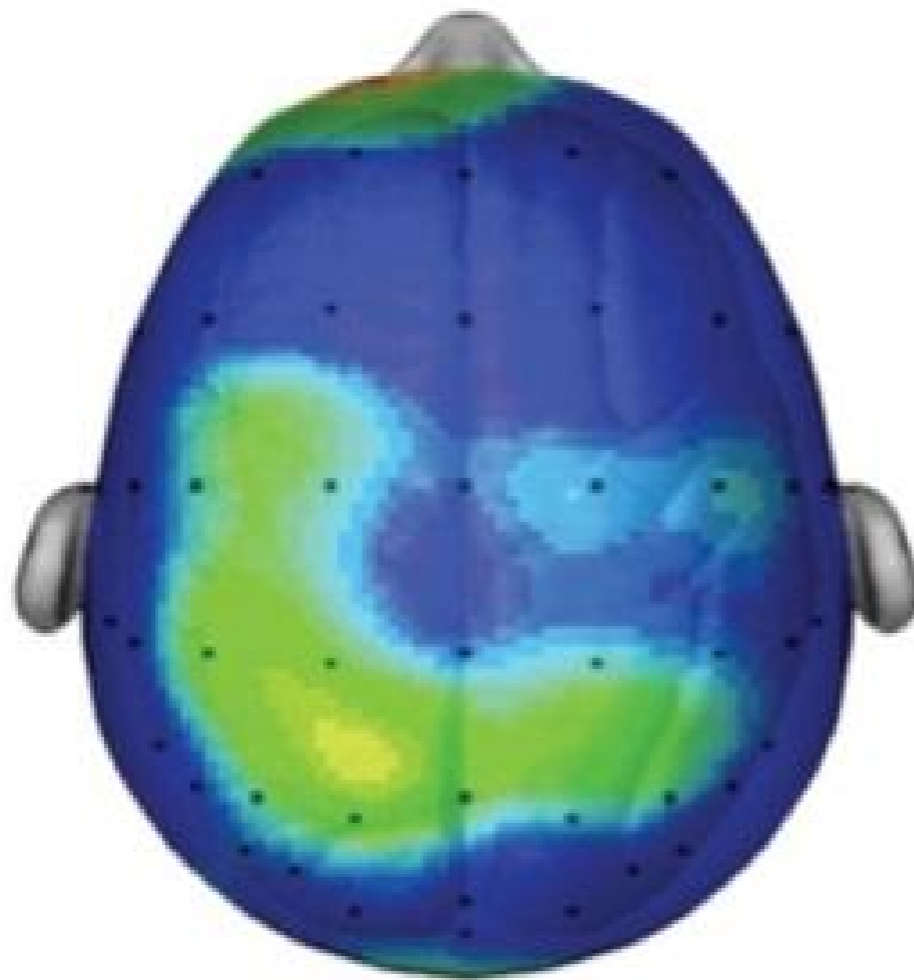




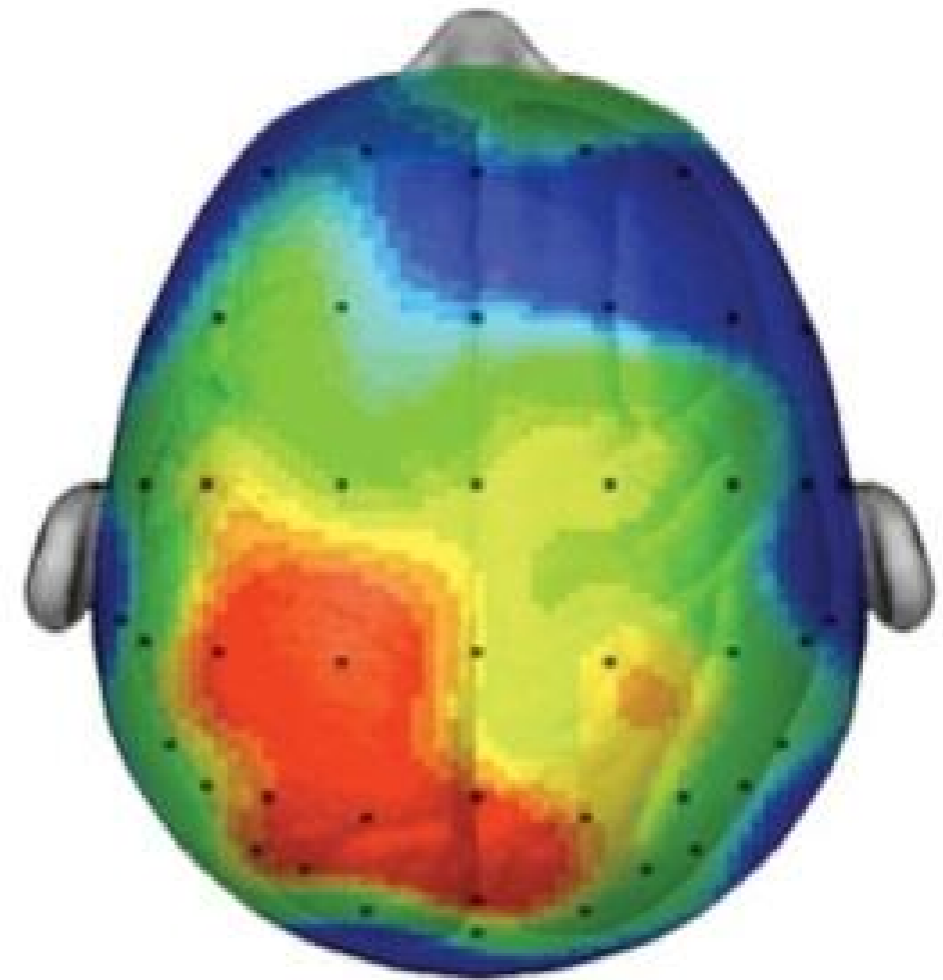
IT'S NOT EASY. THIS PROCESS  
OF **ENGAGING STUDENTS**  
**REQUIRES YOU TO UPGRADE**  
**YOUR REPERTOIRE, ROLL UP**  
**YOUR SLEEVES, GET A**  
**FIERCELY POSITIVE ATTITUDE**  
**AND CHARGE AHEAD INTO**  
**YOUR JOB.**

BUT **YOU** CAN MAKE A  
**DIFFERENCE!!**

# Charles Hillman Study



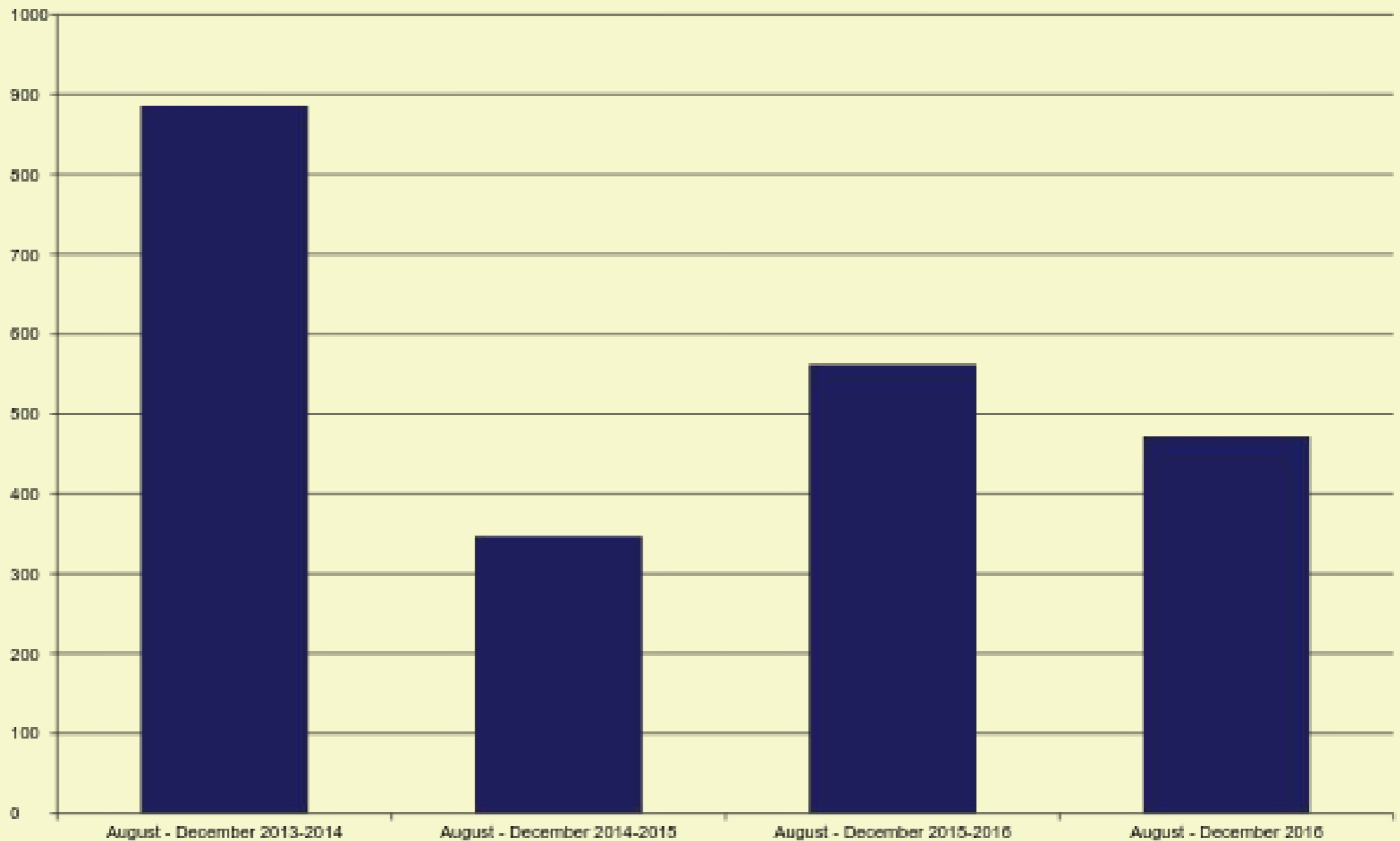
**After 20 minutes of  
sitting quietly**



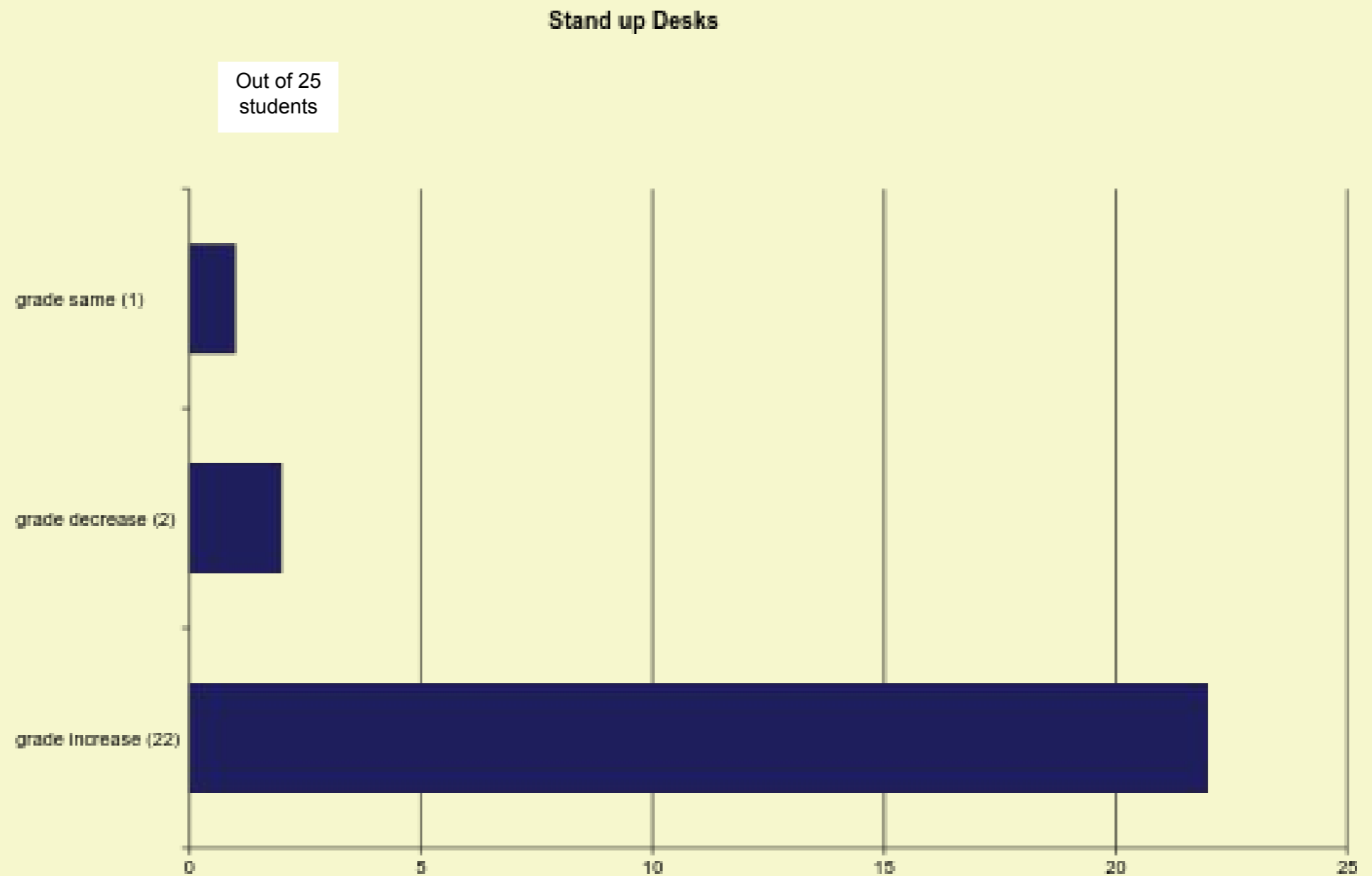
**After 20 minutes of  
walking**

Research/scan compliments of Dr. Chuck Hillman, University of Illinois

# Crossroads High School in Alief ISD



# Alief Learning Center Art Class (Alief ISD)



# Charleston Progressive Academy (Charleston, SC)

	No AM Exercise	With AM Exercise	% Reduction
Referrals	1148	591	48%
Suspensions	123	50	60 %

# Heflin Elementary (Alief ISD)

- Students that repeatedly displayed behavior that resulted in an office referral were placed in a group that was picked up every morning to have time in the Action Based Learning Lab. **Data showed that office referrals of repeat offenders decreased by 75% on days that they participated in Early Bird.**
- 4<sup>th</sup> grade student results (Reading)
- **86% of the students moved from a Tier 3 level to a Tier 1** level which allowed for them to be exited and put back into their homeroom classroom

# Mitchell Elementary (Charleston, SC)

Only change was adding Action Based Learning. In just 6 weeks, attendance increased by 87% and office referrals decreased by 63%.



# Action Based Learning Certified Workshop