

Professional Development Workshop

Learning Through Movement

The Kinesthetic Classroom & Action Based Learning Labs



On-Site Training for Your Entire Staff!

Action Based Learning Master Trainers offer 1 Day professional development workshops, on-site at your school. Each workshop is 2-8 hours and introduces the purpose of Action Based Learning and how to implement in your classroom. ABL Master Presenters are highly trained, highly qualified teachers 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 children who are deemed LEAST likely to succeed, LAST in line, LOST in the system." The teachers who attend these sessions, all share this same goal. This is for teachers 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

HOW TO:

Implement Brain Breaks in the Classroom
Improve Academic Performance
Improve Behavior in the Classroom
Improve Health and Wellness

integrating specific movements into the learning process.

Integrating movement into the classroom is laying the framework for learning. It drastically improves physical, mental, and emotional health

of students, empowering them to focus, absorb, and assimilate more efficiently. Movement allows students to engage the brain and body simultaneously, which improves concentration and learning capacity. Recent studies prove that specific movements integrated into the learning process, significantly improves students' span of interest and concentration. Children involved in action based learning are getting higher test scores and grades than children who do not move regularly.

About the
Founder of
ABL



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 and making valuable applications that provide successful curriculum implementation.