

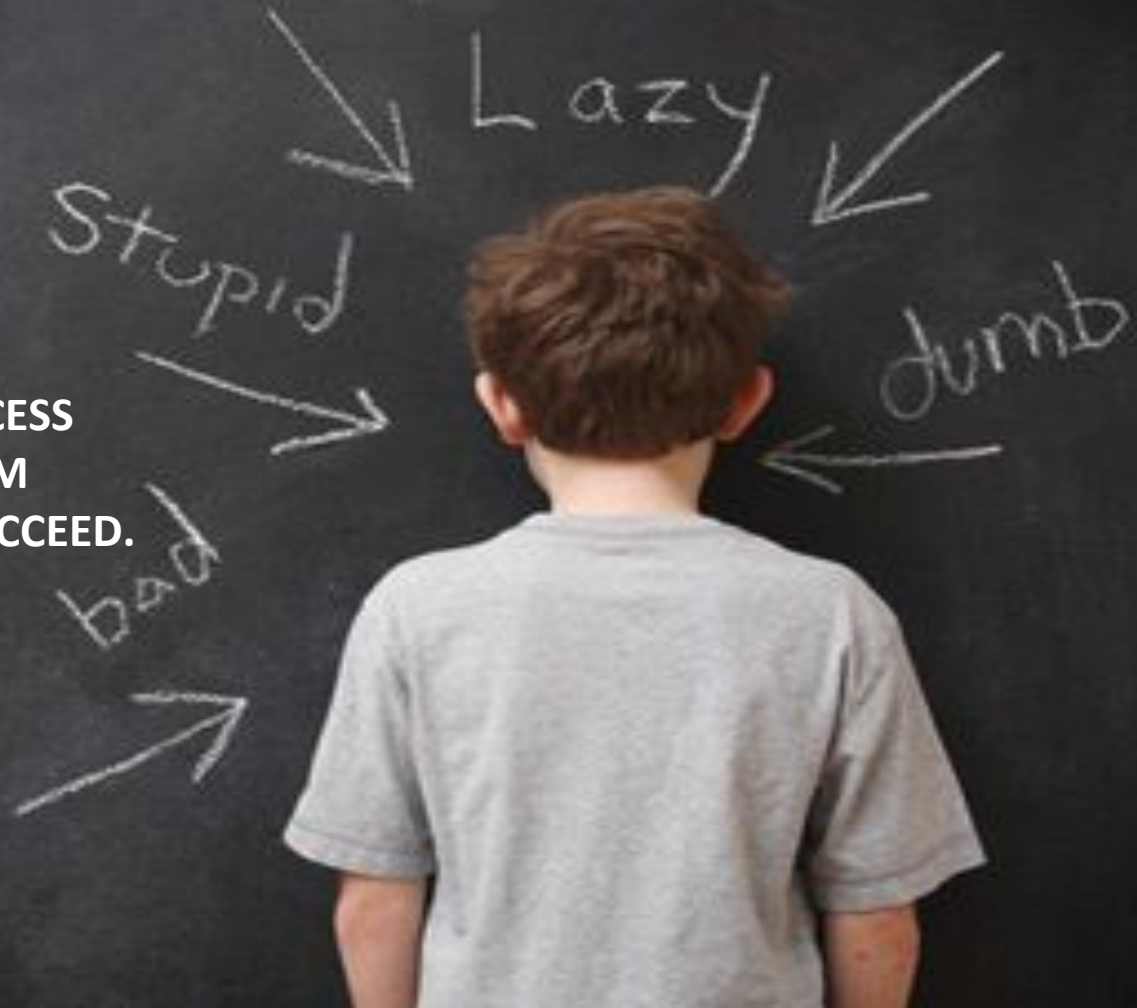


ACTION BASED LEARNING EXPANDED **Implementing ABL AT ALL LEVELS**

KNOW YOUR WHY

We are on a relentless mission
to reach the 3L Student:

THE LAST CHILD IN LINE AT RECESS
THE CHILD LOST IN THE SYSTEM
THE CHILD LEAST LIKELY TO SUCCEED.



What is ABL?

Action Based Learning™ is based on the brain research that strongly supports the link between movement and learning. We know that healthy, active students, make better learners! So how do we apply this to the classroom? Action Based Learning! ABL provides students an advantage to learn. The focus is on creating an optimal learning environments for all students, through movement! Action Based Learning stations in the classroom can be used to prepare the brain for learning, reinforce academic content, and strengthening the 12 foundations of Learning Readiness.



Why ABL?

It increases focus and attention. Grades improve. Less office referrals. Decreases behavioral issues. Action Based Learning areas are a reprieve from the traditional sedentary learning environment. It makes learning fun, students are eager to come to class. Research tells us we can use purposeful movement to fill in and strengthen developmental gaps. We are providing students an advantage to learning. We are impacting the lives of children.



Action Based Learning Areas are designed to prepare the brain for learning by focusing on the 12 foundations of Learning Readiness.

What does ABL offer?

Training

1. On Site Training
2. National Summer Trainings
3. Online Training - Coming Soon!

Kinesthetic Classrooms

1. K-12th grade Kinesthetic Classrooms
2. Flexible Seating
3. University + Adult Office Seating

Sensory Spirit

1. Special Education (Schools)
2. OT/PT Professionals
3. Special Needs for Home
4. Youth Hospitals

ABL LABS

1. K-2 Labs
2. 3-5 Labs
3. Combo Labs K-5
4. Middle + High Schools Labs

Youth Cardio

1. Super Small, Elem, Junior, and Varsity Equipment
2. Obstacle Courses
3. Climbing Walls



Labs

- **K-2nd Labs**
- **3-5th Labs**
- **Combo Labs K-5th**
- **6th-12th Labs**



Classrooms

- **The Collaborative** Flexible Seating/Kinesthetic Desks/Brain Breaks Mix
- **The Kinesthetic** Variety of fully kinesthetic desks. Tends to show the most immediate improvements in academic achievement and student behavior
- **The ABL** The best of both worlds! ABL Stations work on strengthening the 12 foundations of learning: preparing the brain to learn. Kinesthetic desks improve student alertness, ability to retain and retrieve information more efficiently, and ultimately shows the most drastic improvements in long term learning.

12 Foundations for Learning Readiness

- **Cross the Midline:** Cross Lateralization
- **Body in Space:** Vestibular/Proprioception
- **Balance:** Spatial Orientation
- **Visual Development:** Encoding Symbols
- **Rhythm:** Beat Awareness and Beat Competency
- **Tactile Learning:** Sensory Motor and Fine Motor Skills
- **Motor Skills:** Locomotor and Non-Locomotor
- **Eye/Hand Eye/Foot Coordination:** Manipulative Skills
- **Physical Fitness:** Strength and Flexibility
- **Cardiovascular Fitness:** Aerobic Capacity
- **Problem Solving:** Embodied Cognition
- **Self-Management:** Mindfulness and Self-Awareness



The photograph shows a child's play area with various educational displays. On the wall, there is a 'HUNDREDS CHART', a 'Skip Counting' chart, and a 'LEFT BRAIN FUNCTIONS / RIGHT BRAIN FUNCTIONS' chart. The floor features a 'FROG HOP NUMBER LINE' with frog cutouts, a 'GEO COLOR HOP' mat with geometric shapes, and a blue ramp structure. A large blue block is also visible.

K-2nd Labs

K-2nd Labs


HUNDREDS CHART

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

Factors				Skip Counting				Multiples			
1	2	3	4	5	6	7	8	9	10	11	12
2	4	6	8	10	12	14	16	18	20	22	24
3	6	9	12	15	18	21	24	27	30	33	36
4	8	12	16	20	24	28	32	36	40	44	48
5	10	15	20	25	30	35	40	45	50	55	60
6	12	18	24	30	36	42	48	54	60	66	72
7	14	21	28	35	42	49	56	63	70	77	84
8	16	24	32	40	48	56	64	72	80	88	96
9	18	27	36	45	54	63	72	81	90	99	108
10	20	30	40	50	60	70	80	90	100	110	120
11	22	33	44	55	66	77	88	99	110	121	132
12	24	36	48	60	72	84	96	108	120	132	144

LEFT BRAIN FUNCTIONS

- Right side of body control
- Number skills
- Math/Scientific skills
- Written language
- Logical language
- Abstract
- Logic
- Reason



RIGHT BRAIN FUNCTIONS

- Left side of body control
- Music/Art awareness
- 3-D shapes
- Imagination
- Creativity
- Intuition
- Subjectivity
- Emotion
- Face perception
- Motor skills

FROG HOP NUMBER LINE

0 1 2 3 4 5 6 7 8 9 10

FROG HOP NUMBER LINE

11 12 13 14 15 16 17 18 19

WATER MONSTER HOP

100 90 80 70 60 50 40 30 20 10 0

100 90 80 70 60 50 40 30 20 10 0

100 90 80 70 60 50 40 30 20 10 0

GEO COLOR HOP

100 90 80 70 60 50 40 30 20 10 0

100 90 80 70 60 50 40 30 20 10 0

100 90 80 70 60 50 40 30 20 10 0

REEF RESCUE

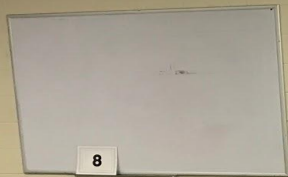
100 90 80 70 60 50 40 30 20 10 0

100 90 80 70 60 50 40 30 20 10 0

100 90 80 70 60 50 40 30 20 10 0

K-2nd Labs





K-2nd Labs

3-5th Body Brain Adventure Labs

Body Brain Adventure



3-5th Labs



Combo Labs K-5th



Lab K-5th





Combo Lab K-5th



Combo Lab K-5th





Combo Lab
K-5th



Combo Lab K-5th



Combo Lab K-5th

Combo Lab K-5th

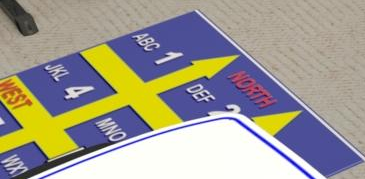


Combo Lab K-5th



6th -12th NeuroNasium Labs

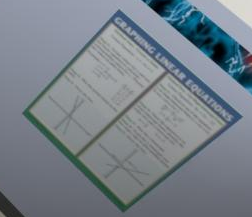
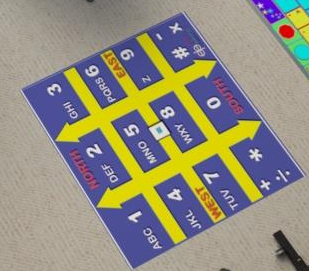


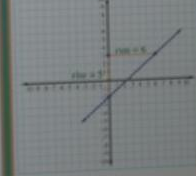


$$\begin{array}{r} 89 \\ 4 \times \\ \hline 17 \end{array}$$
$$\begin{array}{l} 10 \div 2 = 5 \\ 1 \div 1 = 1 \\ 8 \div 4 = 2 \\ 10 \div 5 = 2 \\ 1 \div 1 = 1 \end{array}$$

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THE HUMAN HEART

Labels: SUPERIOR VENA CAVA, INFERIOR VENA CAVA, RIGHT ATRIUM, RIGHT VENTRICLE, LEFT ATRIUM, LEFT VENTRICLE, PULMONARY TRUNK, PULMONARY ARTERY, PULMONARY VEIN, AORTA, CORONARY ARTERY, CORONARY VEIN.

Flow	Rate
Superior Vena Cava	1.0 L/min
Inferior Vena Cava	1.0 L/min
Right Atrium	1.0 L/min
Right Ventricle	1.0 L/min
Left Atrium	1.0 L/min
Left Ventricle	1.0 L/min
Pulmonary Trunk	1.0 L/min
Pulmonary Artery	1.0 L/min
Pulmonary Vein	1.0 L/min
Aorta	1.0 L/min
Coronary Artery	1.0 L/min
Coronary Vein	1.0 L/min

Frontal Lobe
Cognition
Thought
Learning
Planning
Speech production in Broca's
area
Most reasoning
and

Parietal Lobe
Somatosensory Cortex
Perception and processing
of sensory stimulation.
Taste, touch, pressure,
temperature and pain

Occipital Lobe
Visual Awareness (body
space)
Awareness of environment
Spatial mapping
Motor neurons for initiation

Temporal Lobe
Auditory processing
Memory
Emotion
Language
Learning
Smell
Taste

Brainstem
Vital functions
Breathing
Heart rate
Blood pressure
Temperature regulation
Alertness

Medulla
Controls breathing
Heart rate
Blood pressure
Temperature regulation
Alertness

Cerebellum
Coordination
Balance
Fine motor control
Motor learning
Posture
Involves a walking pattern
into a sequence

Basal Ganglia
Initiates movement
Controls automatic motor
functions: heart beat,
breathing, blood pressure,
temperature

Spinal Cord
Controls automatic motor
functions: heart beat,
breathing, blood pressure,
temperature

Motor Cortex
Initiates movement
Controls automatic motor
functions: heart beat,
breathing, blood pressure,
temperature

Somatosensory Cortex
Perception and processing
of sensory stimulation.
Taste, touch, pressure,
temperature and pain

Broca's Area
Speech production

Wernicke's Area
Language comprehension

Hippocampus
Memory

Thalamus
Sensory processing
Relay station for sensory
information

Hypothalamus
Hormone production
Regulates body temperature
Hunger and thirst

Pituitary Gland
Hormone production
Regulates growth and development

Adipose Tissue
Energy storage
Insulation

Cartilage
Support and structure

Bone
Support and structure

Neuron
Basic unit of the nervous system
Transmits electrical signals

Synapse
Junction between two neurons
Transmits chemical signals

Myelin Sheath
Insulates neurons
Speeds up signal transmission

Glial Cells
Support and nourish neurons

Neurotransmitters
Chemical messengers
Transmit signals across synapses

Receptor Cells
Detect sensory information
Convert it into electrical signals

Effector Cells
Respond to electrical signals
Produce a response

Motor Unit
A single motor neuron and the muscle fibers it innervates

Motor Cortex
Initiates movement
Controls automatic motor
functions: heart beat,
breathing, blood pressure,
temperature

Somatosensory Cortex
Perception and processing
of sensory stimulation.
Taste, touch, pressure,
temperature and pain

Broca's Area
Speech production

Wernicke's Area
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Respond to electrical signals
Produce a response

Motor Unit
A single motor neuron and the muscle fibers it innervates



The diagram shows a box labeled "The System" with an arrow pointing to it from the left. The arrow is labeled "Input".

System
The emotion
decipherer is
Anglo
Voluntary m
movement
sector plans

tion

Parathyroid Glands
 Parathyroid Glands are located in the thyroid gland.
 They secrete parathyroid hormone (PTH), which regulates calcium levels in the blood.

Function
 PTH increases the release of calcium from the bone.
 It also increases the reabsorption of calcium in the kidney.
 PTH stimulates the production of active vitamin D, which increases the absorption of calcium in the gut.

Deficiency
 Hypoparathyroidism is a condition in which the parathyroid glands do not produce enough PTH.
 This leads to low levels of calcium in the blood, which can cause muscle cramps, numbness, and tingling.

Excess
 Hyperparathyroidism is a condition in which the parathyroid glands produce too much PTH.
 This leads to high levels of calcium in the blood, which can cause bone pain, weakness, and kidney stones.



Water molecule

H2O

Diagram showing the structure of a water molecule, with two hydrogen atoms (H) bonded to one oxygen atom (O). The oxygen atom has two lone pairs of electrons.

Properties of Water:

- High specific heat capacity
- High latent heat of vaporization
- High surface tension
- High boiling point
- High melting point
- High density of ice

Table of Presidents

President	Term
George Washington	1789-1797
John Adams	1797-1801
Thomas Jefferson	1801-1809
James Madison	1809-1817
James Monroe	1817-1825
John Quincy Adams	1825-1829
Andrew Jackson	1829-1837
Martin Van Buren	1837-1841
William Henry Harrison	1841-1845
John Tyler	1845-1849
James K. Polk	1845-1849
Zachary Taylor	1849-1850
Franklin Pierce	1853-1857
Abraham Lincoln	1861-1865
Andrew Johnson	1865-1869
Ulysses S. Grant	1869-1877
Rutherford B. Hayes	1877-1881
James A. Garfield	1881
Chester A. Arthur	1881-1885
Grover Cleveland	1885-1889
Benjamin Harrison	1889-1893
William McKinley	1897-1901
Theodore Roosevelt	1901-1909
Taft	1909-1913
Woodrow Wilson	1913-1921
Warren G. Harding	1921-1923
Calvin Coolidge	1923-1933
Herbert Hoover	1933-1945
Franklin D. Roosevelt	1933-1945
Dwight D. Eisenhower	1953-1961
John F. Kennedy	1961-1963
Lyndon B. Johnson	1963-1969
Richard Nixon	1969-1974
Jimmy Carter	1977-1981
Ronald Reagan	1981-1989
George H. W. Bush	1989-1993
Bill Clinton	1993-2001
George W. Bush	2001-2009
Barack Obama	2009-2017
Donald Trump	2017-2021
Joe Biden	2021-Present

History of Life

Diagram showing the evolution of life from simple molecules to complex organisms.

Timeline:

- 4.6 billion years ago: Formation of Earth
- 3.8 billion years ago: First life (prokaryotes)
- 2.5 billion years ago: First eukaryotes
- 1.5 billion years ago: First multicellular organisms
- 541 million years ago: Cambrian explosion
- 252 million years ago: Mass extinction event
- 66 million years ago: Dinosaur extinction
- 2 million years ago: Modern humans appear

$$\begin{aligned} 5-12 &= -7 \\ 4-10 &= -6 \\ 3-9 &= -6 \\ 2-8 &= -6 \\ 1-7 &= -6 \end{aligned}$$

$$\begin{aligned} 5-12 &= -7 \\ 4-10 &= -6 \\ 3-9 &= -6 \\ 2-8 &= -6 \\ 1-7 &= -6 \end{aligned}$$

$$\begin{aligned} 5-12 &= -7 \\ 4-10 &= -6 \\ 3-9 &= -6 \\ 2-8 &= -6 \\ 1-7 &= -6 \end{aligned}$$

Navigation map showing directions and locations:

- NORTH** (indicated by a red arrow pointing up)
- WEST** (indicated by a red arrow pointing left)
- Locations:** ABC 1, DEF 2, GHI 3, JKL 4, MNO 5, PQRS 6, TUV 7.



$$\begin{array}{r} 17 \\ \times 4 \\ \hline 68 \end{array}$$
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$$\begin{array}{r} 17 \\ \times 4 \\ \hline 68 \end{array}$$



Classrooms

The Collaborative

The Kinesthetic

The ABL

The Kinesthetic
Workstation is a
reprieve From
being tied to a
traditional desk



THE BIG ADVANTAGE:

It increases focus
and attention.

Students are eager to
come to class!



THE NEXT
BIG
ADVANTAGE

- GRADES IMPROVE
- LESS OFFICE REFERRALS
- DECREASE IN BEHAVIOR
ISSUES

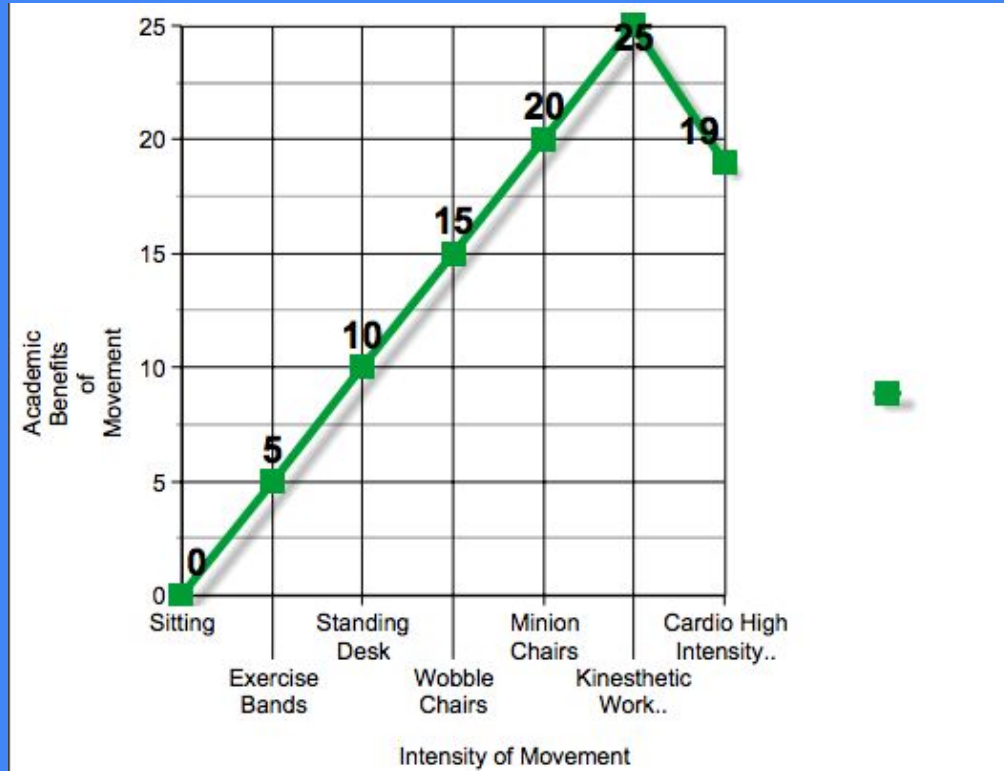


Third advantage:

- An increase in health and wellness in our students



ACADEMIC BENEFITS OF MOVEMENT



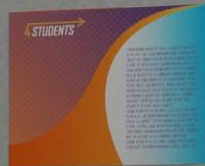
MOVEMENTS

	SITTING	WOBBLE CHAIRS	STABILITY BALLS/MINION CHAIRS	STANDING OR BALANCE DESK	KINESTHETIC WORK STATION (EASY TALKING)	EXERCISE 70-90% OF MAX HEART RATE
PROS	RESTED & REJUVENATED	<ul style="list-style-type: none"> DEVELOPS AND ENGAGES CORE MUSCLES ALLOWS KINESTHETIC LEARNING & FREEDOM TO MOVE Provides calming effect for fidgeters and those who crave sensory input 	<ul style="list-style-type: none"> Develops and Engages Core Muscles ENGAGES VESTIBULAR SYSTEM INCREASED SENSORY STIMULATION 	<ul style="list-style-type: none"> INCREASE IN CALORIC EXPENDITURES BURN 17% MORE CALORIES WHILE STANDING Improves Student Engagement 	<ul style="list-style-type: none"> Low Intensity Steady State Movement prepares the brain to learn Increased oxygen + bloodflow to the brain =increased alertness Release of Happy Hormones= improved mood Releases BDNF = Growth of New Brain Cells 	<ul style="list-style-type: none"> HEALTH & WELLNESS BENEFITS Best Benefit BEFORE or AFTER learning
CONS	IN EXCESS, IT WILL KILL YOU	LIMITED MOVEMENT & NO INCREASE IN CIRCULATION OR HEART RATE	CAN BECOME A DISTRACTION IN THE CLASSROOM IF NOT MANAGED PROPERLY (CLOTH COVERED MINION CHAIRS ELIMINATE THIS)	<ul style="list-style-type: none"> DOES NOT HELP MOVE NUTRIENTS AND OXYGEN TO THE BRAIN VERY LITTLE INCREASE IN CIRCULATION 	Classroom must be able to accommodate kinesthetic desk size	<ul style="list-style-type: none"> CAN NOT LEARN NEW ACADEMIC MATERIAL BLOOD IS SHUNTED AWAY FROM THE PREFRONTAL CORTEX

The Collaborative Classroom

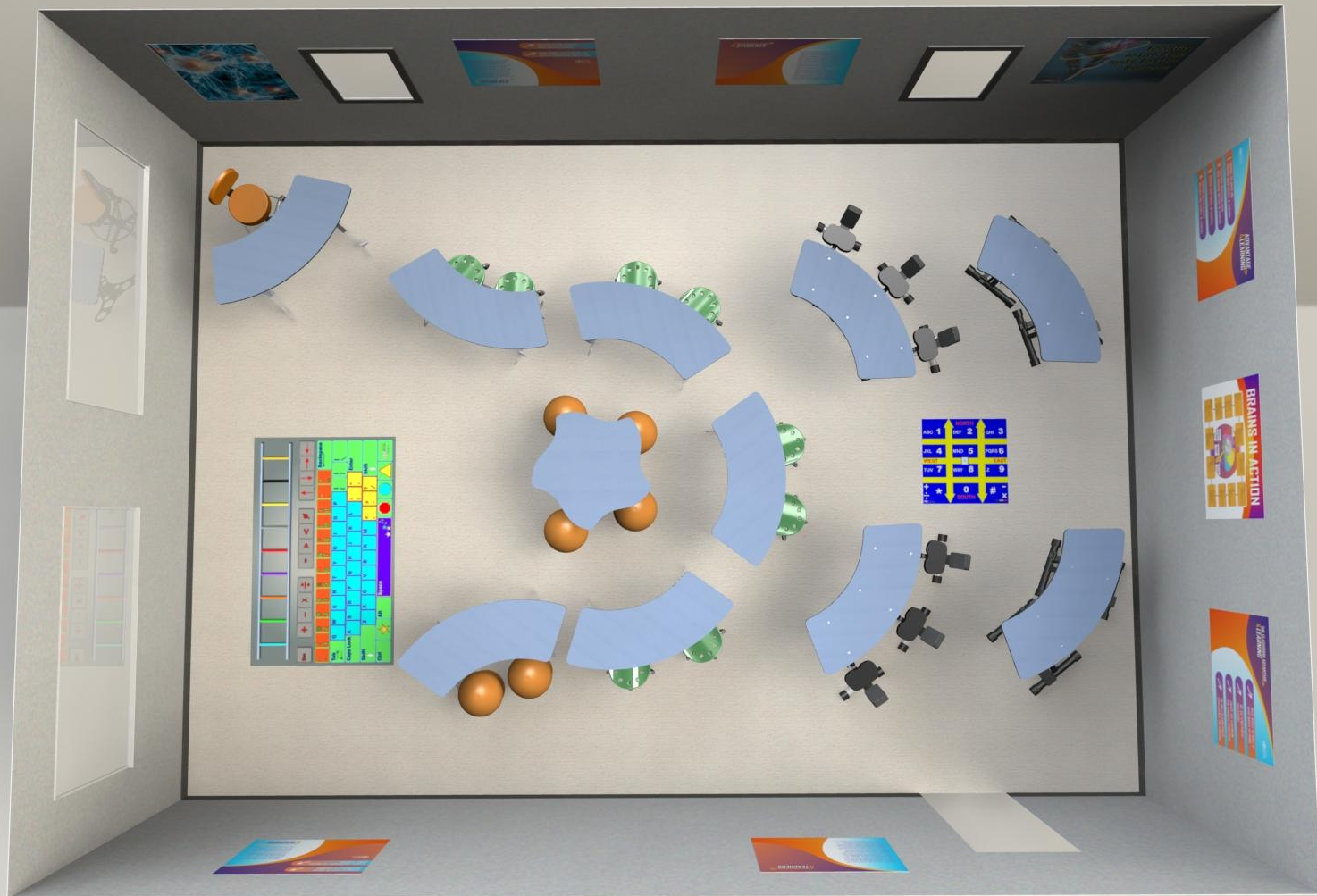
This is a combo of kinesthetic, as well as flexible seating, to create a modern classroom, conducive to how the brain learns. All of the free standing desks pictured can be adjustable to turn into a standing or seated desk. Also, the lime green stool has wheels on the bottom to add a little more flexibility and movement to the classroom! The orange chairs are swivel core, so they actually spin as well as support good posture. In the back of the room you will see our multi person pedal desks, and multi person strider desks- these are critical to add a few kinesthetic pieces to a classroom for kinesthetic learners, and tend to show the most drastic difference in behavior and academic improvement. You will also notice all of the desks are multi person, we have found that collaborative workspaces are the most optimal for learning. Keep in mind the orange and green seats can always be switched out for a variety of different flexible seating options!









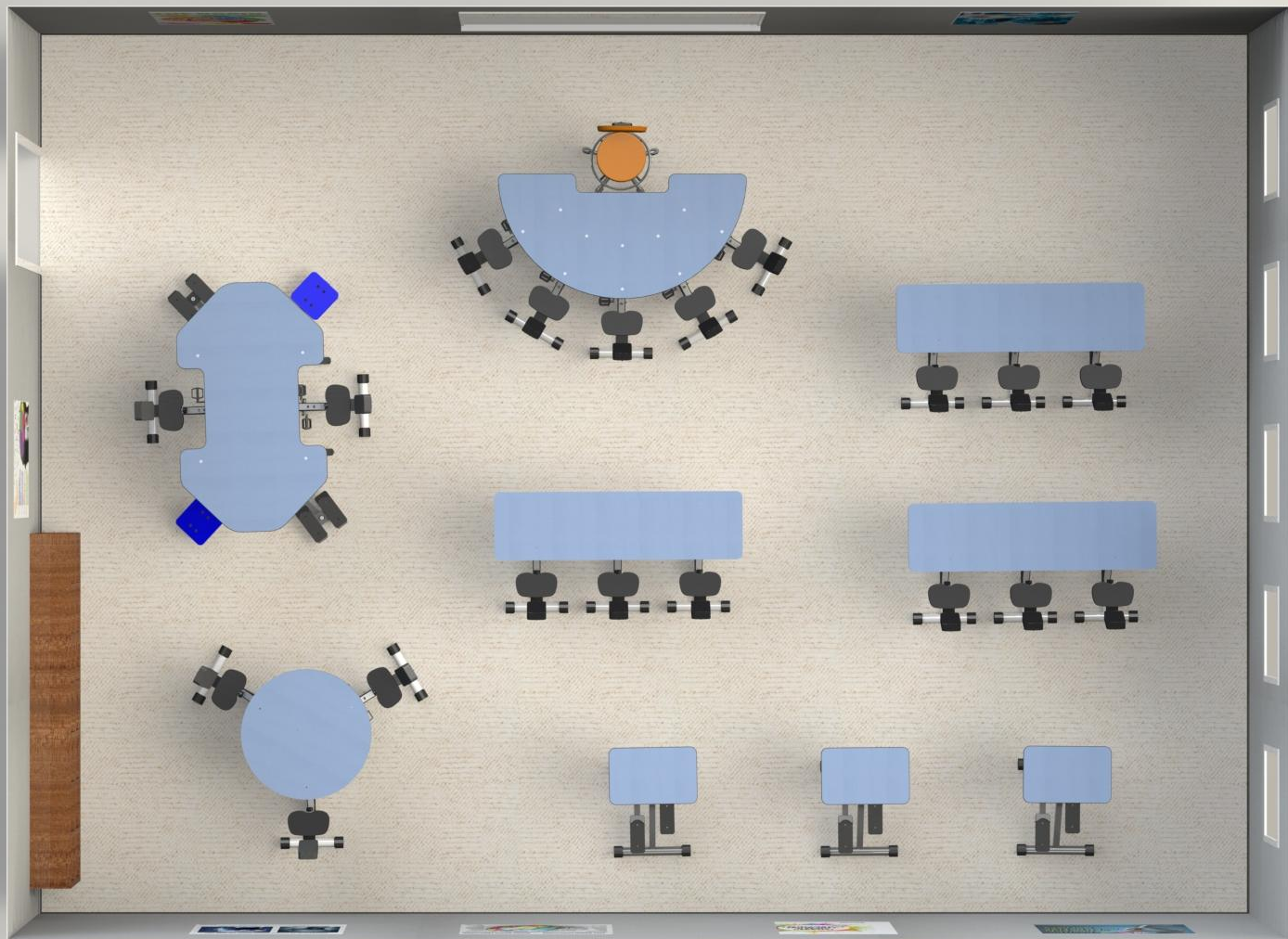


The Fully Kinesthetic Classroom

Fully Kinesthetic Classrooms tend to show the most drastic difference in behavior and academic improvement. You will also notice all of the desks are multi person, we have found that collaborative workspaces are the most optimal for learning.











PROBLEM #1

Everybody wants it,
but far less can afford it.



Harbor Gate
Elementary:

They took a
moonwalker desk
and moved it from
class to class.



THE TRAVELING MOONWALKER EVENTUALLY LEAD TO THE CREATION OF THE ABL CLASSROOM CORNER

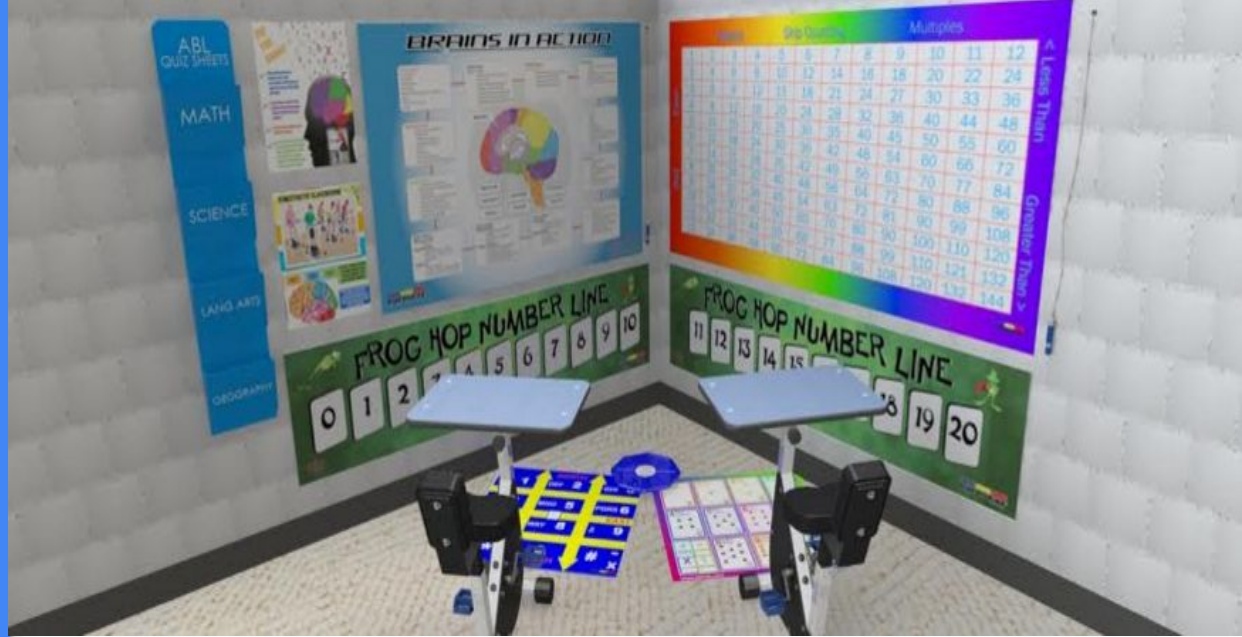


Benefits of the lab can be brought into the classroom!

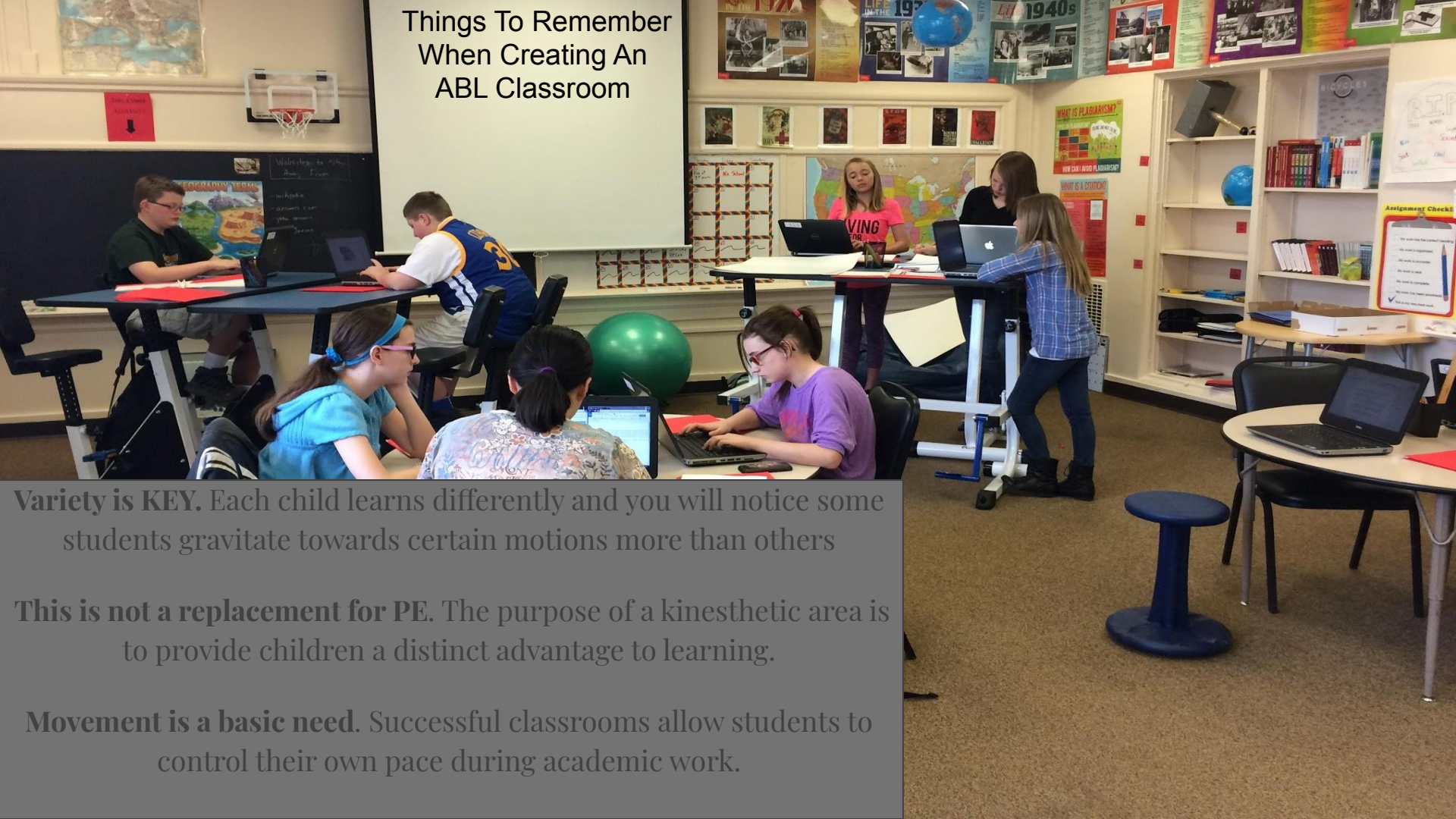
The ABL Classroom

The ABL Classroom is a combination of ABL brain based stations and kinesthetic desks to provide the most well rounded, brain based learning environment to provide an advantage for all students!

Action Based Learning is no longer just in the lab! ABL is for the classroom, the hallways, the library, and anywhere we can use movement to enhance learning!



Things To Remember When Creating An ABL Classroom

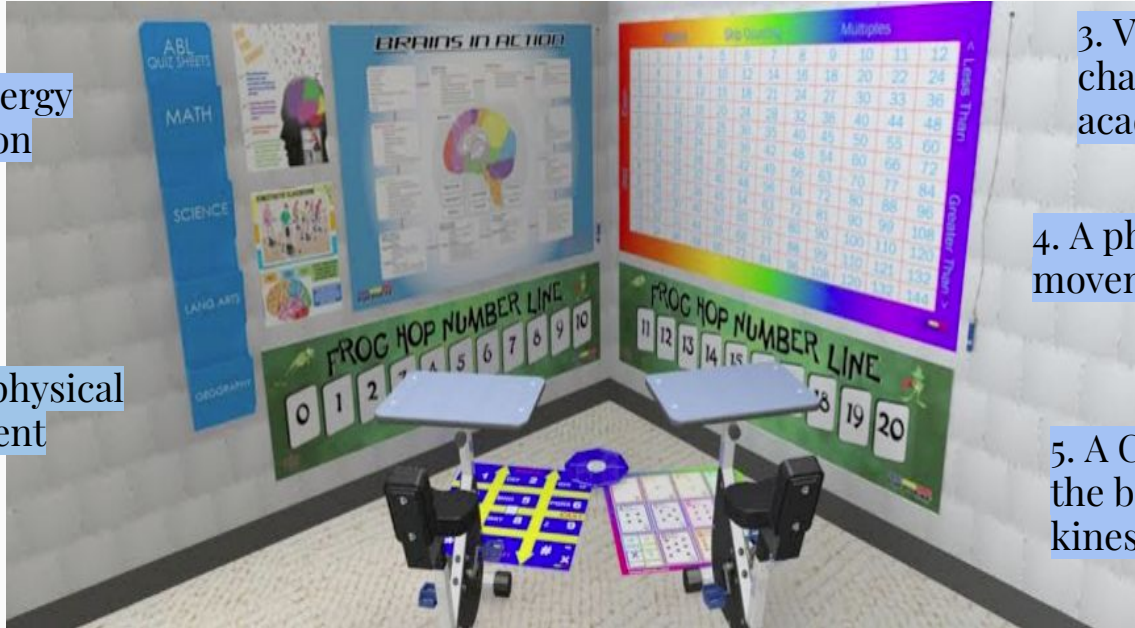


Variety is KEY. Each child learns differently and you will notice some students gravitate towards certain motions more than others

This is not a replacement for PE. The purpose of a kinesthetic area is to provide children a distinct advantage to learning.

Movement is a basic need. Successful classrooms allow students to control their own pace during academic work.

Components of an ABL area



1. Excessive energy release station

2. A STANDING physical moving component

3. Visual Interaction charts to reinforce academic content

4. A physical seated movement component

5. A Chart that teaches the benefits of kinesthetic movement.

1. An excessive energy release station.



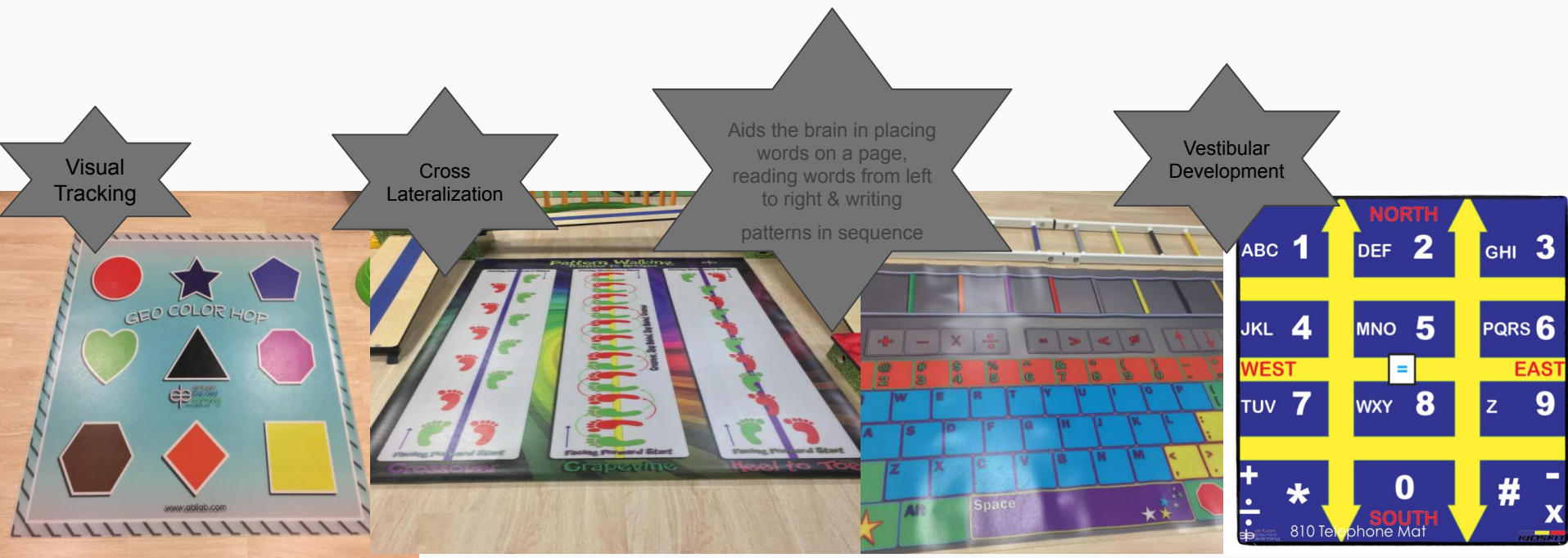
[Click Video Above to see the ABL classroom in action](#)

2. A standing physical moving component



Example: Balance Desk (Crossing the Midline), Strider Desk Reading Balance Boards

3. Visual interaction mats that reinforce academic content.



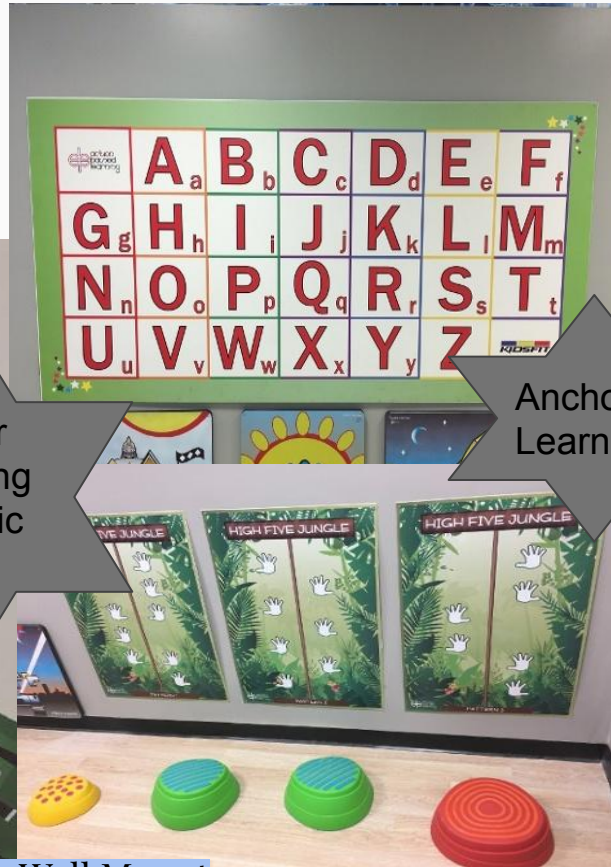
OTHER OPTIONS

810 Telephone/Math Mat - 811 Keyboard Mat - 812 LearnNMove Mat - 813 ABL Pattern Walking Mat- 884 FrogHop NumberLine Mat - 881 Geo Color Hop Mat

3. Visual interaction charts that reinforce academic content.



Great for
Reviewing
Academic
Content



Anchors
Learning



Recommended for Jefferson Academy: Frog Hop Wall Mount

OTHER OPTIONS

817 Hundreds Wall Chart - 815 Numeracy Noggin - 814 Letter Learning Mount - 816 FrohHop Mount - 820 Brainworks - High Five Cross Lat. Mount - Yoga for Kids Set



4. A physical seated movement component.



Wobble Chair

Rock and Roller Foot Rest

Kneel N Spin

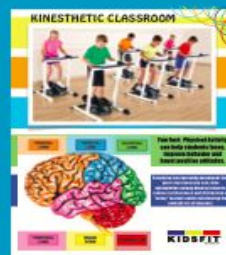
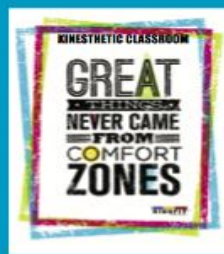
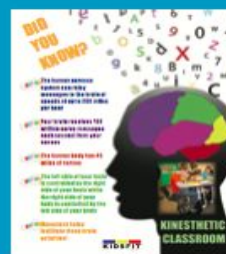
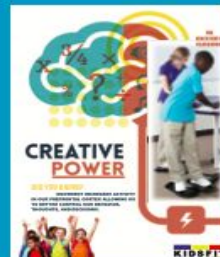
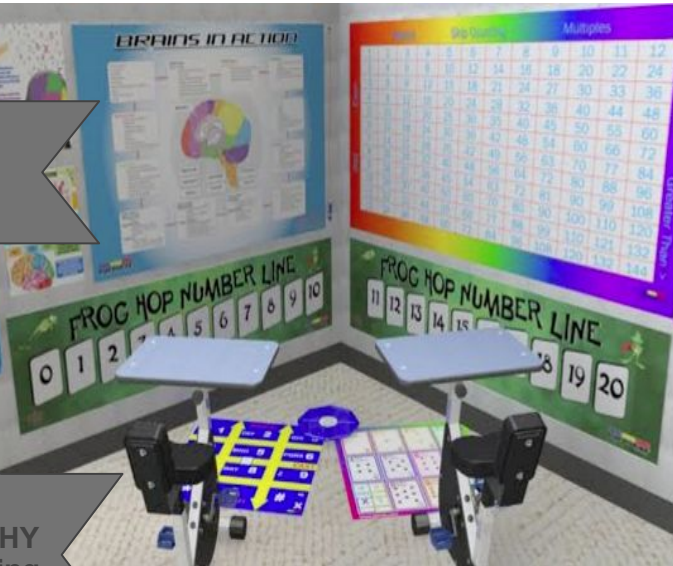
Minion Chair

Reading Rockin Turtle Shell

5. A chart that teaches the benefits of kinesthetic movement.

Make
Learning
Fun!

Teach
students WHY
they are doing
what they are
doing.



How Can I Use the ABL Area of My Classroom?

1. Reinforce Academic Content use the stations to review content just learned in the classroom
2. Teach Academic Content use the stations to teach the student new material
3. Prepare the Brain for learning ex: excessive energy release stations put the brain in its most optimal setting for learning new material- increases ability to retain and retrieve information
4. Provide Brain Breaks a reprieve from the traditional setting improves mood, behavior etc
5. Assess Developmental Gaps in individual students
6. Strengthen the 12 Foundations Critical for Learning

SCHOOL

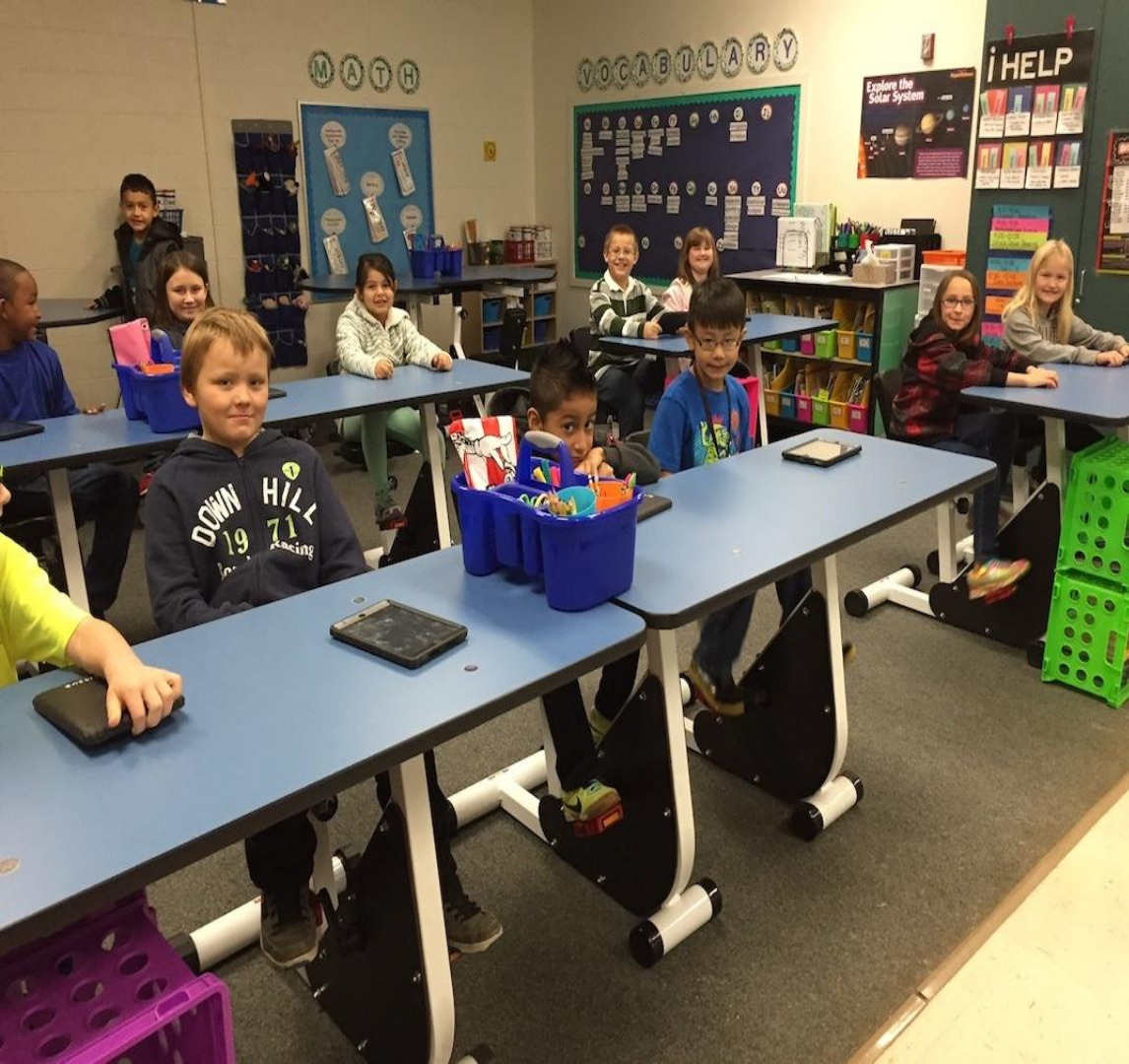
SPOTLIGHTS



School Spotlight

The Fully Kinesthetic Classroom

Chevy Chase
Elementary , MD



School Spotlight

The Fully Kinesthetic Classroom

Burke County Schools, NC
3rd-4th Grade



School Spotlight

The Collaborative Classroom

Grand River Academy classrooms provide students a variety of flexible seating, wobble stools, balance desks, pedal desks and sit/stand options.



School Spotlight

The ABL Classroom

Norwin School District, PA

"My dream was to create a space in our school devoted to movement during instruction," Brunazzi said.

Learning occurs across a variety of subjects in this room. Students review basic math facts while balancing on discs; learn vocabulary words with flashcards while on stability balls; practice spelling by tossing a ball around a circle; read a book while standing on a balance board, or work on writing a narrative while bicycling at the pedal desk. "It's definitely not supposed to be their recess, not to be their gym. It's active learning," said Brunazzi, who previously taught fourth grade.



School Spotlight

The ABL Classroom

*Cross Timbers Elementary,
Health Room, Oklahoma
K-5th grade*

Mrs Orsack teaches 27
health classes each week
in this room. The entire
elementary school now has
access to her ABL
Classroom!



School Spotlight

The ABL Classroom

*Sneak peak of students
working diligently, quietly,
AND constantly moving!*



School Spotlight

*Dispersing single desks
throughout the school*

*Hear from the Principal: “How
37 desks transformed our
entire school enviroment!”*





School Spotlight

The Collaborative Classroom

Manorhaven Elem - Port Washington, NY

Movement is schoolwide - in classrooms, hallways, cafeteria, media center, and even the principal's office!

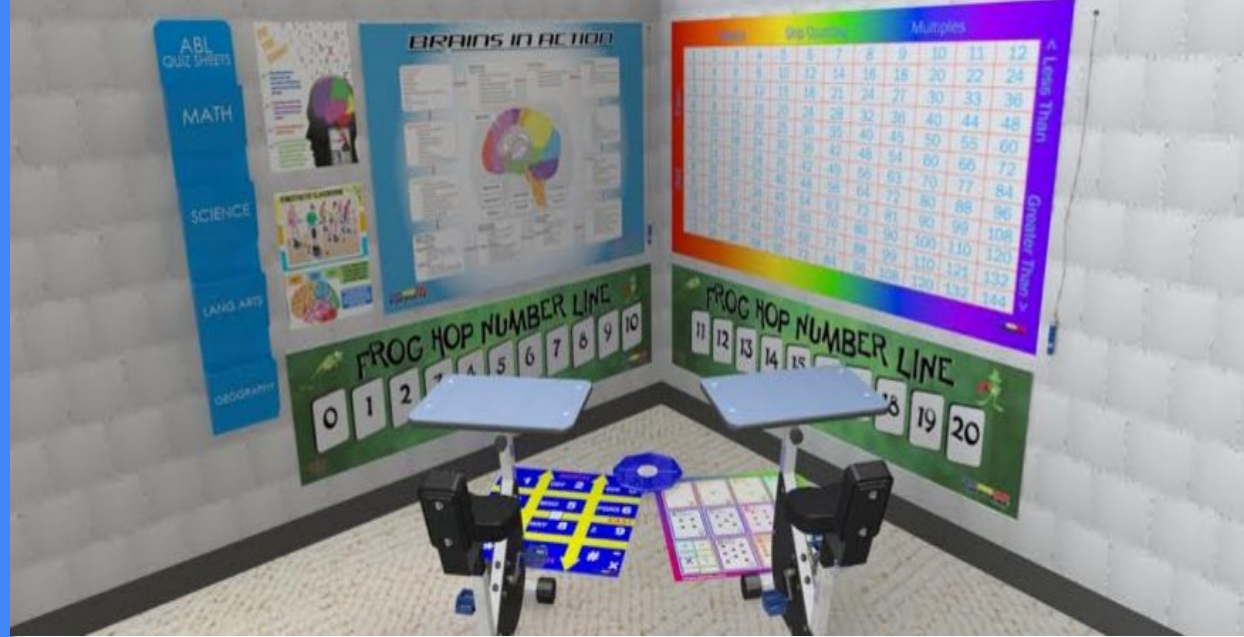
Flexible seating, brain breaks, and kinesthetic desks are scattered throughout the school in order to reach every student.



PHYSICAL EDUCATORS ROLE IN TRANSFORMING MANORHAVEN ELEMENTARY



The PHYSICAL EDUCATOR & ACTION BASED LEARNING



As a Physical Educator, How Can
We Play a Role in Leading the
Charge?

WHAT IS OUR ROLE, AND WHY SHOULD WE BE INVOLVED IN THIS?

- INCREASE PHYSICAL ACTIVITY DURING THE SCHOOL DAY (GET THEIR 60 A DAY).
- GIVE STUDENTS OPPORTUNITIES FOR ENHANCED LEARNING THROUGH MOVEMENT.
- WE ARE THE **EXPERTS** IN MOVEMENT, SO WE CAN:
 - **ASSIST** TEACHERS IN IMPLEMENTING MOVEMENT IN THE CLASSROOM.
 - HELP TEACHERS OVERCOME THEIR **FEAR** OF CLASSROOM MOVEMENT.
 - EDUCATE SCHOOL STAFF ON THE **VALUE** OF ACTION BASED LEARNING.



STEPS TO ABL SUCCESS

-MANORHAVEN Elementary

<http://bit.ly/1OCrwOw>

1. Initial Staff Training
2. Introduce to Students
3. Roll out
4. Continual Support: direct instruction and push-in



OK, YOU SOLD ME.
NOW HOW DO WE PAY
FOR IT?



- GRANTS
- DONORS CHOOSE
- GOFUNDME
- PTA
- FUND RAISING
- DISTRICT FUNDING

Set your own mission

BE REVOLUTIONARY... Make Something Happen

BE A GROUND BREAKER... the latest in brain research and cognitive learning

SUPPORT HEALTH AND FITNESS... it's about low intensity physical activity

BE A CHAMPION... reap the rewards of your knowledge and passion

AND MOST IMPORTANTLY -

**BUILD YOUR
OWN LEGACY**