

# SMART MOVES

**WHY LEARNING  
IS NOT ALL IN  
YOUR HEAD**



**CARLA HANNAFORD, PH.D.**

# Smart Moves Why Learning Is Not All In Your Head

**Nancy Weatherly Sharp**



## **Smart Moves Why Learning Is Not All In Your Head:**

Smart Moves Carla Hannaford,1995 Smart Moves The body s role in thinking and learning is presented for the first time in a popular readable format thoroughly supported by scientific research Neurophysiologist and educator Carla Hannaford tells us why we must move and shows us how to move to fully activate our learning potential Her remarkable insights will be of great and immediate value to learners of all ages from the gifted to the so called learning disabled Book jacket **Kid's Eye View of Science** Susan Kovalik,Karen D. Olsen,2010-09-08 Examines learning science from multiple perspectives including the child s perspective guides readers through the steps of igniting students natural sense of wonder incorporating brain research integrating science concepts with other subjects and applying science to daily life demonstrates how to teach science conceptually through the lens of big ideas such as change interdependence and adaptation Hacking the Humanities: A multimodal pedagogy for creativity and active citizenship. Roberto Cuccu,2019-10-28 Hacking means to adapt and make productive use out of a given technology or technological context In this book it is illustrated an approach to what could be called digital humanities that is the use of hacking in education with instructional technology rather than completely relying on Technocentric Thinking which is having the technology drive the whole process when one is working on expressing creatively oneself This work celebrates a balance between a humanistic approach to learning by doing and the ever pervading digital world of our present and future time Revealed here are pedagogical strategies for enhancing motivation creativity and human interaction Our investigation yields general principles in communication storytelling and active citizenship that might help to orientate our educational system towards a more democratic and sustainable world made of individuals more aware of their own possibilities values rights and responsibilities Spotlighting the Strengths of Every Single Student Elsie Jones-Smith,2011-08-03 This book explains how a teaching system focused on identifying and stoking each student s strengths rather than concentrating on deficits can bring remarkable academic improvement and achievement It s a familiar and seemingly logical model to improve performance identify weaknesses and target these problem areas Could doing the opposite be a better way Licensed clinical psychologist Elsie Jones Smith argues that strengths based systems are indeed more effective not just in social work where the philosophy became popular or in the business world where the concept is increasingly being embraced but in the academic setting as well Spotlighting the Strengths of Every Single Student Why U S Schools Need a New Strengths Based Approach explains how and why a system that focuses on students strengths enables kids to be self confident goal directed and to possess a stronger sense of self efficacy self control and academic achievement Jones Smith also explains how such a system spurs appreciation and advancement of multiple intelligences which in turn gives students the ability to address weaknesses on their own Another plus this approach has also been shown to generally reduce school disciplinary actions and increase class attendance time

**The Newly Qualified Teacher's Handbook** Elizabeth Holmes,2013-09-13 The Newly Qualified Teacher s Handbook is

an essential companion for all new teachers Practical comprehensive and lively this invaluable guide covers all aspects of your first crucial months and years and will set your teaching career off on the right track This updated and expanded second edition is the first book to draw on the new Induction Regulations for NQTs for September 2008 onwards It gives tried and tested advice on everything you need to know from induction to inspection from getting your first job to continuing development New features include a revised first chapter covering key areas of concern for trainees and NQTs the updated statement of professional values and a comprehensive appendix detailing the code of conduct for teachers and further reading and references Areas covered include finding jobs and coping with them the interview process easing stresses and difficulties staffroom politics and etiquette what makes lessons effective the latest legislative requirements professional development and looking after the future The Newly Qualified Teacher s Handbook is an indispensable survival guide for all NQTs and trainees who want to sail swiftly and successfully through the first years of their teaching career Play Lisa Murphy,2015-03-16 Playing is vital to the social physical cognitive and spiritual development of young children Yet cries for more academic preschools and demands for higher test scores are forcing play out of many early childhood environments Play will show early childhood educators what they can do about it It explains how play promotes school readiness and is filled with anecdotes stories and true to life experiences Lisa Murphy has been involved with early childhood education for over twenty years teaching and working with children in various environments She is the founder and CEO of Ooey Gooey Inc

**Worksheets Don't Grow Dendrites** Marcia L. Tate,2010-02-18 What could be more frustrating for teachers than teaching an important lesson and then having students unable to recall the content just 24 hours later In this new edition of Marcia Tate s best selling Worksheets Don t Grow Dendrites her 20 field tested brain compatible instructional strategies that maximize memory and minimize forgetting are supported by new classroom applications and research throughout Each short chapter is devoted to one of the strategies and includes the brain research and learning style theory undergirding the strategy sample classroom activities utilizing the strategy and reflection action planning steps As Tate s many workshop participants worldwide can attest using these strategies will not only help students retain content and increase motivation but will also improve the classroom environment *Early Professional Development for Teachers* Frank Banks,Ann Shelton Mayes,2012-10-12 Early Professional Development has recently been recognized throughout the UK as a key area for improving the quality of teaching and learning in schools All teachers need support to move from novice to expert Set out here is a range of articles to help them achieve that goal Included are practical strategies for investigating classrooms ideas about teaching and learning and key debates concerning professional development all selected with the aim of moving classroom practice forward This book offers teachers the opportunity to explore the latest debates on professional development as well as providing practical tips for use in the classroom and is a rich resource for those teachers committed to developing their teaching for the benefit of their pupils Far Out Nancy Weatherly Sharp,2025-05-31 Far Out is not a

book to debunk conventional ideas But over the years I have learned about experienced and been impressed by a number of alternative healing techniques Over time I became so intrigued with things alternative that I was impelled to learn more and more about them Even so I have done so cautiously never abandoning the skepticism and tough questions that were the hallmarks of my career as a reporter and writer for newspapers in Missouri California Washington D C and New York The journey I ve been on has ended up being enlightening inspirational and life changing Despite my initial doubts the efforts I set in motion to push back boundaries and unlock doors have brought me tremendous rewards personally Even though not every experience I have had has been totally positive and not everything I have read or been told has been credible along the way I have had truly amazing experiences made deep friendships enjoyed countless provocative conversations and spent hour after hour engrossed in what I have been reading or witnessing The people I ve come to know either in person or through their writings have taught me so much and enriched my life in so many ways And for this I owe so much to so many In sum not only am I a happier healthier more peaceful and more loving person now but also my eyes have been opened to a whole new way of living not to mention a whole new way of way of looking at our existence in this miraculous universe of ours Many of the ideas and practices I have been introduced to ones that seemed so wrong headed in the beginning I now accept as sound and valuable even though they often directly contradict what I grew up knowing to be the truth Others have just added new dimensions and perspectives to the understandings I had so long ago So why have I put this story about my own personal journey to paper It s a question I ve wrestled with myself Certainly writing a book was not my objective when I initially set out on my explorations and I do sometimes wonder how what I have to say will be perceived by my more orthodox friends and readers But people who open their minds to the vast possibilities outside the boundaries of conventional wisdom and talk seriously of such things in the here and now are sometimes taken with a grain of salt I do hope that will not be the case with me I see my work as both enlightening and significant Also I am perfectly happy with my life just the way it is without being the author of this book Not only have I always been blessed career wise but also I am in excellent health have great friends and am married to the world s best husband James Roger Sharp a well known American historian and author of important studies on the birth of the nation and its development in the Jacksonian period And Roger and I have a loving family including a son daughter daughter in law and four grandchildren It certainly was not my intention to debunk conventional ideas most of which I am in complete agreement with anyway Although over the years I have learned about experienced and been impressed by a number of alternative healing techniques that does not mean that I am not a fan of Western medicine as well In fact my own personal experience with allopathic medicine has been superb In addition to not wanting to discredit conventional ideas I have not written this book to sell anyone on specific alternative ideas or approaches It is not my goal to persuade others to follow in my specific footsteps Far from it I see my path as mine and mine alone Although I ve spent more than a quarter century tirelessly exploring the multifaceted out of the mainstream world I only

want to tell my story as accurately and entertainingly as possible But it is my experience and my story I am definitely not in any position to endorse anything I ve learned about experienced myself or witnessed someone else experience In the end then I have come to the conclusion that my primary motivation in writing this book is to tell a fascinating illuminating significant story a story I need to share because it sheds light on our incredible magnificent exquisite universe with its tantalizing mysteries As a newspaper reporter that has been my calling to use whatever knowledge and talents I have to investigate the world and then report back to readers what I have found and to do so as clearly accurately and entertainingly as I have known how Finally I have to say I would not be unhappy if reading my story were to enable at least a few readers to suspend their disbelief open their minds to out of the mainstream ideas and approaches and then set out themselves on their own individual journeys of discovery For those readers ready to personally dip a toe into the realm of things alternative then it is my hope that what I have written will serve as a useful how to guidebook to the territory ahead I wish them all the success in the world Furthermore sharing my story today seems even more timely relevant and maybe even urgent than when the writing of the book began I say this after becoming aware of predictions coming from both conventional and unconventional sources about the possibility that our future could be fundamentally different than our present is and past has been Not only are mainstream figures like former Vice President Al Gore and many scientists urgently and repeatedly warning about changes we may all soon face as a result of the ways climate change may affect our planet but many alternative visionaries also are looking ahead to a planet unlike the one we know today In the final analysis I hope that my book while offering insights and guidance to readers no matter what the future brings turns out to be a great read Thus it is my desire that those who experience my journey vicariously by following in my footsteps will not only gain a far greater understanding of and appreciation for what this miraculous world of ours is all about but also enjoy the ride And if it should turn out that the Earth s future is one of great change it is my wish that the holistic ideas and approaches that I ve discovered along my path become especially empowering and valuable as they are less dependent on 21st century technology and more in line with the natural cycles and rhythms of our planet and the universe in which it resides So come with me It s an awesome place to be It s Far Out

**Discover the Secrets of Reading with Creative Phonics** Mackie Ramsay, 2009-09

Mackie Ramsay s reading program is Magic Our son was struggling with reading in second grade when Mackie began working with him for twenty minutes a day In just six weeks there was not only rapid improvement but he became very excited about reading for the very first time He looked forward to each lesson and eagerly learned the secrets that gave him access to the mastery of his letters Now he is eleven and is devouring adult fiction the more pages the better He is in the highest reading and spelling programs in his class I have recommended Mackie to many of our son s friends with similar results It is a great gift that Mackie gives the gift of not only reading well but of reading with JOY Alexandra Kennedy MA MFT psychotherapist and author of Losing a Parent Harper Collins 1991 CD Alphabet Adventures included inside the back

cover Lyrics Mackie Ramsay and MaryLee Sunseri Music composition by MaryLee Sunseri singer songwriter and the winner 2 American Library Notables and 4 Parents Choice Awards for young children s music The songs on the disc that accompany this book are absolutely entrancing a perfect way to reinforce the letters for children Each song is unique and beautifully produced I find myself singing them all the time Barbara Lopez Music Instructor Cabrillo College Composer Body Songs Published by Harper Collins in the Health for Life program grades K 3

**Trauma Through a Child's Eyes** Peter A. Levine, Ph.D., Maggie Kline, 2010-05-18 What parents educators and health professionals can do to recognize prevent and heal childhood trauma from infancy through adolescence by the author of Waking the Tiger Trauma can result not only from catastrophic events such as abuse violence or loss of loved ones but from natural disasters and everyday incidents like auto accidents medical procedures divorce or even falling off a bicycle At the core of this book is the understanding of how trauma is imprinted on the body brain and spirit often resulting in anxiety nightmares depression physical illnesses addictions hyperactivity and aggression Rich with case studies and hands on activities Trauma Through a Child s Eyes gives insight into children s innate ability to rebound with the appropriate support and provides their caregivers with tools to overcome and prevent trauma Trauma Through A Child s Eyes creates its own mold in a way that everyone concerned with the health and happiness of children will be grateful for Gabor Mat MD author of Hold On to Your Kids

**Empowering English Language Learners** Jeanne C. DeFazio, William David Spencer, 2018-06-13 Empowering English Language Learners showcases strategies of those who teach English as a second language in pre schools graduate schools secular public schools and private Christian schools What makes this book unique is the way each teacher evaluates teaching strategy through personal experience This book explains what works and what doesn t With additional contributions from Dean Borgman Julia Davis Jean Dimock Cherry Gorton Seong Park Olga Soler Virginia D Ward Gemma Wenger

**Physical Education 5-11** Jonathan Doherty, Peter Brennan, 2014-01-03 Physical Education 5 11 is about lighting or relighting a fire in all those who have the privilege and the responsibility of teaching children physical education in Primary schools today It is written at a time of great change a revised Primary curriculum an increased drive to raise achievement and potentially a narrowing of curricular scope in favour of literacy and numeracy It is little wonder that teachers are looking for certainty and answers to questions such as What do I teach in PE What do I need to know about children s development What does good teaching look like in PE How can I assess such a practical subject effectively This new and updated edition provides answers to those questions covers issues in Physical Education and provides a wealth of practical advice on teaching across the stages of the new 2014 curriculum Drawing upon the author s experiences as a teacher coach lecturer and adviser it delivers a justification for PE as an essential element in the Primary curriculum imbues a theory into practice approach that provides readers with clarity instils confidence and offers a licence to teach all practical aspects of PE effectively and creatively underpinned by knowledge of children s development their learning and the critical professional issues in PE today This book

is the essential companion to inform and inspire students and practising teachers in this most dynamic and exciting of subjects

**101 Great Games for Kids** Jolene L. Roehlkepartain, 2011-07-01 Children learn best when they hear the rich stories from Scripture over and over again Just sitting and listening however can become boring This volume a collection of 101 active games for Christian education programs suitable for children ages 3 12 will help dispel any boredom Divided into four sections 101 Great Games for Kids brings Scripture to life through active games that get kids up and moving rather than sitting in their chairs This is a book that mainline professionals and lay leaders can turn to for a quick idea or when they are creating lesson plans Each of the 101 games are presented in ways that adults can use immediately Key Benefits Children are enabled to learn the rich stories from Scripture through fun and active games Christian educators will find a wealth of new flexible ideas that will easily fit their educational programs and Sunday school lessons

**The Ten-Minute Trainer** Sharon L Bowman, 2011-01-13 Discover 150 job training room proven exercises activities sure to reduce delivery time increase retention and improve knowledge and skill transfer Do you want to create a lot of training in a little time Do you wonder how to involve your learners without wasting their time or yours Do you want to use your training time wisely and well The Ten Minute Trainer is just what you need Written for the busy training professional this practical grab it and go book will show you how to design and deliver effective training programs in less time and with increased learner retention Based on two major concepts shorter segments of instruction are better than longer ones and learners remember more when they are involved in the learning this book provides 150 quick high energy ways to involve your learners without sacrificing content This timely resource will also help you organize your training time so that your learners get the most from your instruction With The Ten Minute Trainer as your guide you will be able to Choose from 140 Got a Minute activities proven to help learners review repeat and remember important information Use ten short Take Five games to RAP up the learning Reinforce Apply and Practice so that learning is moved rapidly into long term memory Soak up ordinarily wasted instructional minutes with thirty Time Sponges such as Quick Starts Take a Break and Early to Finish activities Apply two powerful instructional tools the Learning Compass and Training Map to shorten your training design and delivery time Include four Get a CLUE elements to increase motivation and memory Use five Power Hour Training Templates to create a custom training session on any topic for any size group and any age learner Change your concept of training time as you use small but mighty seconds and minutes in creative interesting and memorable ways Become a more time efficient training professional and be able to explain the what why and how of it all to your training colleagues Sharon Bowman a thirty year veteran teacher and trainer and author of seven popular training and motivation books welcomes you into her world of fast paced shorter is better high energy teach it quick and make it stick training An awesome guide for anyone who wants to spark engagement and learning Its nuggets of wisdom creative suggestions and reader friendly format make it a perfect resource for promoting effective training Thank you Sharon Mel Silberman author 101 Ways to Make Training Active and Training the Active Training Way



**Activating the Modern Classroom** Julian A. Reed, 2018-06-01 From the team that brought you Walkabouts Activating the Modern Classroom presents research and provides engaging easy to implement classroom activities to help elementary grade teachers address some of today's most pressing challenges Learn strategies and the science behind them to activate educational content with movement in ways that improve behavior increase focus and enhance academic engagement and performance Activating the Modern Classroom includes practical tips for elementary grade teachers to address pressing classroom challenges In the book teachers will learn strategies and the science behind them to activate language arts literacy math social studies and science curriculum in ways that improve student behavior increase student focus and enhance student academic engagement and performance Ideas for incorporating creative movement into the school day including activity breaks are also included Activating the Modern Classroom includes research based answers to the following questions What does current brain research tell us about movement What are activity breaks and What is an integrated curriculum In addition the book includes research based strategies for helping kinesthetic learners and describes how moving while learning can help students with ADD and ADHD The book also includes descriptions of three web based platforms that can be used in the classroom to integrate curriculum and movement and why and how this is beneficial to students Finally the book includes movement based activities for language arts literacy math social studies and science that integrate movement and improve student behavior increase student focus and enhance student academic engagement and performance Ideas for incorporating creative movement into the school day including activity breaks are also included

Connecting Boys with Books 2 Michael Sullivan, 2009-01-01 Drawing on more than 20 years of experience Sullivan shows how to reinvigorate the sense of excitement that boys felt when they first heard a picture book being read aloud

**Movement and Mentorship** Marian Prentice Huntington, 2018-07-09 Do you know a child who sits alone or a teen struggling with a health problem like obesity depression or addiction This book outlines five components of a successful program that boosts children's mental and physical health and that can be implemented in any town The author shares moving testimonials of impoverished families who have benefitted from the program's emphasis on mentorship and movement which provides as one participant said structure and stability in an often uncertain world This book is also available in French and Spanish

**Physical Education for Young Children** Rae Pica, 2008 Grade level 1 2 3 k p e t **Training From the Back of the Room!** Sharon L. Bowman, 2008-12-23 From Sharon L. Bowman the author of the best selling Ten Minute Trainer comes the dynamic new book Training from the BACK of the Room This innovative resource introduces 65 training strategies that are guaranteed to deliver outstanding training results no matter what the topic group or learning environment Now trainers can replace the traditional Trainers talk learners listen paradigm with a radical new model for designing and delivering instruction When learners talk and teach they learn

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