

Jump into Literacy

APRIL, 2011



Sue Stegmeier



Ice breaker

Scavenger Hunt

In your groups find:

1. a company credit card
2. a digital photo of a bare foot
3. a pair of reading glasses
4. a baby picture
5. a lucky charm
5. a recording of a toilet flushing
6. Address of a motorcycle shop in Flushing, New York.

Read more: [Ice Breaker Activities for Adults | eHow.com](http://www.ehow.com/list_6403945_ice-breaker-activities-adults.html#ixzz1KOK5kyz7)
http://www.ehow.com/list_6403945_ice-breaker-activities-adults.html#ixzz1KOK5kyz7



Greatest Gift



Children use “one hundred languages”
to share their wonder and their
questions with us.....

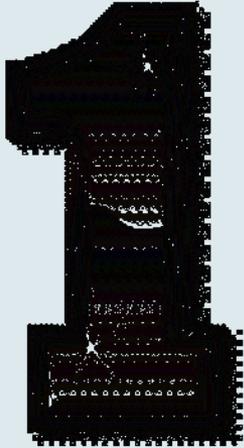


Building Literacy With Love: A Guide for Teachers and Caregivers of Children From Birth Through Age 5,
Betty S. Bardige and Marilyn M. Segal. Copyright 2005 ZERO TO THREE

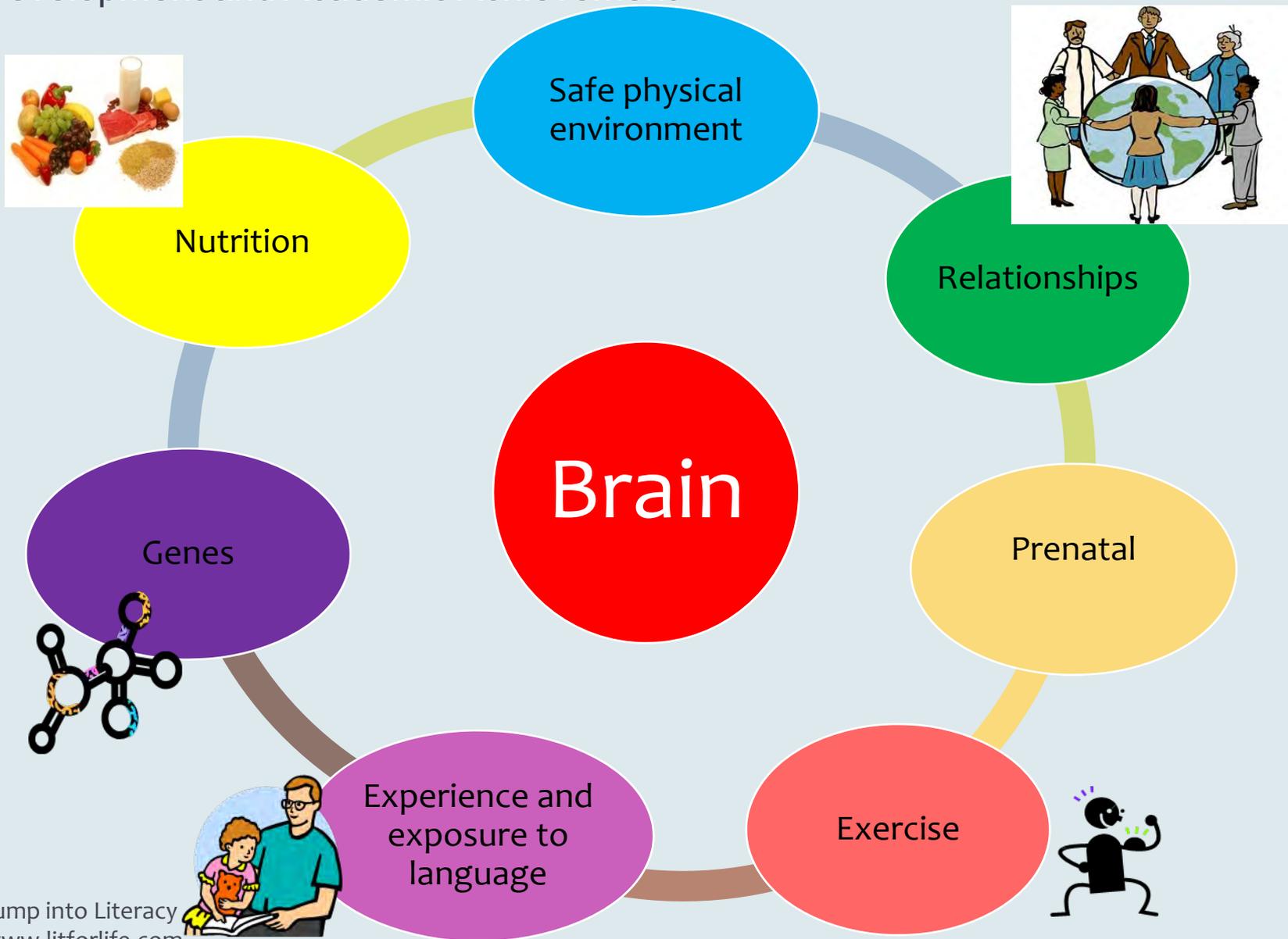




Gestures

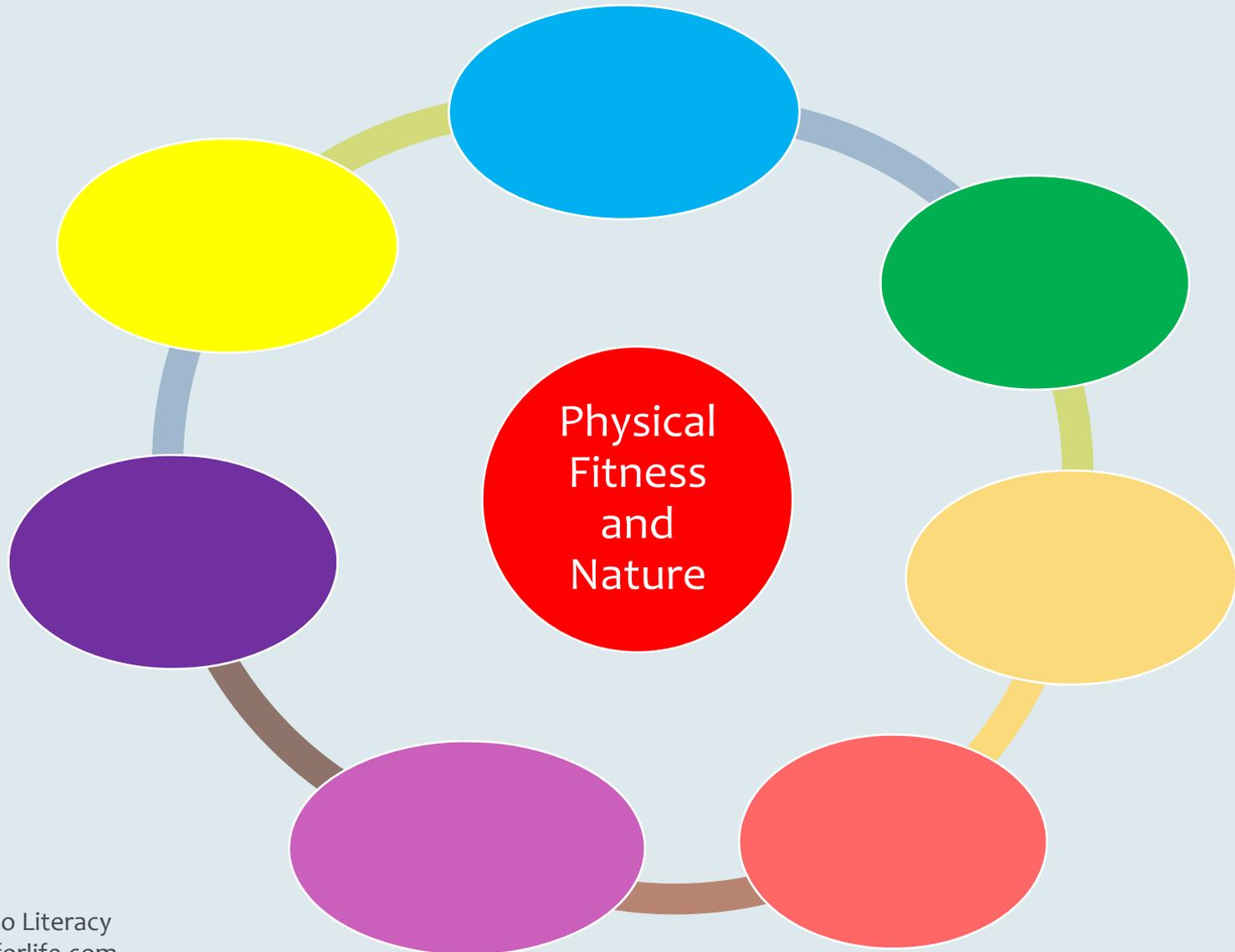


Key Factors That Influence Early Brain Development and Academic Achievement





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THE BRAIN LEARNS BEST WHEN:

- Novel - new situations/ideas stimulate learning
- Emotionally Charged
- Positive emotion aids learning.

Negative emotion such as anger and fear can interfere with learning.



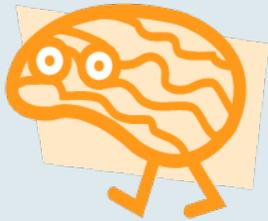
- Action Oriented
- Repetition - Practice



Strong Muscles Build Strong Learners

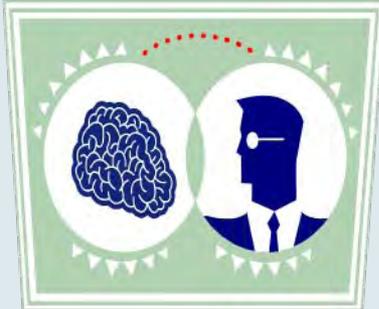


Stamina, alertness, the ability to pay attention and focus on task.



Greater lung capacity the greater ability to use oxygen.
Consumes 20% of body's oxygen

Strong Muscles Build Strong Learners



“Recent research demonstrates a direct link between fitness and intelligence



Grace, posture and self esteem
Barriers identified by staff: clients' lack of understanding of benefits of exercise; client mood; client lack of awareness of available options for physical activity; risk assessment issues and financial constraints.

<http://www.fi.edu/learn/brain/exercise.html#physicalexercise>

Research articles on physical activity and impact on brain



Helps build immune system -
illness can have significant impact
on learning.



Exercise relieves stress – negative emotions interfere in learning. – In one study, increased stress lowered IQ by 14 points. Physical Fitness and exercises causes the level of endorphins released by the brain to increase.

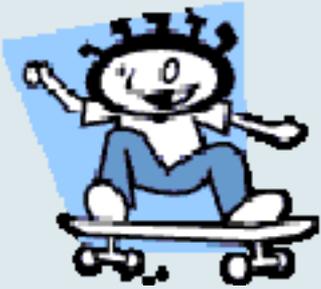
Muscle Memory stays with you longer than Cognitive Memory (typing, riding a bike)





Brain Rules

<http://www.brainrules.net/brain-rules-video>





Skill - measurement

Skill - fractions



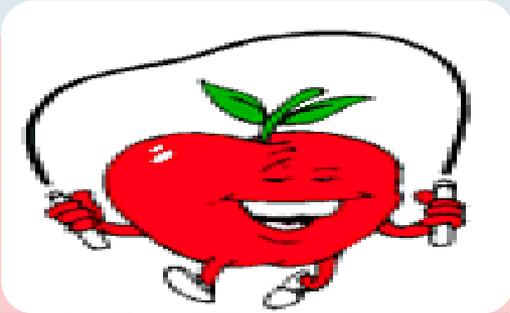


Early Learning and Movement

10 reasons to Promote Emergent Literacy through Movement and Active Learning

(Rae Pica,

www.movingandlearning.com)



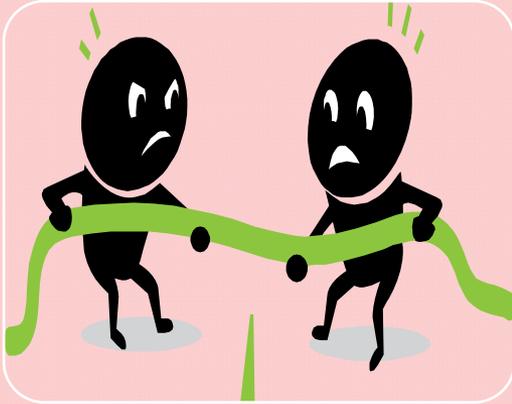
Children learn best through active involvement



Spatial Orientation is necessary for letter identification and orientation of symbols on a page.



Actively experiencing the rhythm of words and sentences helps children find the rhythm necessary for reading and writing.



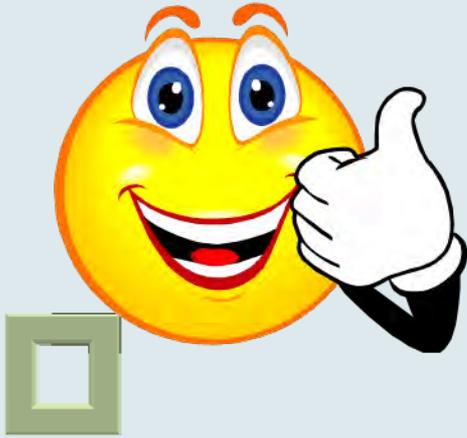
When children demonstrate the meaning of words physically, their understanding of the words is immediate and long lasting.

Adverbs and adjectives become much more than abstract.

Playing together provides opportunities for children to speak and listen to one another.



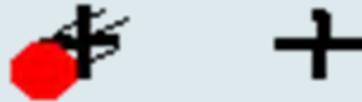
**Which one are you?
Are you ready to learn?**





Use it or Lose it!

Amazing Juggling Finale

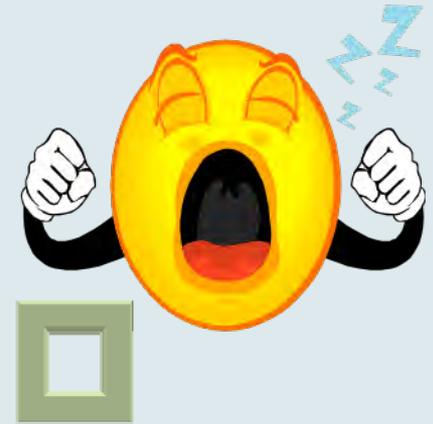
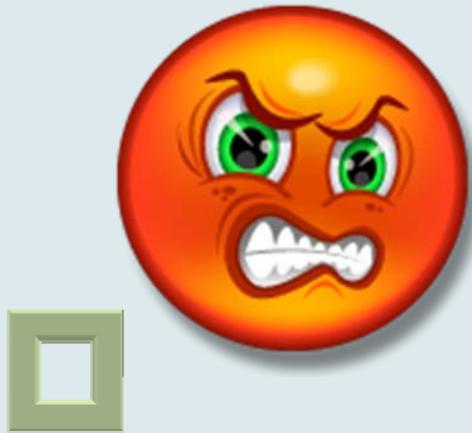
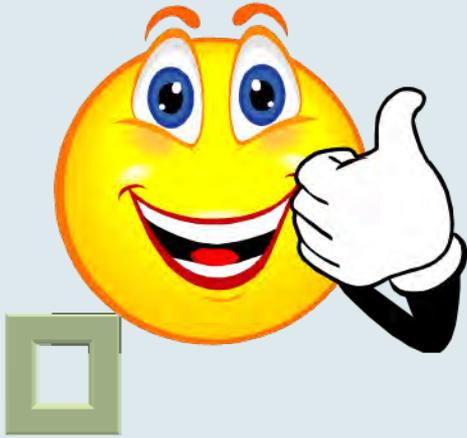


<http://www.litforlife.com/>

University of Oxford – published in Nature Neuroscience 2009

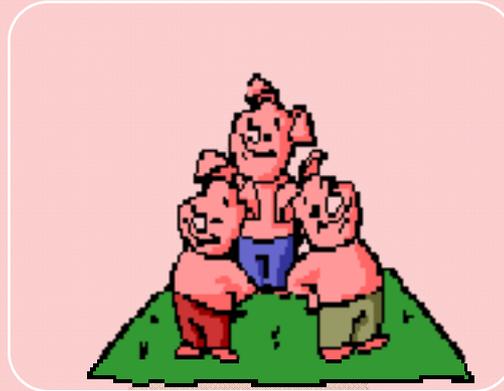


Which one are you?
Are you ready to learn?





Stringing actions together to form sequences is similar to linking words to form sentences and eventually paragraphs.



When children act out the words of a poem, the plot of a story, or the lyrics of a song they must ponder the meanings of words.



Movement activities provide opportunities to cross the bodies midline.



Confucius said it best:
What I hear, I forget.
What I see, I remember,
What I do, I know.”



NATURE

“Last Child in the Wood – Saving our Children from Nature Deficit Disorder, Richard Louv, 2005”

- Natural Settings are essential for healthy child development as they stimulate all the senses and integrate informal play with formal learning.
- Supplies the child with free space and materials Robin Moore (landscape architect) – Champion for outdoor play
- Multi-sensory experiences in nature help to build:

Wonder!

Experimentation



Emotional health

Creativity

Independence and autonomy



Spend time looking at Nature!





Nature - Studies on Rural Children:



Lower ratings of behaviour misconduct disorders, anxiety and depression than peers with less nature



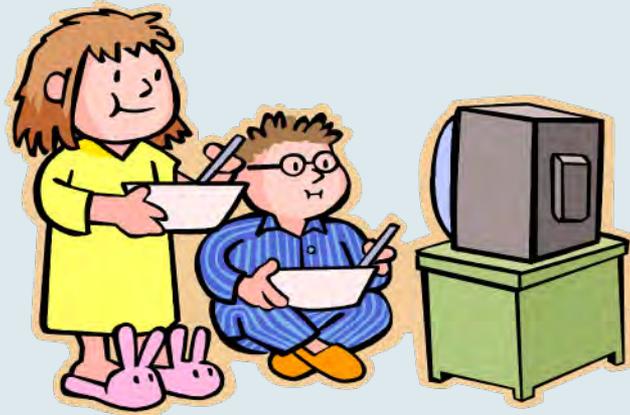
Outside access



2 ×

As many friends





[YouTube - It's Time to Unplug our Kids - Active Healthy Kids Canada](#)

Obesity epidemic in the US has correlated with the greatest increase in organized sport for children.

Why?

49% of children ages 5 to 8 lack the minimum skills necessary to play organized sports.



<http://pushplay.sparc.org.nz/kidzone>



Hard questions when working with :

Overweight child

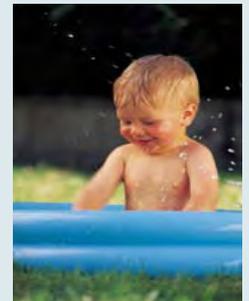


Over structured child or over scheduled adult learner

TV on all the time or computer with no sharing or interaction. (adult or child)



Overweight or Sedentary Adult Learner



Resources

www.healthyalberta.com

English Express – Go to Alberta Health and Wellness on-line catalogue

www.dbf.com/mtg/acsc/index.asp Resource Number – NCN1205

www.urbanext.uiuc.edu/nibbles/health-fitness.html

www.alphabetfitness.org/

-information on a program that teaches the alphabet through using the whole body

www.animated-literacy.com/

Animated Literacy (Jim Stone) – using gestures to teach the letters and the sounds of the English language.

Resources

Rae Pica is a children's physical activity specialist and the author of *Your Active Child: How to Boost Physical, Emotional, and Cognitive Development through Age-Appropriate Activity* (McGraw-Hill, 2003). Visit Rae at www.movingandlearning.com

Reach out and Read National Center www.reachoutandread.org
Developmental Milestones of Early Literacy – bright and colorful chart 6 months to 3 years – includes motor and cognitive and what parents can do. Other literacy resources are also available at this site.

www.literacy.com Irene Small – story teller

www.brainrules.net John Medina



Resources

www.actnow.bc.ca

Information on healthy living

<http://teacher.scholastic.com/professional/bruceperry/>

www.bced.gov.bc.ca/dpa/dpa_family_booklets.html

Great daily physical activity booklets, K to Gr. 12 - 13 different languages

www.actnowbc.ca/additional_resources/healthy_living_resources

Colourful activity guides for families.

http://www.thesneakychef.com/book4_the_sneaky_chef.php

Book and activities “Sneaky Fitness”

Resources

www.csep.ca

Canadian Society for Exercise Physiology – Canadian Physical Activity Guidelines and Sedentary Guidelines

<http://www.fi.edu/learn/brain/exercise.html#physicalexercise>

Research articles on physical activity and impact on brain

<http://www.activehealthykids.ca/>

Report card, plus you tube video

www.litforlife.com

Under Resource Tab – rhymes

Power point and handouts

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