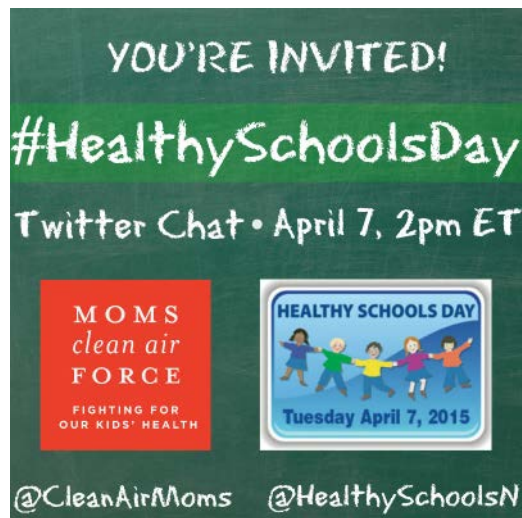


April 7, 2015



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#HealthySchoolsDay



Why Kids Need to Move, Touch and Experience to Learn

MindShift, Katrina Schwartz, 2015

When students use their bodies in the learning process, it can have a big effect, even if it seems silly or unconnected to the learning goal at hand. Researchers have found that when students use their bodies while doing mathematical storytelling (like with word problems, for example), it changes the way they think about math. "We understand language in a richer, fuller way if we can connect it to the actions we perform," said Sian Beilock, professor of psychology at the University of Chicago. [View Article](#)



Promoting Physical Activity through the Shared Use of School and Community Recreational Resources

Active Living Research (2012).

The shared use (or joint use) of existing school and community sport and recreational facilities can be a cost-effective way to promote physical activity among residents of all ages. For example, a school may allow community members to use a track, playground or basketball court for free when school is not in session. [View Article](#)

Contact

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thereafter they shape us."

- Winston Churchill

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