



FAMILY RESOURCES

*Dear Families and Caregivers,
As educators, we are required to enroll in continuing education courses to maintain our teaching licensure. Recently, I took a course with Learners Edge and discovered this resource, specifically designed to share information from the course with families and caregivers. Please read and share with others!*

MOVEMENT AND LEARNING TOP 3 TIPS



Tip 1: Movement Matters

Movement is how children learn! The body and the brain develop together at the same time. Children are born to push, pull, run, skip, jump and experiment. The first years of a child's life are when the neural pathways are developed, and movement is key.



Tip 2: Movement & the Brain

"Automaticity," means our bodies' ability to move without thinking. The process of automaticity is what children develop when they are little. The brain becomes so good at moving, eventually we don't even have to think about it! In order for children's bodies to learn automaticity, they need lots of time to move, move, move! Children's brains must master the skill of movement before they can learn other things!



Tip 3: It May Not "Look" Like Learning

But it is! Learning for small children comes through movement and play. If children are running, jumping, and playing, that is exactly what is happening, they are learning. Children are not supposed to be still! Encourage and support movement!

Information on this resource is from [Course 5853 A Moving Body, A Thinking Brain](#) and the course textbook: Connell, G., McCarthy, C. (2013). *A Moving Child Is a Learning Child: How the Body Teaches the Brain to Think*. Minneapolis, MN: Free Spirit.

Additional online resources are available at www.freespirit.com/moving-forms Use the password "2grow."