



# The Kinesthetic Classroom: Teaching and Learning Through Movement

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## The Kinesthetic Classroom: Teaching and Learning Through Movement

From Corwin

*Discover the link between physical activity and academic success!*

Research shows that regular physical activity helps children perform better in school. This inspiring book illustrates how to integrate movement within classroom instruction, ranging from short activity breaks to curriculum-enhancing games. Readers will find:

- User-friendly, research-based information on how physical activity affects the brain
- Hundreds of movement activities that can be easily implemented in the classroom, including many requiring two minutes or less
- Discussion of how movement can contribute to classroom management and community
- Case studies showing how combining physical activity and academics contributes to successful learning

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### Editorial Review

#### Review

*"Here is a resource that is based on sound research in neuroscience and cognitive psychology and filled with practical suggestions on how to incorporate movement into all kinds of learning activities at every grade level. **The Kinesthetic Classroom** is a must-have book for every educator who wants to improve student motivation and achievement."* (David A. Sousa, Educational Consultant 2009-07-29)

*"Provides invigorating ideas to improve student learning and keep our students' bodies and minds in shape through movement. This book will make educators rethink the importance of incorporating movement in the classroom."* (Kristy Spears, Fourth-Grade Teacher 2009-06-26)

*"**The Kinesthetic Classroom** invites educators to connect with learners in moving ways that allows the content to actively be part of them!"* (Toby Karten, Author, Inclusion Strategies That Work! 2009-07-07)

*"This book has completely changed my methodology of teaching in my high school chemistry classes. Through movement, I have seen more students comprehend abstract concepts while enjoying being in class."* (Catherine Zavacki, Chemistry Teacher 2009-07-22)

*"This book provides educators with a framework of practical ideas and strategies to enhance the connection between learning and movement. This is an excellent resource for all educators!"* (Elizabeth M. Robison, Deputy Superintendent 2009-07-23)

*"This book is a great resource for teachers looking to work movement into their classes. It is full of fun, practical activities that can be used across multiple settings with kids of various ages and skill levels."* (William J. Behre, Dean, School of Education 2009-08-28)

*"Traci Lengel and Mike Kuczala provide readers with great examples of ways to get children moving, active, and ready to learn."* (Teaching Young Children, Dec 2011-Jan 2012 2011-12-05)

#### About the Author

**Traci Lengel** is a health and physical education teacher in the Pocono Mountain School District. With over 16 years of experience, Lengel's knowledge in motor development, lifelong fitness, health education, and curriculum development has contributed to the success of her insightful educational programs. Additionally, Lengel is an adjunct professor of graduate education at Gratz College of Pennsylvania and The College of New Jersey. In conjunction with this position, she is coauthor/designer of two graduate courses with Mike Kuczala. These highly esteemed graduate courses, entitled Wellness: Creating Health and Balance in the Classroom and The Kinesthetic Classroom: Teaching and Learning through Movement, have had a profound effect on the personal and professional lives of numerous educators. Known for her innovation, enthusiasm, and work ethic, Lengel devotes a great deal of her time to her personal and professional successes. With her motivational teaching methodology, she presents and facilitates workshops for professional development programs in the areas of wellness, stress management, enhancing student thinking, and teaching and learning through movement. Her ultimate professional challenge is to inspire educators at all levels to incorporate movement into their daily teaching.

Learn more about Mike Kuczala's PD offerings

**Mike Kuczala** is the director of instruction for the Regional Training Center, an educational consulting firm based in Randolph, New Jersey. He is the designer of *Motivation: The Art and Science of Inspiring Classroom Success*, a graduate course offered to teachers in Pennsylvania, New Jersey, and Maryland. Also an American Fitness Professionals and Associates certified nutrition and wellness consultant, he has coauthored two other graduate courses with Traci Lengel: *Wellness: Creating Health and Balance in the Classroom* and *The Kinesthetic Classroom: Teaching and Learning through Movement*. As an adjunct professor of graduate education at Gratz College of Pennsylvania and The College of New Jersey, and an in-demand keynote presenter, he regularly facilitates professional development programs in the areas of motivation, using movement to enhance the learning process, brain-based instruction, differentiated instruction, enhancing student thinking, multiple intelligences, and topics related to wellness and stress management. His entertaining and practical professional development programs have been enjoyed by thousands of teachers and administrators over the last decade. Find out more about Mike at [www.mikekuczala.com](http://www.mikekuczala.com).

## **Users Review**

### **From reader reviews:**

#### **Brandon Li:**

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#### **Samuel Jackson:**

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