

Action Based Learning

Labs



K-2ND LABS

ACTION BASED LEARNING LABS



The Action Based Learning Dictionary

TERMS YOU NEED
TO KNOW

[The 3L Child]

We exist to change all children's lives through movement, but our passion lies in reaching the children that need us the most... the child **least** likely to succeed, **last** in line, **lost** in the school system. **[Least Last Lost...First Foremost Found]**

[25 Million by 2025]

Statistics show each teacher we train has the capacity to impact the lives of approx 300 students this year through Action Based Learning..... # of children impacted **LAST YR** 660,000 **TOTAL** 15.1 Million **GOAL** 25 million children by 2025

[ABL Champion]

(1) An individual with a deep determination to create a better future for children [2] has joined the mission to improve the health, wellness, and education of their students through movement... **believes in the child first, the whole child** **[take the pledge]**

[Gamechanger Grant]

Each year, ABL awards up to **\$40,000** to supporters of our mission, to help our schools in need. This grant was created as a way to reach more students, and acknowledge the champions serving the 3L child.

[12 Foundations of Learning Readiness]

Research shows the strong connection between the brain and body, and the link to overall cognitive development. There are 12 core foundational skills that help students build the framework **[and prepare their brains]** for learning; *cross lateralization, body in space, balance, visual development, tactile learning, motor skills, visual tracking, hand/eye/foot coordination, cardiovascular and physical fitness, rhythm, problem solving, and mindfulness.* **[Practicing these foundations helps us close learning gaps, and help students reach their maximum learning potential.]**

Why Action Based Learning?

Research shows children are not reaching their full potential if they are sitting all day. When children are active, the brain makes connections needed for anchoring information, memory, and recall. Movement not only grows new brain cells and prepares the brain for learning, but it works to enhance development, and helps close learning gaps in students who are struggling.

ABL uses purposeful movement strategies to the child's advantage, resulting in healthier, happier students who test higher.



Healthy, Happy, Active, Academically Engaged



Action Based Learning Labs

Ways to Use the Lab

- + To reinforce academic concepts & anchor learning
- + To prepare the brain for learning and testing
- + To help struggling students close learning gaps
- + To improve mood & boost student confidence, make learning fun
- + *To enhance cognition, and provide students an advantage in the classroom*

Benefits of the lab

- + Ability to focus for longer periods of time (CDC)
- + Improved memory, recall & problem solving ability (CDC)
- + Improved Standardized Testing Scores (CDC)
- + Increased confidence & lower test taking anxiety (CDC)

The lab uses purposeful movement layered with academics to reinforce what is being taught in the classroom.

The lab builds on 12 core foundational skills and their developmentally appropriate progressions. Lab facilitators are taught how to identify and fill in gaps that may be hindering learning. By working on these critical foundations, the child is provided an opportunity to maximize their full learning potential.



The Benefits of Movement

Reinforce Academic Content- The brain is segmented into two hemispheres that control the opposite sides of the body. It is suggested that cross lateral exercises result in better communication between the hemispheres. The connections that are formed, help reinforce academic content for the learner.

Movement Grows Brain Cells by stimulating the release of BDNF, commonly referred to as the “Miracle Grow for the Brain”. Students in active classrooms show improved memory, ability to retain and retrieve information more efficiently, and improved skills such as sequencing, critical thinking, and reading and writing.

Movement puts the brain in an Optimal Learning State Movement allows for a continuous supply of the two vital brain nutrients (Glucose and Oxygen) to continually travel to the brain. The result is a more attentive and active brain - a student that is prepared to learn. In contrast, research also shows long periods of inactivity are shown to negatively affect cognitive development, and possibly hinder the ability to retain and absorb new information.

Movement puts the brain and body back into hormonal balance which in turn, regulates mood and behavior. The release of epinephrine hormone is a key factor in preventing drowsy and tired students. Hormones including dopamine, serotonin, endorphins, and dopamine are released during movement, and directly related to improved mood and behavior. Active classrooms show higher attendance levels and drastically reduced referral rates.

Movement supports all 5 of the basic systems - physical, cognitive, social, emotional, spiritual/moral. Research shows movement improves self-esteem, impulse control, social adjustment & social competence, lower stress levels, and improved behavior.



ABL TRAINING PLAN

ABL Online Academy Courses (\$195)

- ABL-101 Introduction to Action Based Learning
- ABL-102 The 12 Foundations of Learning Readiness
- ABL-201 Lab Management and Facilitation
- ABL-210 Lab Progressions | Enhancing Student Success in the Lab
- ABL 205 Train the Trainer
- ABL-321 ABL Activities in the Classroom| MATH Movement that Counts
- ABL-322 ABL Activities in the Classroom| READING Jogs the Mind
- ABL- 331 3L Strategies for Struggling Students
- ABL-410 Youth Fitness
- ABL-327 Classroom Movement Breaks
- ABL-328 Brain Boosters
- ABL-323 ABL Activities in the Classroom | SCIENCE on the Move
- ABL-324 ABL Activities in the Classroom| GEOGRAPHY World of Movement

ABL Online Academy Certifications

- **CLF** Action Based Learning Certified Lab Facilitator (*4 courses*)
- **CST** Action Based Learning Certified School Trainer (*7 courses*)
- **CDT** Action Based Learning Certified District Trainer (*CST + 3 courses*)

ABL Professional Development & Staff Training

- 1 Hour Zoom Workshop (free)
- Virtual Staff Training Day (\$175/pp)
- Face to Face Staff Training Day (varies, avg \$3650)

Complete ABL Lab Package

The complete ABL Lab package provides the facilitator all of the tools needed to set up lab stations, add progressions, and increase challenge and difficulty as children progress throughout the year. The ABL Lab manual provides activities and instructions for variations at each station.

Active Academics Walls

- High Five Jungle Wall
- Letter Bounce Wall Large
- Yoga For Kids Wall
- Frog Hop Number Line Wall
- Animal Round Up Wall
- Numeracy Noggin Wall

Active Academics Mats

- ABC Pathways Mat Pack
- Frog Hop Number Line Mat
- Math/Telephone Mat
- Learn N Move Mat
- Keyboard Letter Learning Mat
- Geo Color Hop Mat
- Patterned Walking Mat
- Food Group Mat

Fitness Equipment w/ Flipcharts

- Moonwalker
- Snowboarder
- Swim N Spin
- Upright Bike
- Cross Country Skier
- Elliptical

Lab Stations

- Learning Ladder Pack
- Mini Surfboard
- Over/Under Bars + Roll and Crawl Cross Lateralization Station
- Rockin Turtle Shell
- Padded Scooter Board
- Fine Motor Kit
- Reading Balance Boards Set
- Boomerboard
- Hanging Assessment Bar
- Veggie Box Set +Connector Ladder
- Assessment Steps
- Rhythm Drums
- Balance Arch
- Helicopter Spin
- Balance Rope
- Balance Beam
- Rainbow River Stones
- Tactile Stepping Pathway
- Lily Bridge Set
- Ele Fun Eye Tracker
- Crawl Thru Tunnel
- Monkey See Station
- Whaler Board
- Barrel Jump Set
- Reef Rescue
- Academic Rings NEW
- Number Ball NEW

Station Accessories, Tools, Signage & Support Materials

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|--------------------|--------------------------------|-----------------|---------------|-----------------------------|
| • Ribbon Wands Set | • Clapping Patterns Card Set | • Balance Domes | • Quad Bounce | • ABL Support Materials Kit |
| • Rubber Bands | • Jump Rope | • Hula Hoops | • Rhythm Pack | • ABL Sensory Path Hallways |
| • Wobble Chairs | • Rainbow cones w/ drill cards | • Bean Bag Set | | • ABL Academic Card Set Box |