

Embodied Learning

Myron Medina
June 9, 2015

Quick facts about Belize:



Belize was a British Colony (British Honduras) until September 21, 1981.

Only English speaking country in Central America though Belizean Creole and Spanish are widely spoken.

Mayas, Garinagus, Mestizos, Greoles, Mennonites, Indians, Chinese,

Pop: 340,844 (as of 2014)

8,867 sq mi

Know for its diverse ecological systems (wildlife, cave systems, second largest barrier reef)



Objectives (guiding questions)

- What is embodied learning?
- Why is embodied learning important? Why should we care? Is it relevant?
- How can we use embodied learning in our teaching?

Graphs of functions

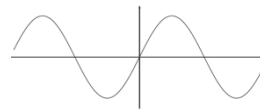
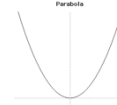
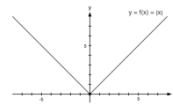
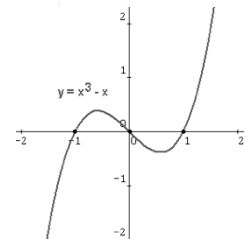
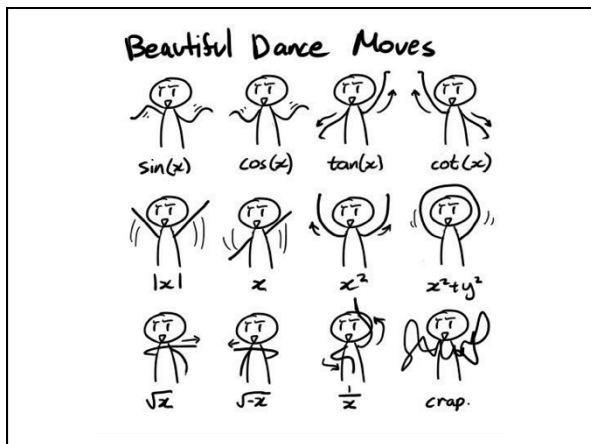


Figure 4: Sine function.







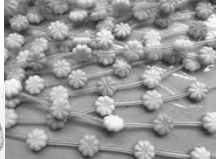

Embodied Learning	Active Learning
a. Your using your senses to generate a 'felt' experience	a. Your body is somewhat engaged, if at all.
b. Emphasis is on 'human' sense making	b. There is a degree of separation between what your doing and having an emotional felt experience.
c. Think performance, movement (yoga, dance), Think rhythm (music).	c. Use of movement and rhythm is often overlooked.
d. We create understandings by virtue of what we feel and experience using our bodies.	d. Mind-body is often treated as separate, a split. (e.g. seeing vs. being the graph)
e. Your Body is your learning instrument	

Why embodied learning?

- We often overlook the use of the body in teaching and learning.

- Refusal to acknowledge the body leads to an impoverished understanding of human connections in teaching and learning. (e.g. an impoverished pedagogy of mathematics as neutral, universal, wholly abstract, and disembodied).

Teaching and learning



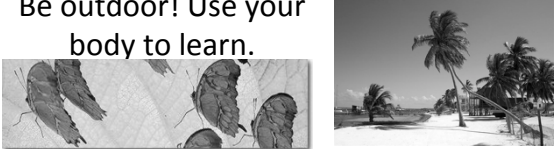
Fractals
Symmetry

It is not enough to see, you need to have an 'embodying' experience.


You want students to 'feel' these patterns by engaging their senses.

Explore patterns and rhythm. Design activities around local resources (the land, artifacts, music, dance, cooking, etc.). Be creative. How would I teach this, how would like to learn it using my body?


Be outdoor! Use your body to learn.



Use the ecological resources available to teach and learn.



In what ways can these resources be used to teach and learn?



What would students take away from these experiences?

BK: The spell of the sensuous: perception and language in a more-than-human world
by Abram, David

BK: Last child in the woods: saving our children from nature-deficit disorder
by Louv, Richard

Thanks for listening.