Exploring Movement Methods at D49 with New Trails International

Students engage in constructing an irrigation system for their school garden. Vegetables and flowers were chosen to help the community and other grade level lessons. All projects are student initiated and student led with the core values of natural environments, action and fun.

Movement Method encourages the use of natural environments and natural elements during learning through play. Over stimulated systems tend to calm down in natural environments creating the conditions for optimal neural re-patterning, learning, and development.

Science: As confirmed by neuroscientists, movement method is based on the principle STRESS impairs LEARNING. We LEARN BETTER when feeling SAFE. MOVEMENT & INTRINSIC MOTIVATION promote LONG TERM LEARNING.

Problem: 1 size fits all systems produce cortisol & shut down learning.

Solution: Produce Oxytocin, reducing stressful cortisol, opening access to learning, and producing BDNF (Miracle-Gro for the BRAIN).

Sensory objects and group manipulative are used in classroom environments and lessons to promote fun and engagement.

For More Information:
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