

# SENSORCISES™

*Active Enrichment for  
the Out-of-Step Learner*



**Laurie Glazener**

Foreword by Eric Jensen

# Sensorcises Active Enrichment For The Out Of Step Learner

**Laurie A. Glazener**



## **Sensorcises Active Enrichment For The Out Of Step Learner:**

*Sensorcises* Laurie Glazener, 2014-10-21 Get moving to prime the body for learning All young students sometimes need a little extra help developing their senses And many kids who are labeled as problem students simply lack the physical skills necessary to sit still pay attention or even hold a pencil *Sensorcises* helps students develop the very basic sensory skills needed for learning Learn how to address the needs of these learners and help them develop the sensory motor skills they need to succeed In this invigorating book the author explores the REAL technique Relax Energize Activate and Lead By providing clear step by step instructions this book shows you how to design activity sequences to help students with sensory dysfunction as well as all the other learners in your K 5 classes The author makes it incredibly easy to incorporate these exercises into any curriculum Each research based activity is fully described and illustrated with photographs to assist with classroom implementation You AND your whole class will benefit from *Sensorcises* They are the perfect way to boost energy levels while helping students focus their mind body and senses on achieving success *Jump-Start the Adult Learner* Laurie Materna, 2007-05-24 Overall this text is a very interesting read with significant applicability to both advisors and faculty The creative advisor will have no problem synthesizing Materna s ideas and theories of brain compatible learning strategies into daily interactions with students and faculty Jennifer Varney Hesser College This outstanding book combines neuroscience and education to create an energetic and practical guide to the adult brain You ll finish it feeling as if you ve just been entertained and enlightened Sheryl Feinstein Augustana College Use brain based learning techniques for powerful staff development Brain compatible learning promotes the brain s natural capacity to learn and more and more educators have been using this technique to help young students become successful learners By combining adult education theory with brain compatible learning noted educator Laurie Materna offers practical brain friendly instructional approaches for working with adults in both informal and formal environments This user friendly guide provides valuable background information about adult learning styles memory and how the brain learns Engaging interactive strategies for classrooms or workshops include graphic organizers music energizers exercise activities and self assessments and each strategy is accompanied by a wide range of real life examples Educators will be able to motivate adult learners to Become more self directed in their own learning Improve their ability to recall comprehend and apply complex information Unleash their creative potential as they explore a variety of learning modalities Turn their education into a meaningful and rewarding experience Ideal for staff developers trainers principals teacher leaders coaches mentors adult education instructors adult learners and consultants *Jump Start the Adult Learner* provides everything staff developers need to successfully implement this dynamic and learner centered approach in any adult learning environment *Brain-Compatible Strategies* Eric Jensen, 2004-02-16 Formerly a publication of The Brain Store Want to add some spice to your lesson plans This revised edition of *Brain Compatible Strategies* is full of creative ready to use ideas to motivate inspire and encourage your students If you are a novice just

getting started with brain compatible teaching or a practiced veteran looking for ready to implement ideas this book is for you It s 90% action steps and 10% background and theory With its plain language instructions and easy to implement activities this resource will be one of your most thumbed through references     Sensorcises II Laurie A.

Glazener,2012-01-01 Physical Education can take place in the gym the playground or the classroom This book picks up where Sensorcises 2004 left off Learn how to use PE time to enrich sensory connections used for reading writing thinking and learning Just like for first book Sensorcises Part II is organized to be used right away The book lends itself to school wide circuit training events and contains warm ups that are specifically designed to stimulate the sensory processing systems

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