

Zooming Out

Teaching Beyond the Brain



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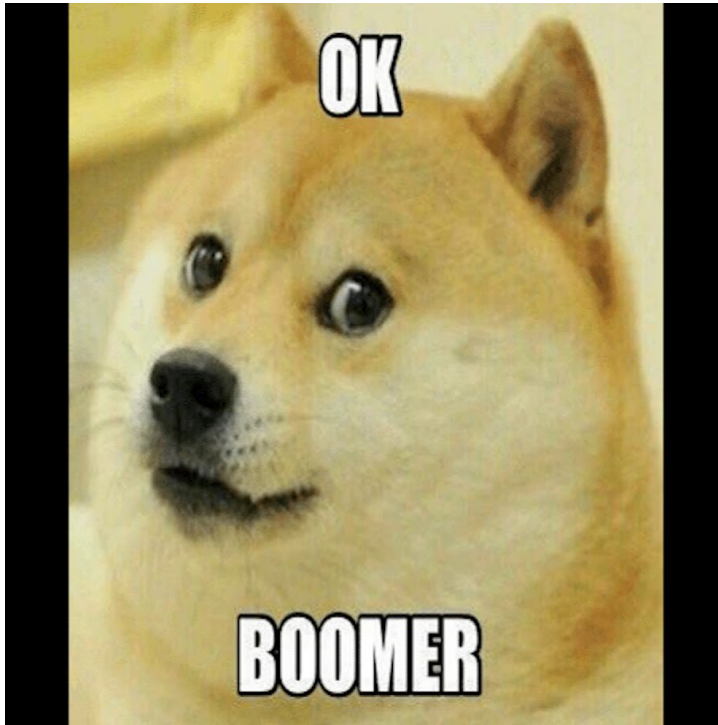
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*The World is
Your Classroom*

Promotes quality **English teaching** by providing
academic expertise, consultative
assistance, and resources
for English teachers and learners



U.S. DEPARTMENT OF STATE

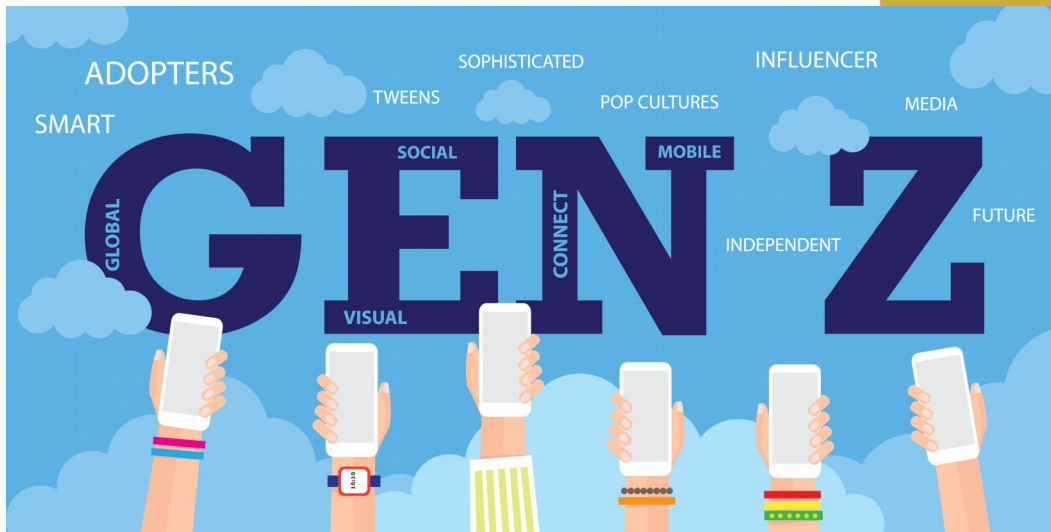


FAMILY

'Gen Z' Only Exists in Your Head

The dividing lines between generations are a figment of our collective imagination.

By Joe Pinsker



When your students have a complex problem to solve, what advice do you give?

What advice did your teachers or
parents give to you?



Photo by Robert Bye on Unsplash

“Use your head.”

“Sit still.”

“Concentrate.”

“Just focus.”

“Think.”

“Learn.”

DOODLE: When do you (or your students) actually do the best problem solving?

• JIM KWIK PODCAST NR 153 • SUMMARY BY KATI ORAV

- **Fix your POSTURE**

Whether you are standing tall or hunching over, your cells can feel you!

Technology is forming us into a depressed mold.
- **Deep BREATHING**

For consciousness come back to your breath as an anchor point: 6 seconds in, 4 seconds out.

Breathe through the nose.
- **WALKING**

We are definitely designed to walk.

Daily walking can improve your working memory.
- **STRENGTH training**

Lift heavy things 2x a week as a bare minimum, ideally 2-4 times a week.
- **Learn how to JUGGLE**

An Oxford study suggested jugglers have bigger brains, it creates more white matter in the brain.
- **PROPRIOCEPTION**

Proprioception is the body's ability to monitor and be aware of itself in space.

BRAIN exercises

• JIM KWIK PODCAST NR 013 • SUMMARY BY KATI ORAV

• How to take NOTES for rapid recall

FORGETTING CURVE
We lose 80% of the information in just 48 hours!

1. Be ACTIVE

2. Know your PURPOSE

3. Have a HIERARCHY

4. Be ORGANIZED

5. Use your OWN WORDS

6. Develop a SYSTEM

7. FILTER

EFFECTIVE note-taking CAN HELP TO MITIGATE THIS LOSS

HANDWRITE and REVIEW

HAVE a METHOD

WHY?



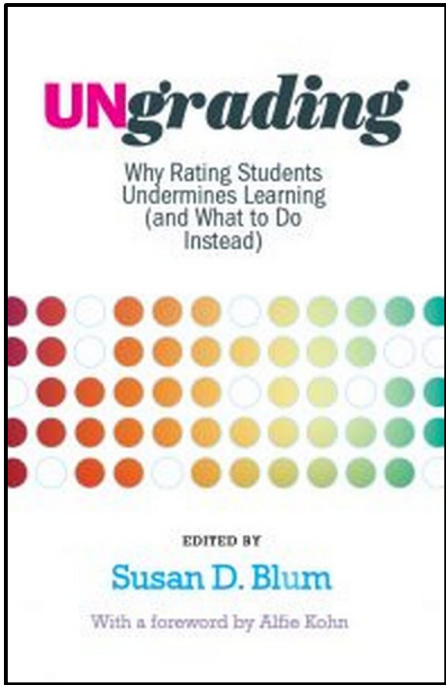
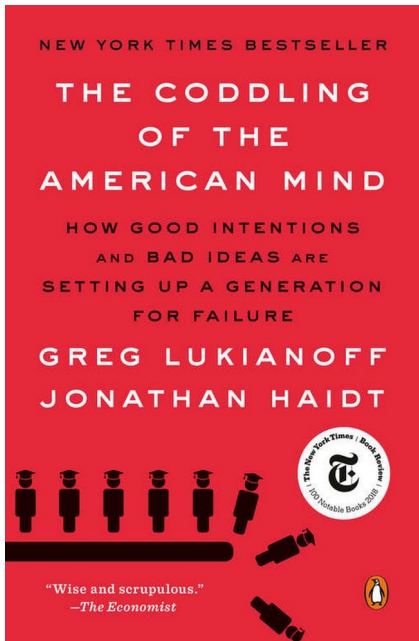
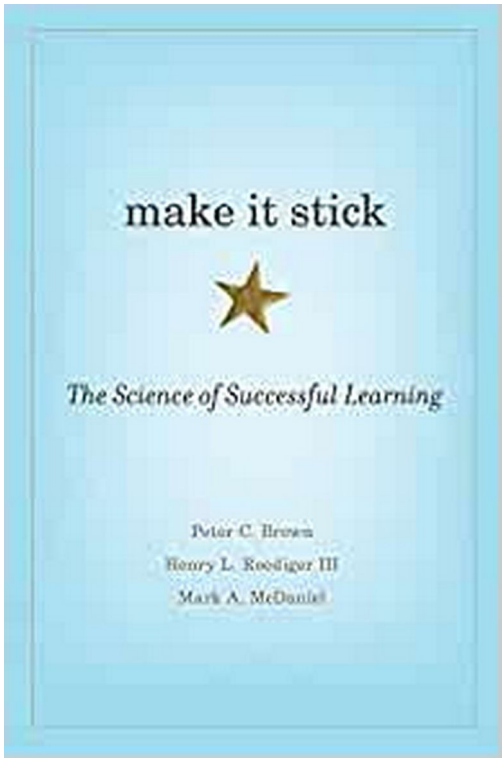
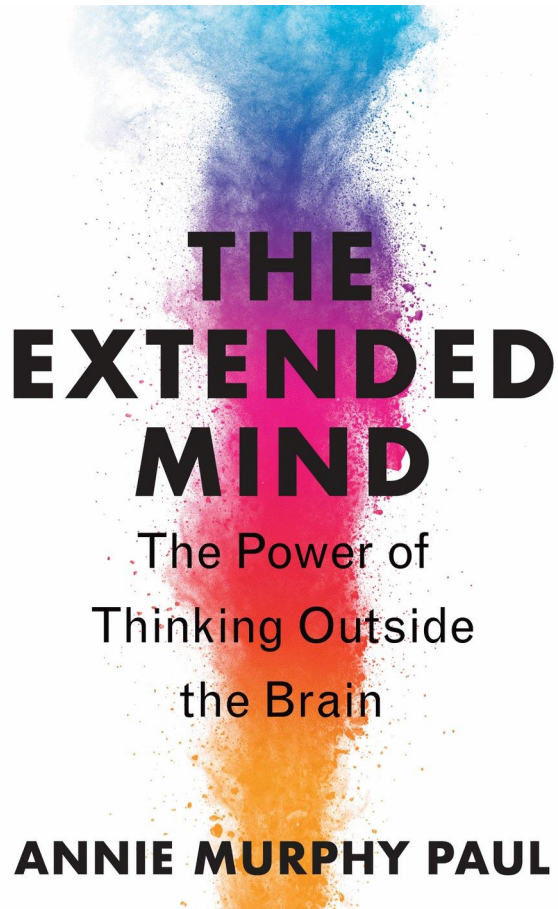
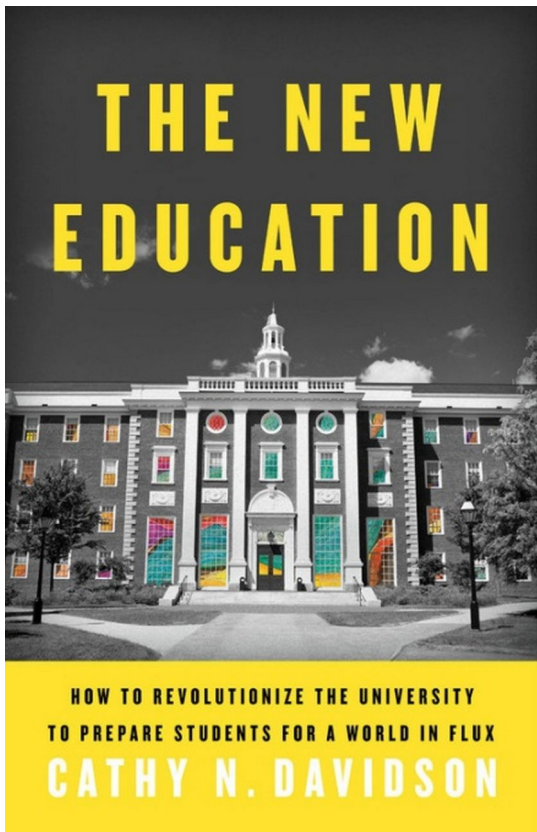
Photo by Chandler Cruttenden on Unsplash





Photo by Elliott Reyha on Unsplash





*“The modern world is extraordinarily complex, bursting with information, built around non-intuitive ideas, centered on concepts and symbols. Succeeding in this world requires focused attention, prodigious memory, capacious bandwidth, sustained motivation, logical rigor, and proficiency with abstractions. **The gap between what our biological brains are capable of, and what modern life demands, is large and getting larger every day.**”*

Annie Murphy Paul, *The Extended Mind*



Offloading

Thinking with *our bodies*

Sensation
Movement
Gesture



An open notebook with a dark cover and white pages is shown from a high-angle perspective. A wooden pencil with a silver eraser and a sharp lead tip lies horizontally across the right page. The notebook is placed on a dark brown wooden surface. The word "Sensation" is printed in a blue, sans-serif font on the left page.

Sensation

Photo by Jan Kahánek on Unsplash

A close-up photograph of a person's lower legs and feet. They are wearing bright orange and blue athletic sneakers with white soles. The person is standing on a set of concrete steps. The background is a textured, grey concrete wall. The word "Movement" is overlaid in a blue, sans-serif font on a semi-transparent white rectangular background.

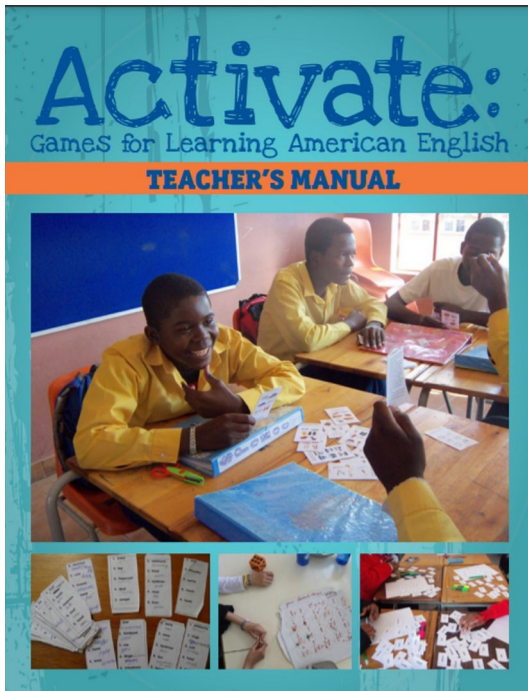
Movement

Photo by Bruno Nascimento on Unsplash



Gesture

What **connections** do you
see to theories and
practices of teaching
English?



resources

The Movable Class: How to Class-Manage for More Active and Healthful Lessons


This article presents a wide range of creative ideas for getting your students up and moving around while they learn English.

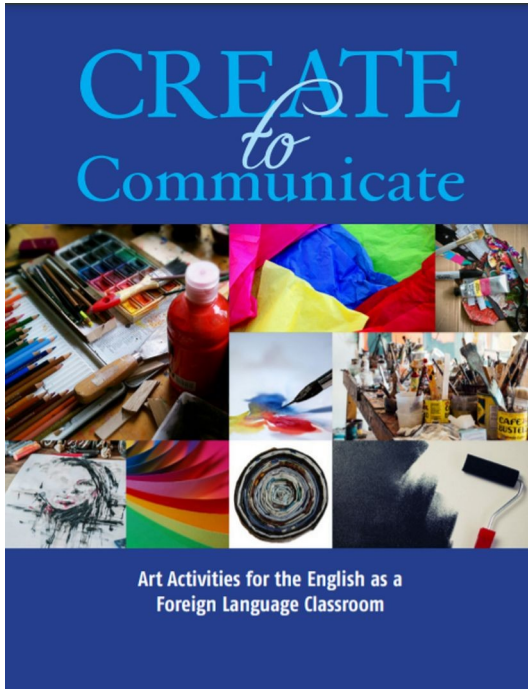
Author: Kevin McCaughey

Format: Text

Resources

The Movable Class: How to Class-Manage for More Active and Healthful Lessons

 [Text \(PDF\)](#)



New Ideas for Teaching English Using Music and Song

“Listen to the Music: Using Songs in Listening and Speaking Classes”

Reader's Guide

Activities to Support Students' Out-of-Class Reading

Using the Linguistic Landscape to Bridge Languages

MY CLASSROOM Cambodia



<https://americanenglish.state.gov/>



Nature

Intermittent
collaboration

Sketches, notes

Thinking with
our surroundings



Photo by Tom Shakir on Unsplash

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resources

A E

Outdoor Learning Tips



First, find your why. Why do you want to start outdoor learning?

Second, know the benefits of outdoor learning, like increased connection between students.

Third, connect with like-minded educators. They can help you get started with outdoor learning.

Next, start a school garden. This is a great way to build community and teach curriculum.

AMERICAN A E ENGLISH

Outdoor Learning

1,144 views • Aug 31, 2021

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<https://www.youtube.com/StateAmericanEnglish>

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Using Graphic Organizers to Promote Students' Academic Language Production
February 20th @ 8 am or 1 pm EST



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Experts

Peers

Groups



Thinking with
our relationships



Photo by Jusdevoyage on Unsplash

**Ground squirrel,
Ground squirrel,**

**Ground squirrel,
Ground squirrel,**

Shake your bushy tail.

**Wrinkle up your little
nose.**

**Put a nut between
your toes.**

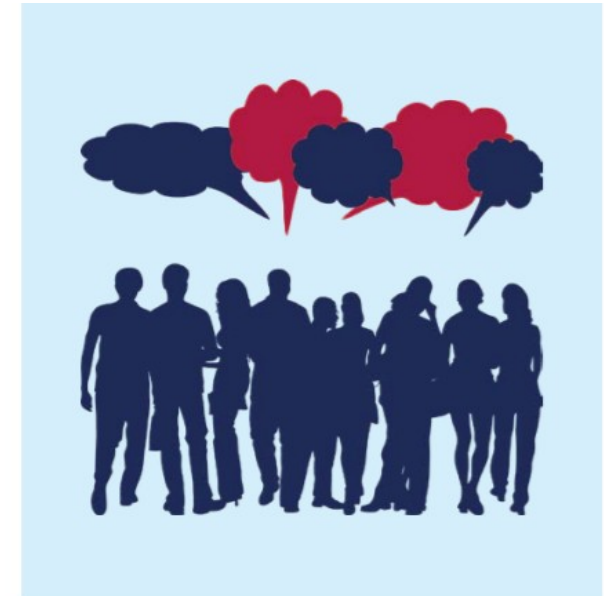
Behavioral Synchrony



Photo by Yan Berthemey on Unsplash

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resources



PROGRAM INFORMATION	LIVE EVENTS	MOOCS	ALUMNI
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MOOC Camp Facilitators Guidelines

OPEN MOOC Camp Guidelines for Facilitators

This guide is intended for facilitators for the MOOC Camp program. MOOC Camps are an opportunity for learning experiences. The best practices that follow were adapted from recommendations made by...

ENGLISH CLUBS

THE CONCISE GUIDE
FOR LEADERS AND MEMBERS



<https://www.openenglishprograms.org/>

<https://americanenglish.state.gov/>

Anyone who stops learning
is old, whether at twenty or eighty.
Anyone who keeps learning
stays young.

HENRY FORD

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Jennifer Uhler

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