

Flexible Thinking Moves

Learning Through the Arts

“Movement is likely the most effective means we have of directly improving our brain functioning. This is because the nervous system learns by doing. Movement increases oxygen and blood flow to the brain, which enhances attention. Movement makes you smarter. It is like Miracle-Gro® for the brain!”

– JOHN RATEY, MD
Harvard Medical School professor and author,
A User's Guide to the Brain



RESPOND to these two quotes that explain why movement is important for the brain. Reflect on your personal experiences. How does moving around increase your energy level and creative thinking?

“There are 12 rules about brain function. Number one is that exercise boosts brain power. There is an ancient reason our brains respond to exercise. Millions of years ago, if we sat around on our behinds for even a few minutes, we could be somebody's lunch. The brain craves exercise.”

– JOHN MEDINA
Author of *Brain Rules*



CREATE sketches of you and some friends moving in ways that communicate a few of the following actions:



- FIND
- GROW
- ROTATE
- COLLECT
- SUPPORT
- BALANCE
- COLLABORATE
- STRETCH



PRESENT a demonstration of the physical movements that you sketched and ask those around you to move in ways that exhibit the actions in their own unique way. Encourage everyone to come up with their own movements instead of imitating you. After each movement has been explored, discuss the different ways they were demonstrated.



CONNECT the physical activity with how you feel and think. Did the activity energize you? Did it spark creative thinking and boost your creative confidence? After this experience, what additional insights do you have about how movement is connected to flexible thinking?