

Energized Learning

"Thinking is fun, learning is easy, but too much lecture makes us queasy." Eric Jensen, *Tools for Engagement: Managing Emotional States for Learner Success*. Corwin Press, Thousand Oaks, California. 2003.

A professor here at Abilene Christian University, and a fan of Eric Jensen's work on brain-friendly teaching practices, uses this activity to facilitate student discussion. Pair students up, then pose the question for discussion. Instead of having them sit to talk, ask the students to walk a lap around the building as they discuss the question. When they come back, have them write notes (or draw a picture) of what they discussed. This last step provides a sponge activity for your fast walkers. The walking itself increases the students' heart rate, breaks them out of any funk they entered while sitting and listening, and re-energizes their brains for more learning! This activity is useful for any subject matter and at any level.

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