

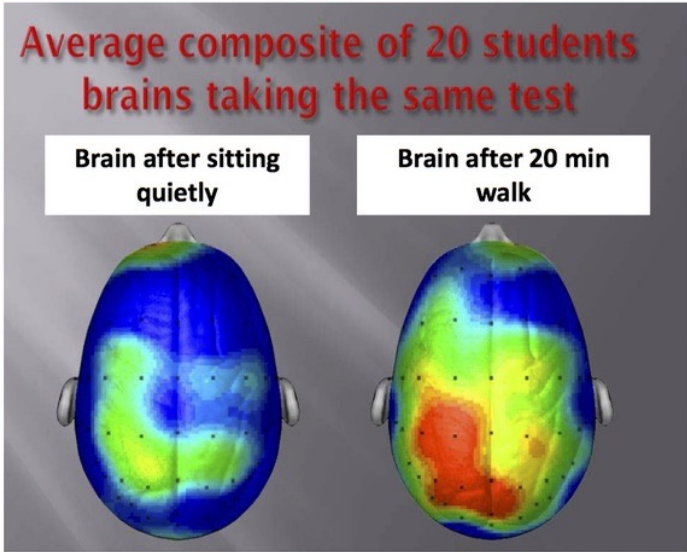
# More of what we know influencing what we do.

Changing times, different decisions and norms, all based on what we now know about learning, the brain and how schools need to flex to meet individual needs.

Read Principal Judy Duncan's post here: <http://bit.ly/1hG36Q> as she reflects on "then and now." Her school is a different place as she, her staff and the community process the learning relationship through a self-regulation lens.

There are fewer rules, more guidelines; less "No" and more "Let's see how that might work." Pogo sticks in the playground? Why not?? Take a look at the brain scan below and just think about those kids, bouncing in from recess to Math class. Active bodies = active brains. Active brains = learning brains. Pretty simple Math.

## Aerobic exercise primes the brain for optimal learning



20 min of aerobic exercise indicates higher levels of:

- **BDNF (aka Miracle Gro)** – Brain cells function, growth
- **Serotonin** - Learning
- **Norepinephrine** - Alertness, attention
- **Dopamine** – Attention, cognition, motivation

Scan compliments of Dr. Chuck Hillman, University of Illinois

