



Brain Rules # 1 – 4

Meeting Date:

Location & Time: The Other Pub 4:30 P.M

Notes

Rule # 1 Exercise	Rule # 2 Survival	Rule # 3 Wiring	Rule # 4 Attention																								
<ul style="list-style-type: none"> ✓ Increases oxygen flow to brain ✓ Acts directly on brain machinery ✓ Optimal meeting—everyone walking at 1.8 MPH 	<ul style="list-style-type: none"> ✓ Brain is survival organ ✓ Strongest brain not body survives ✓ If learner doesn't feel safe, little learning ✓ Symbolic reasoning is a unique human talent 	<ul style="list-style-type: none"> ✓ What you do & learn changes your brain ✓ NO two brains are alike ✓ Regions of the brain develop at different times in different people ✓ Symbolic reasoning is a unique human talent 	<ul style="list-style-type: none"> ✓ The 10 minute attention span ✓ Brain cannot multitask ✓ Driving while talking on a cell phone is like driving drunk ✓ Accomplishing something while multitasking takes 50% longer 																								
<p>exercise & cognition: older cohorts Effect size (larger is better)</p> <table border="1"> <thead> <tr> <th>Function</th> <th>Sedentary</th> <th>Exercise</th> </tr> </thead> <tbody> <tr> <td>Executive Function</td> <td>~0.1</td> <td>~0.4</td> </tr> <tr> <td>Controlled Cognition</td> <td>~0.1</td> <td>~0.3</td> </tr> <tr> <td>Visuo-spatial</td> <td>~0.1</td> <td>~0.3</td> </tr> <tr> <td>Reaction Speed</td> <td>~0.1</td> <td>~0.3</td> </tr> </tbody> </table> <p>FOOTNOTES</p>	Function	Sedentary	Exercise	Executive Function	~0.1	~0.4	Controlled Cognition	~0.1	~0.3	Visuo-spatial	~0.1	~0.3	Reaction Speed	~0.1	~0.3	<p>brain organization</p> <ul style="list-style-type: none"> Human Brain Mammalian Brain Reptilian Brain 		<p>error percentages for no-switching and switching activities</p> <table border="1"> <thead> <tr> <th>Task Type</th> <th>No switching</th> <th>Switching</th> </tr> </thead> <tbody> <tr> <td>Tasks involved numerical manipulations</td> <td>~2.2%</td> <td>~7.2%</td> </tr> <tr> <td>Tasks involved letter manipulations</td> <td>~2.5%</td> <td>~8.5%</td> </tr> </tbody> </table> <p>FOOTNOTES</p>	Task Type	No switching	Switching	Tasks involved numerical manipulations	~2.2%	~7.2%	Tasks involved letter manipulations	~2.5%	~8.5%
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<p>How can you integrate exercise into your classroom, lesson, PD session?</p>	<p>How do you help learners feel safe in your classroom, during the lesson or PD session?.</p>	<p>How do you accommodate different types of learning in your lesson or PD session?</p>	<p>How do you reward multitasking in your lesson or PD session? How do you help your learners see the results of multitasking?</p>																								