

Bibliography: “Brain Boosters” Presentation

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If you are interested in viewing the powerpoint presentation, please email me as I am only permitted to upload a handout 5 pages or under to the MTNA conference website, but I am happy to provide you with a link to a google drive folder.

Favorite Books

- *Spark: The Revolutionary New Science of Exercise and the Brain*, Ratey & Hagerman
- *Brain Rules: 12 Principles for Surviving and Thriving at Work, Home, and School*, John Medina
- *How to Boost Your Work IQ*, Ron Friedman, PhD (short ebook)

Educational Materials

- http://en.wikipedia.org/wiki/Movement_in_learning
- http://en.wikipedia.org/wiki/Psychomotor_learning
- <http://commons.nmu.edu/cgi/viewcontent.cgi?article=1031&context=theses> – Thesis on the importance of movement breaks in learning
- https://www.ed.psu.edu/pds/teacher-inquiry/2012/Riddle_Inquiry_Final.pdf
- <http://oregonstate.edu/ua/ncs/archives/2014/sep/%E2%80%9Cbrain-breaks%E2%80%9D-increase-activity-educational-performance-elementary-schools> – provides results of survey of Oregon teachers who incorporated brain break DVD into their classrooms. 80%+ approval rating. internal link to purchase \$5 brain break DVD
- <http://www.scientificamerican.com/article/mental-downtime/>
- <http://www.edutopia.org/blog/brain-breaks-focused-attention-practices-lori-desautels>
- <http://www.edutopia.org/blog/move-body-grow-brain-donna-wilson>
- <https://www.td.org/Publications/Magazines/TD/TD-Archive/2013/04/Inside-the-Learning-Brain>
- <http://www.sparkinglife.org/>

“Movement in Learning” – resources for the school classroom

- <https://movetolearnms.org/>
- <http://www.realmomnutrition.com/2015/01/26/brain-breaks/>
- <http://www.pgsd.org/cms/lib07/PA01916597/Centricity/Domain/43/Brain%20Breaks.pdf>
- (<http://lpi.oregonstate.edu/healthyouth/media/brainbreaks.shtml>)
- <http://www.actionforhealthykids.org/> -- Action for Healthy Kids is an organization/program advocating incorporation of movement into the classroom. They offer specific programs and links to assist the classroom teacher including Instant recess, Take 10!, Energizers
- <http://www.instantrecess.com/>

- <https://www.gonoodle.com/> -- website with free brain breaks. Free signup, login required.
- <http://www.eatsmartmovemorenc.com/Energizers/Elementary.html>
- <http://sspw.dpi.wi.gov/sites/default/files/imce/sspw/pdf/sascevanshandouts.pdf> - 10 free brain gym exercises
- <http://teachtrainlove.com/20-brain-break-clips-fight-the-fidgeting/> -- has list of 20 youtube clips

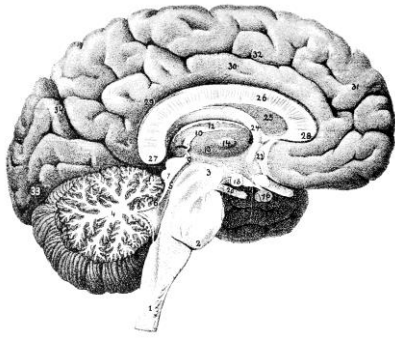
Music-specific websites

- <http://thebulletproofmusician.com> – variety of articles by psychology coach/violin-teacher
- <http://pianosafari2.weebly.com/performance-video-alphabet-boogie.html> and <http://pianosafari2.weebly.com/reminder-video-alphabet-boogie.html>
- <http://pianoadventures.com/forum/ubbthreads.php?ubb=showflat&Number=50038> – mentions books “Music Mind Games” and “The Big Book of Music Games” in the comments as resources.
- <http://www.teachpianotoday.com/wp-content/uploads/2013/08/Method-Book-Beat-Sample.pdf>
- <http://musicmattersblog.com/store/#!/5-for-Fun-Games-and-Activities-for-the-Private-Piano-Lesson/p/43143368/category=10880047>
- <http://pianoanne.ca/Shop/Store.html> - Anne Crosby website
- <http://www.pianimation.com/teacher-resources/free-games/> - free printables
- <http://theteachingstudio.blogspot.com/2012/02/note-spelling-off-of-bench.html>
- <http://www.susanparadis.com/2009/12/> - Susan Paradis’ “Qualities of Activities in a Piano Lesson”

Other

- https://www.youtube.com/watch?v=g6B_OaTQm2I&list=PL73EFF4FAAC258C48&index=5 – family band sings a melody and the moves through lyrics to “The Sun Dance” (Yoga sun salutation sequence right and left)
- <https://youtu.be/zJVxBrmwrYc> -- Ted Talk “What’s Good for the Waistline is Good for the Bottom Line” (found on Instant Recess’ website)
- <http://www.youtube.com/watch?v=2IfjIVGiSvY> – rhythm cup video

Special thanks to Elaine Byrd, Professor of Elementary Education at Utah Valley University for sharing her theories and application of her research in her student teaching classrooms. I look forward to when her book is published!



Brain Boosters:

Off the Bench Activities to Maximize Musical Learning

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What is a current issue you are concerned about in your studio/pertaining to a particular student? _____

What OTB activities do you currently utilize in your teaching? _____

What is one thing you hoped to learn by coming today? _____

Implementing specific movements in Off The Bench activities can

- Increase cognition (attention span, deeper learning, etc.)
- Help music to originate in the body
- Promote the learning and interpretation of repertoire

"To teach, you create a situation in which the student experiences it ... discovers it." ~ Francis Clark

Music is not an isolated experience—it is a sum of all our parts.

Movement enables a maximum experience.