Action Based Learning

ABL Message

We are on a mission to change children's futures. Even more specifically, to impact the 3L student- To serve the Last, Lost, Least child. *Action Based Learning™* is based on the brain research that strongly supports the link between movement and learning. Research tells us that students are not meeting their full academic potential if they are sitting all day. We know that healthy, active students, means more engaged, more attentive, and happier kids... So how do we apply this schoolwide? Action Based Learning!

Each year, districts spend hundreds of thousands of dollars on new initiatives, and failed programs. Why? No program will work if the child's brain is not prepared to learn. Training provides techniques and tools that can be implemented immediately, including simple brain breaks and specific movements to increase brain function. ABL trainings support educators in creating optimal learning environments that allow kids to thrive. Research very clearly shows us how to: Increase brain function. Prepare the brain for learning. Reinforce academic content, and simply put- **Provide students an advantage to learn.**

 ABL has worked with a team of brain research experts, educational consultants and classroom teachers to apply the 12 Foundations of Learning Readiness - which focus on the whole child. These include visual development, body and space, problem solving, physical fitness, balance, motor skills, rhythm, self management, etc. Each of these foundations directly correlate with the brain body connection. For ex: If a child can't crawl properly, he may struggle with reading comprehension.

Joining ABL is joining a community of Game Changers on a mission to reach the students that need us the most. "ABL is an experience, it's a feeling you get when you leave a training. You walk away feeling encouraged, revived, passionate, supported, enlightened… and most of all- connected to something greater than yourself!"

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