

Brain + Body

The Power of Embodied Learning

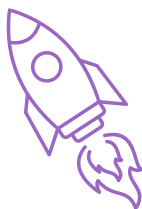
What if learning doesn't just happen in the brain—but in the entire body?

Move past sedentary learning. Instead of sitting, listening, or reading, learners employ their whole bodies to create deeper cognitive connections.

Sedentary Learning	Embodied Learning
	
	
	

Embodied Learning: What the Science Shows

- ✓ Engagement increases
- ✓ Retention improves
- ✓ Complex ideas become easier to grasp



Embodied Learning in the Classroom

When the body becomes central to the learning experience, students learn by doing.

Move	
Build	
Gesture	
Role-Play	
Explore	
and more!	



Embodied Learning:
Activate the whole child with a more impactful way to learn.

