Karoonda Area School

Brain Breaks - - Action based Learning

An eat well be active - Primary Schools project school

At Karoonda Area school staff are encouraged to have their students engage in a brain break every 20 minutes. Hear Jaslyn talking about what they do and watch children commence 4 brain breaks and how movement improves learning.

http://youtu.be/rKzvvE7XIMM

These are based on the action based learning (ABL) work of Jean Blaydes. http://abllab.com/

On this website there are more videos about ABL from
  • Southern Learning Centre.
  • Prospect North PS

For more information contact Jaslyn at dl.0756.info@schools.sa.edu.au

Video Playlist
http://www.youtube.com/playlist?list=PLCp3_brrD7xoWktOg-uK6dCLuZTRpHK2Z

eat well be active - Primary Schools Project, a joint SA Health and Department for Education and Child Development project from 2008-2013