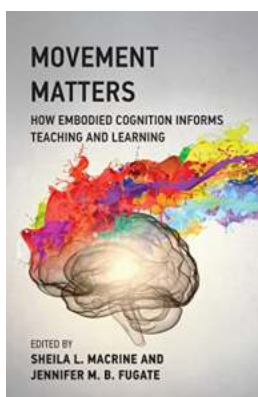


How Embodied Cognition Informs Teaching And Learning

In recent years, the concept of embodied cognition has gained significant attention in the field of education. Embodied cognition refers to the idea that our cognitive processes are shaped by our physical bodies and the interactions we have with the world around us. This includes our senses, movements, and experiences.

Traditional theories of cognition have often focused on the mind as a separate entity from the body, treating it as a computer that processes information without considering the influence of embodiment. However, growing research in neuroscience and psychology has shown that our bodies play a fundamental role in shaping how we think, learn, and interact with our environment.

One of the key principles of embodied cognition is the idea that learning is not just a mental process but a bodily one as well. When we engage in physical activities or perform actions related to what we are learning, it enhances our understanding and retention of information. For example, studies have shown that students who use hand gestures while learning mathematical concepts have better comprehension and problem-solving skills compared to those who don't.



Movement Matters: How Embodied Cognition Informs Teaching and Learning

by Jennifer M.B. Fugate (Kindle Edition)

★★★★★ 5 out of 5

Language : English

File size : 16602 KB

Text-to-Speech : Enabled

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Another aspect of embodied cognition is the role of sensory experiences in learning. Our senses not only provide input to our cognitive processes but also help us make sense of the world. For instance, when students actively participate in science experiments or engage in hands-on activities, they are more likely to grasp scientific concepts and principles. This multisensory approach to learning allows students to experience and understand abstract ideas in a concrete and meaningful way.

The physical environment in which learning takes place also influences cognitive processes. Studies have shown that environmental factors such as lighting, color, temperature, and even furniture arrangement can impact students' attention, motivation, and learning outcomes. By creating an environment that is conducive to learning, teachers can enhance students' engagement and overall learning experience.

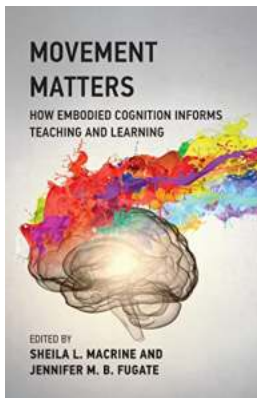
Embodied cognition also emphasizes the importance of social interaction in learning. Humans are social beings, and we learn not just from books and lectures but also from our interactions with others. When students engage in collaborative activities, discussions, and debates, it enhances their understanding of complex topics and promotes critical thinking skills. Group work also allows students to learn from each other's perspectives and experiences, fostering a more holistic and diverse learning environment.

Furthermore, embodied cognition challenges the traditional notion of "sit-and-get" teaching, where students passively receive information. Instead, it advocates for active and experiential learning approaches that encourage students to explore, experiment, and apply their knowledge in real-world contexts. This hands-on approach to learning not only makes education more engaging but also prepares students for future challenges by equipping them with practical skills and problem-solving abilities.

Implementing embodied cognition in education requires a shift in teaching practices and instructional strategies. Teachers need to incorporate more movement, manipulatives, and physical experiences into their lessons. They should also create opportunities for students to interact with the material and each other, whether through group work or classroom discussions.

Additionally, teachers can use technology to support embodied cognition in the classroom. Virtual reality (VR) and augmented reality (AR) tools can provide immersive experiences that allow students to interact with virtual environments and objects, enhancing their understanding and engagement. Educational apps and games can also be used to create interactive and multisensory learning experiences.

Overall, the concept of embodied cognition is revolutionizing education by highlighting the interconnectedness of our bodies, minds, and learning experiences. It encourages a holistic approach to teaching and learning that takes into account the physical, sensory, social, and environmental aspects of education. By embracing embodied cognition, educators can create a more engaging and effective learning environment that nurtures students' cognitive development, critical thinking skills, and overall growth.



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Experts translate the latest findings on embodied cognition from neuroscience, psychology, and cognitive science to inform teaching and learning pedagogy.

Embodied cognition represents a radical shift in conceptualizing cognitive processes, in which cognition develops through mind-body environmental interaction. If this supposition is correct, then the conventional style of instruction—in which students sit at desks, passively receiving information—needs rethinking. *Movement Matters* considers the educational implications of an embodied account of cognition, describing the latest research applications from neuroscience, psychology, and cognitive science and demonstrating their relevance for teaching and learning pedagogy. The contributors cover a range of content areas, explaining how the principles of embodied cognition can be applied in classroom settings.

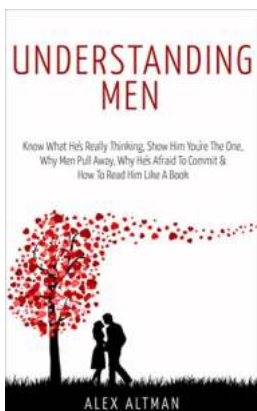
After a discussion of the philosophical and theoretical underpinnings of embodied cognition, contributors describe its applications in language, including the areas of handwriting, vocabulary, language development, and reading comprehension; STEM areas, emphasizing finger counting and the importance of hand and body

gestures in understanding physical forces; and digital learning technologies, including games and augmented reality. Finally, they explore embodied learning in the social-emotional realm, including how emotional granularity, empathy, and mindfulness benefit classroom learning.

Movement Matters introduces a new model, translational learning sciences research, for interpreting and disseminating the latest empirical findings in the burgeoning field of embodied cognition. The book provides an up-to-date, inclusive, and essential resource for those involved in educational planning, design, and pedagogical approaches.

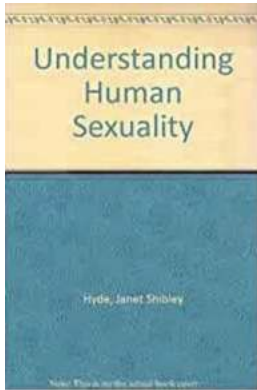
Contributors

Dor Abrahamson, Martha W. Alibali, Petra A. Arndt, Lisa Aziz-Zadeh, Jo Boaler, Christiana Butera, Rachel S. Y. Chen, Charles P. Davis, Andrea Marquardt Donovan, Inge-Marie Eigsti, Virginia J. Flood, Jennifer M. B. Fugate, Arthur M. Glenberg, Ligia E. Gómez, Daniel D. Hutto, Karin H. James, Mina C. Johnson-Glenberg, Michael P. Kaschak, Markus Kiefer, Christina Krause, Sheila L. Macrine, Anne Mangen, Carmen Mayer, Amanda L. McGraw, Colleen Megowan-Romanowicz, Mitchell J. Nathan, Antti Pirhonen, Kelsey E. Schenck, Lawrence Shapiro, Anna Shvarts, Yue-Ting Siu, Sofia Tancredi, Chrystian Vieyra, Rebecca Vieyra, Candace Walkington, Christine Wilson-Mendenhall, Eiling Yee



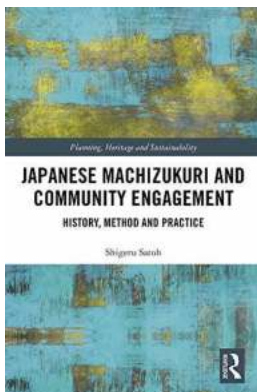
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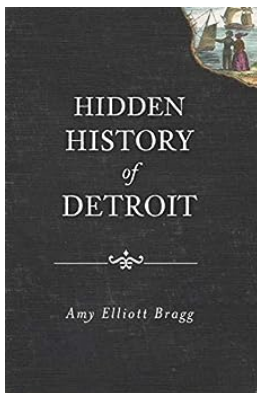
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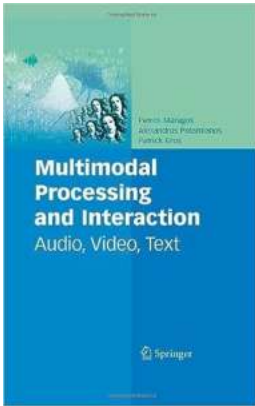
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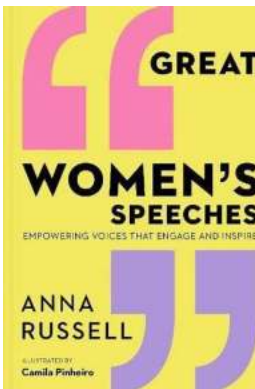
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