



HOW DO YOU LEARN?

Social and emotional learning is thought to create a culture of kindness, promote collaboration, reduce emotional distress, teach healthy relationship skills and improve behavior. Examples of social and emotional learning in the classroom include teaching mindfulness and discussing emotions.

Gamification means incorporating elements of games and play (like points systems and badges) into learning opportunities. This tactic is thought to increase motivation and make learning more fun and engaging.

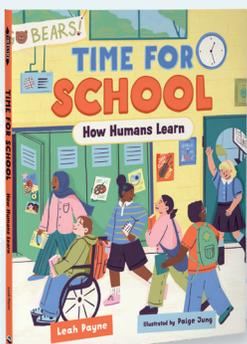
Incorporating technology means learning *how* to use technology, as well as learning critical thinking skills *while* using it. This includes digital literacy.

Tools that take into account students' unique **sensory needs** allows children to thrive in an environment that is comfortable for them. Examples include using noise-blocking headphones or fidget toys.

Movement (such as stretching) can be used between lessons or built into the lessons themselves. Even furniture can be designed with movement in mind, allowing students to rock or wobble.

Hands-on and experiential learning could mean anything from a field trip to a demonstration by a guest speaker to a self-directed science project.

Collaboration and dialogue-based learning includes group projects and presentations.



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