



1

Start it Up Right: Mind, Body, and Spirit

- ✓ **For the mind**, retrieval of prior learning, high success expectations (looking forward to), and hope
- ✓ **For the body**, stand, stretch, or move it!
- ✓ **For the spirit**, connect with another, find commonalities and joy

2

Tools for Engagement

Managing Emotional States for Learner Success

Eric Jensen

Dozens of tools, examples and templates. Get this from Amazon and enjoy the read!

3

This session will be fun, fly by and make your job easier.

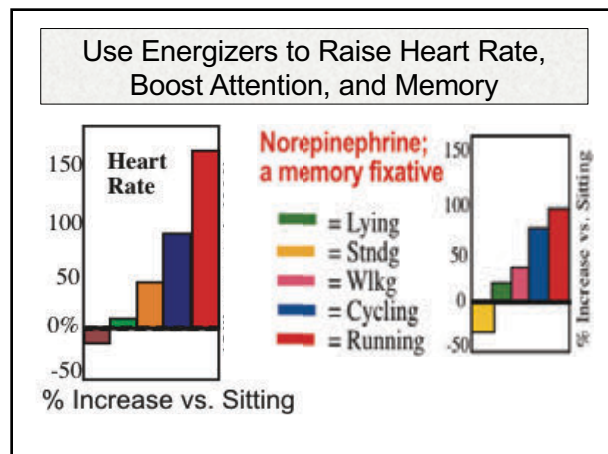
But before we get started, How many have found that if you sit too long, you lose energy? If you'd like this session to be active, raise your hand and "Yes!"

4

"How Are You Doing?"

Passionate	Very Blessed
Amazing	It's a Long Story
Nearly Illegal	Running on Empty
Awesome	Slightly Irregular
Unbelievable	Highly Underrated
Psyched Up	Suspiciously Good
You Wouldn't Believe it if I Told You	

5



6

Before you thank your partner
and head back to your seat...

turn to your partner, and say,
"Stay Positive!"

7

Reflection and/or Quick Write

How's my energy and what did I learn?

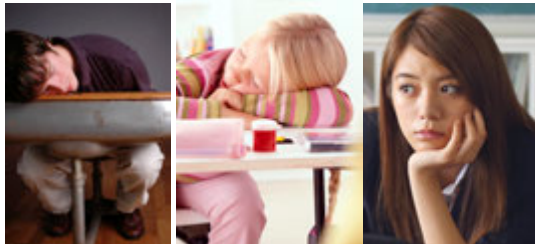


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Ever See Your Students Like This?

(relax...we all have)

Is it you or the students (or other staff)?



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**My group
was a
study
skills
class from
2 – 3:45 pm.
Check out
the focus
states of
the kids.**

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Five (5) Paths for Better Engagement

1. Get yourself ready with energy, high expectations, and strong body language
2. Have a plan from Start to Plan B to Finish
3. Start small; ask permission, engage with attention, buy-in first, and small actions
4. Engage *others in your group* for novelty, camaraderie, and cohesion
5. Keep asking, "How might I make this more engaging?" Maybe gesturing? Practice.

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Before You Invest Body/Mind/Spirit Time with Others, Start with Yourself



- ✓ Hydrate (body)
- ✓ Read affirmations or reflective prayer daily (spirit/mind)
- ✓ Light breakfast with less sugar and carbs. Eat more healthy fats and proteins (body).
- ✓ Practice distress/stretching
www.doyogawithme.com
- ✓ Rehearse your plans (< stress)

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Nonverbals Are a Huge Part of Your Engagement Toolbox

Posture, **tonality**,
room position,
volume, facial
expression, **eye**
contact, **hands**
and arm
placement are
ALL part of your
message.



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Today we'll explore 3 key ideas

This is of huge importance!

Let's have this group here move
over to the *other side* of the room

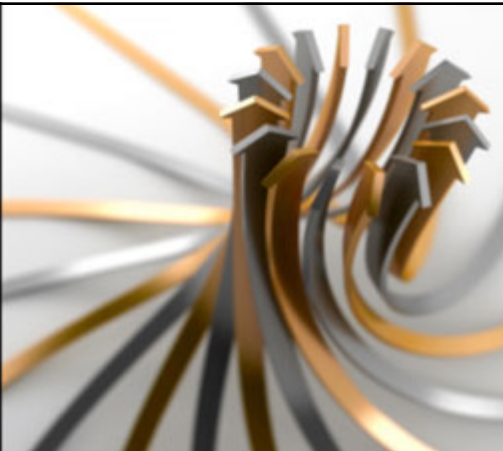
Who wants to finish up early today?

If you made it back on time, raise
your hand and say, "Yes!"

Please stand up... Now have a seat.

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Reflection and Quick Write

What did I learn? What might I do differently?



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Have a Plan:

from Start to Plan B to Finish

2

- Get attention & buy-in (A-B-C)
- Ask to shift states (stand up, turn to another, quicker breathing, or a game)
- Use music, if possible
- Ask to walk, touch, and count tables or chairs (3-9)
- Ask to introduce themselves to another they don't know well (give 30"). Each answers an empowering Q (30")
- Each gives their partner a daily affirmation with a "Thank you."
- Back to original seat

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What Are Our 3 Hard-Wired & Most Effective Motivators?

✓ **Curiosity**

"What is that?"

Or, "How did she...?"

(Goff & Hayden, 2015)



✓ **Behavioral Relevance**

"What is in it for me?"

Or, "Why should I care?"

(Oudiette, Antony, Creery & Paller, 2013)

✓ **Anticipation**

"When will it happen?"

(Nelson & Hayden, 2017)

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EJ Role Model

- “How many would like a quick activity *that takes 60” or less, gets everyone ready to learn and it works like a charm?”*
- Great, please stand up!
- In a moment... circle table 2X and then pause and stand at your chair.

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Write out your steps to do on L

Your assignment is on the Right

Get buy in first. Ask/show others to stand. In a moment, when I say “Go”, you’ll circle this table twice and return to your seat standing. Do the activity. Then tell each to wish their partner a great day & sit.

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Start Small

3

- ❖ Greet with warmth
- ❖ Ask permission to engage
- ❖ Engage with attentional tool or A-B-C
- ❖ Build trust with fair requests
- ❖ Reward others with peer approvals
- ❖ Ask for small actions more often (vs big ones less often)

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1. Gratitude:

What am I most grateful for in my life?



2. Optimism:

What am I most looking forward to?



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Energy Strategies: ES = 1.51 You or Team Members Do It

✓ **Destressing** = slower movements, stretch, purposeful breathing, tense & release

✓ **Energizing** = faster movement, walk, mimic, dance, and move quickly



Erwin, H., Fedewa, A., Beighle, A. & Ahn, S. (2012): A Quantitative Review of Physical Activity, Health, and Learning Outcomes Associated With Classroom-Based Physical Activity Interventions. Journal of Applied School Psychology, 28, 14-36

23

1 2 3 4 5
L R B R L

6 7 8 9 10
B R B L R

24

1	12	82
H	Mg	Pb
35	8	17
Br	0	Cl
80	7	79
Hg	N	Au

25

Engage Others in Your Group for Novelty, Camaraderie And Cohesion

4

- ❖ Any time energy or engagement drops, spice it up with collaboration
- ❖ Use seated partners, new persons from other groups, jigsaw, or specialty teams
- ❖ Switch up the reasons for social engagement: learn another's ideas, practice negotiating or arguing, build social glue, review content, build teamwork.

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Simple Social Prompts that Engage

"Turn to your neighbor and..."

"Turn to your leader and say, 'You're #1!'"

"Look on your neighbor's paper and if they got..."

"Point to the person who..."

"Before you leave your group, thank your partner."

"Point to your summarizer and say, 'What do you got for us?'"

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Get materials

Start studying

Make a plan

Check my work

Take notes

Find assignment

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To Engage and Boost Effort, Use Questions That Are...

Inclusive!

(nearly everyone can respond, nearly every time)

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Stairstep your Qs. Notice how each question has a single, narrow option?

1. "Who did their homework last night?"
2. "Who has seen *Top Gun: Maverick*?"
3. "Who remembers what a polynomial is?"
4. "Has anyone been to the science fair?"
5. "Raise your hand if you've been to Las Vegas, Jamaica, or New York."
6. "Who can tell me what a subjective clause is?"

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Broaden: Start with Making Each Question Much More Inclusive

1. "Who got their homework assignment written down yesterday?"
2. "Who has seen a movie you liked recently?"
3. "Who has ever heard of a polynomial?"
4. "Does anyone heard about the science fair?"
5. "Raise your hand if you've been out of state?"
6. "Who has heard of a subjective clause?"

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Whole Group Engaging Tools

- "Oops; I have an idea. Quick, everyone up..."
- "Raise your hand if..."
- "Walk 12 steps and find..."
- "The 1st 4 letters of the word are c-o-r-t..."
- "Repeat after me, please..."
- "Write this down even if..."

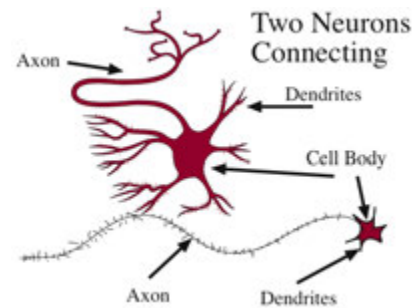
32

Why Use Gesturing for Learning?

Gesturing typically forces your brain to **choose**: 1) directionality, shapes, 2) relevancy, 3) sequencing, and 4) interactions. We may construct new concepts for our knowledge or make an abstraction more concrete. It's a thinking tool.



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Kinesthetic Math Works 3X Better: Use Gestures!



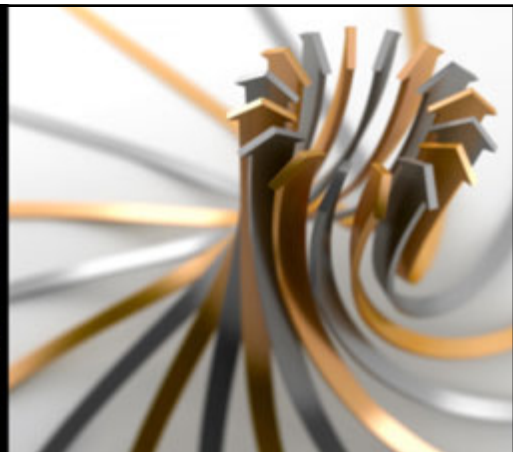
"Hands-Out Math"

(Cook, SW, et al., 2007)

Kids asked to physically gesture their math problems are nearly **three times** more likely than non-gesturers to remember what they've learned. In the study, **90% of students** who had learned algebraic concepts using gestures remembered them 3 weeks later vs. 33% of speech-only students. And 90% of students who had learned by gesture alone **with NO speech** at all recalled what they'd been taught.

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Keep Asking, "How Might I Make This More Engaging?"

5

1. Watch others in person and then experiment weekly
2. Check out what's used in movies or Game shows
3. Search for the best teachers and trainers on You Tube.
4. Get to know your audience better to identify key interests and values (then include those)
5. Have someone video you and critique. Make a list of changes.

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To Get Student Attention...



- ✓ Re-directs
- ✓ Social nudges
- ✓ Novelty
- ✓ Curiosity/Anticipation
- ✓ participants up front
- ✓ Goal acquisition
- ✓ Urgency
- ✓ Interdependency

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How to Boost Student Responsiveness Strategies 1-3

1. Answer a mul_____ choice.
2. Break it into smaller ch_____ for students to learn and ask them to present it to their peers.
3. Ask them to work together to fill in the bl_____.

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How to Boost Student Responsiveness Strategies 4-6

4. Ask students to nu_____r off in a group and take turns answering Qs or commenting on them.
5. Rephrase or sum_____ the content on the screen.
6. Vo_____ on a choice and defend it.

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How to Boost Student Responsiveness Strategies 7-9

7. Work with a neighbor or team to critique or analyze a qu_____.
8. With a partner, problem so_____ a situation that is posted.
9. Dr_____ the learning out and share it with a neighbor.

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How to Boost Student Responsiveness Strategies 10-12

10. Never h_____ out papers; let students or team members come and get them.
11. Stop telling jokes; vet the jokes 1st, then allow st_____ to share them.
12. Stop doing ener_____ yourself; allow students to come up with and lead them for a team or the class.

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Reflection and Retrieval

What was Either New or Valuable to Me?



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Elementary Social Hooks

Use the next grade level as a “step up” challenge, get a privilege, have fun, quick success, raw teacher enthusiasm, deep curiosity, positive affirmation, being really gross, friendship-maker, physical activity, or a cool mystery!

Secondary Social Hooks

Be edgy/risky, use peer pressure, give choice, a strong challenge, stair-step the activity, work with peers, predictions, more control, gain peer status, be experimental, help students find their voice, solve local problems, work for something huge, get into college, peer competition, a quick success, or make content relevant!

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Short-term Motivation? Curiosity!

Here are 3 examples of how to evoke curiosity

- ❖ “Oooops! I just checked my watch. It is later than I thought. Please stand up.”
- ❖ “Just thought of something. For this activity, you’ll need a temporary partner. Once you have found one, say, ‘You’re it!’”
- ❖ “Hey, you guys have been sitting WAY too long. Here is an idea... Everyone up!”

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Getting Students to Anticipate; Strategies to “Pre-Engage”

- ❖ “Let’s try an experiment. Take in a slow, deep breath... hold it... and now slowly let it out.”
- ❖ “Please angle your chair to face 2-3 others, so now you’ve got a group of three or four.”
- ❖ “Let’s vote. How many of you think option #1 is most plausible? Raise your hand.”

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Reflection and Retrieval

What was Either New or Valuable to Me?



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Implementation Strategies

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Be Choosy; Over Time, You'll Have an Amazing Toolbox

- ✓ You may already be using it? Is it effective? Maybe a tweak will make it much more effective.
- ✓ You might not want to use a tool (not a fit?)
- ✓ You might consider using it soon (save and make a plan to implement ASAP).



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**Anyone
Can Look Cool...
To Actually Be
Awesome...
It Takes
Real Practice**

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ACTION STEPS

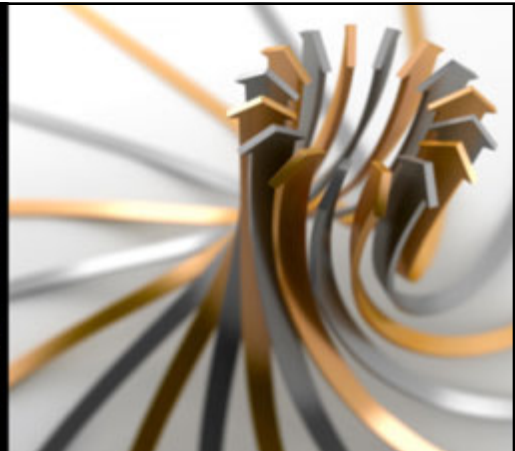
I can take ASAP



Today, make a promise to grow yourself. Grow daily into *the best version of you*. The power of starting new habits *is amazing*.

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What is...

The
plan



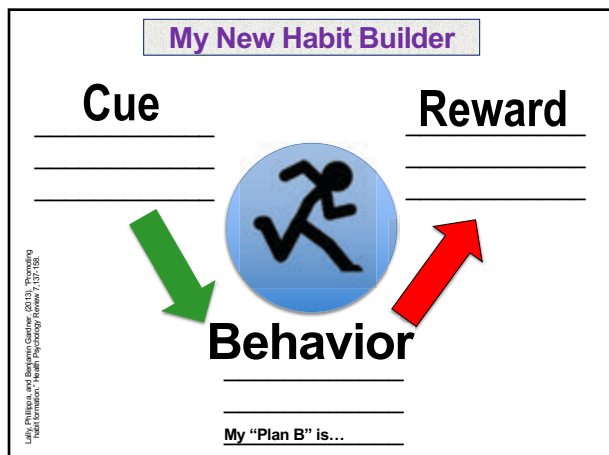
53

Decision and Action Step

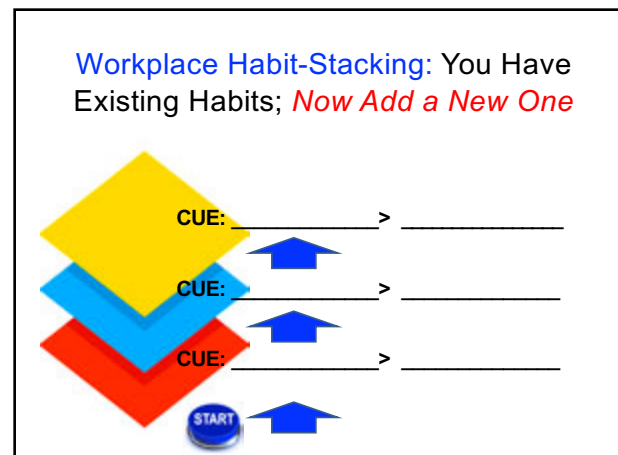
Idea on L, new habit on R



54



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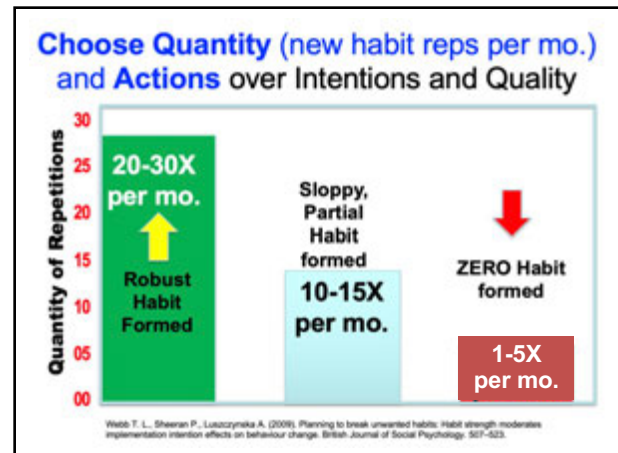


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Repetition Works
(Failing is OK; Just Get Back Up)

- ✓ **Expect there will be times when you either forget to do your new habit or do less than your best (mistakes do happen).**
- ✓ **Remember that processes, habits, and systems are far more important to you than knowing any strategy (in the long haul).**
- ✓ **When you slip up, take a deep breath, smile (say, "I'm human!"), and start right back up the next day.**

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Every Day You Do the New Habit, Mark It, Smile, and Affirm, "I Got This!"

Month

	X	o	X	X	X
	X	X	X	X	o
	X	X	X	/	X
	X	X	/	X	X

X = Did it! / = Sort of o = Oops!

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EVERYTHING

you learn, share, or teach can be done with engagement; from now on, *it's your choice.*



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Thanks for the
Opportunity to Serve You.
I hope to see you again some day.

Thank you, Eric Jensen

Send Qs or feedback to:
eric@jensenlearning.com

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Next are some slides
we used before

62

"How Are You Doing?"

Passionate	Very Blessed
Amazing	It's a Long Story
Nearly Illegal	Running on Empty
Awesome	Slightly Irregular
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63

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L	R	B	R	L
6	7	8	9	10
B	R	B	L	R

64

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Br	0	Cl
80	7	79
Hg	N	Au

65