

Learning in Action

When I was in Elementary school, we sat in chairs for hours on end while we studied and learned. Occasionally, we got to let our bodies out for recess. We would run around wildly, trying to get rid of all the “excess” energy. Then the bell would ring. Time to corral ourselves back inside, sit our bodies down and engage our minds in learning once again.

I’m all for recess. Breaks from studying are an essential part of the learning process. But what about learning with our whole selves— with our bodies, our feelings, our senses, *and* our minds? Schools in modern-age America still emphasize intellect and knowledge—the accumulation of facts and analytical applications thereof. But what about wisdom? Why don’t we teach our children how to become wise?

Wisdom comes from experience. Of course, it is not the events themselves that create wisdom, but how a person senses, feels, reacts to and interacts with their experiences that create a deeper understanding. Who is teaching our children how to develop this awareness of themselves in relation to their experiences? Who teaches these intrapersonal skills which have long lasting effects on how they will function in their personal and professional lives?

At Aurora school your children are given opportunities to develop these skills. They receive integrated curriculum with hands-on, experiential learning. I feel honored to be a teacher at this school and contribute to its curriculum.

As Aurora’s movement specialist, I don’t teach the children specialized movements, I utilize movement as a tool for learning. We engage in dynamic games as a means to develop awareness of ourselves in action and through action. We explore how our bodies, minds and emotions move. Aurora provides your children with unique opportunities to not only learn to move, but to move to learn. This is “Learning in Action”.

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