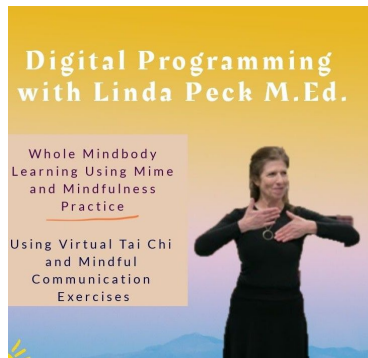


Linda Peck M.Ed MBSR; Certified Somatic Psychology; Tai chi cert.

Virtual /Live Zoom or Google Meet Classroom LEARNING PROGRAMS

For more information contact: julie.landis@carneysandoe.com



This is a student engaged platform for virtual/ or live education, facilitating highly interactive experiences that foster a deeper understanding and tap into our own inner technology for outer learning.

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We all experience and face challenges that seem like unsolvable situations. Imagine for the children we teach, how moving to a screen to learn must be even more challenging and confusing.

Even the most difficult times can be met with centering and grounding in learning enhancing not only what we learn but how we learn as well. Using creativity and Staying calm, and paying attention is a lot more involved than simply being told to do so and through a screen is magnified.

With a background in moving mindfulness, Theatre, Mime, Improv, Humanities, and Tai Chi, I teach children that their own voices and expressions influence what they are saying and help us to understand more

what they want us to hear. Words/phrases like YES and THAT'S RIGHT, are particularly effective over video.

Using innovative exercises that calm and center children readying them for learning, I have students checking in with where they are, conveying this to me and I can note any potential © 2019 "*mental tripwires*" that might throw off the focus for each child and the group! There's nothing like learning on your feet!

Using some movement techniques from Tai Chi, using arms, hands, wrists, waist and more students participate in active learning and learn about communicating with one another through powerful body language, controlling impulses for more active listening, and students will learn abstract concepts, for example, being able to be powerful without using forceful language or activity. Additionally, students learn about symmetry/asymmetry, abstract ideas, and making connections.

Instead of lamenting learning in a new way, let's celebrate it by using exciting engaging techniques where children learn on their feet and become more adaptable to varying learning styles.

Send Linda into your living rooms, kitchens, sunrooms, studios, or community rooms, and your children/young adults will be captivated by moving in unique ways that extend learning into highly experiential and creative realms that result in ah-ha moments, that bring high definition learning.

Core Competencies for this program include;

*Social Studies-Bridging Cultural Gaps

*Communicating more effectively- Constructive conversation

*Mindfulness in Physical Education- Movement -Symmetry/Asymmetry

*All of the above embody Social-Emotional Learning blended with course subjects including; spelling, science(motion/force), comprehension, cultural diversity, art, theatre.

****Linda Peck M.Ed. has a background in Integrative Arts, Neuroscience, expressive movement therapies, somatic psychology, and Asian Mindfulness Practices. She designs leadership Trainings and classroom programs for K-12 classroom teachers to increase their instructional capability for teaching online. My online courses foster, initiative, creative problem solving, critical thinking and expansive Communication skills.***

****Written resources accompany Linda Peck's virtual courses.***