Walk, Listen, and Learn with The Walking Classroom
Objectives

By the end of this presentation you should understand how The Walking Classroom:

✓ is meant to be used and the science behind it
✓ aligns with the HEPA standards
✓ helps support students’ understanding of core curriculum
✓ addresses character values and increases students’ health literacy

AND you will
✓ experience the program firsthand!
What Do We Know?
What do these have in common?

- Diabetes
- Asthma
- Allergies
- Sleep disorders
- Depression
- Poor quality of life
- Anxiety
- Low self-esteem
- Substance use
- School absenteeism
- Poor academic performance
These are the problems that nearly 2,000,000 overweight or obese fifth graders in America will face.
Kids are moving less . . .

• Only 5 states require physical education in every grade.
• Only 20% of school districts require daily recess.

AND

• 2 out of 3 kids today are inactive.
Studies show active kids:
• Perform better academically
• Have better school attendance
• Demonstrate better behavior

. . . when they should be moving more!
A Solution
The Walking Classroom . . .

- developed by Laura Fenn, M.S., Ed.
- response to the lack of opportunities for student activity during the school day
- an instant success!

Currently,
- used in over 1500 sites in all 50 states (and Canada!)
- rapidly growing in out-of-school settings!
Walk.

Listen.

Learn.
Benefits
With The Walking Classroom, kids . . .

• have a WalkKit audio device preloaded with over 100 entertaining, standards-aligned podcasts.

• listen to kid-friendly podcasts while walking.

• get 1/3 of recommended daily activity each time they use the program.

• are happier and healthier (and get to learn something too)!
With The Walking Classroom, staff . . .

- have a ready-made activity that provides physical activity and engaging content
- are supported by a Discussion Guide, including
  - a synopsis of the podcast
  - questions to deepen students’ understanding of the material
  - suggested responses
    AND
  - a health check
- get some exercise too!
• **Increases** opportunities for **physical activity**
• **Improves** health literacy and **healthy lifestyle choices**
• **Provides** facilitators with an **easy** to implement tool that addresses **different learning styles**
• **Improves** children’s **performance in school**
• **Empowers** children
Movement stimulates children’s brains!

Scientific research consistently shows a direct **positive** correlation between a child’s physical activity and cognitive function. The benefits extend throughout adulthood.

Composite of 20 student brains taking the same test

*After sitting quietly*  
*After 20-minute walk*

Research/scan compliments of Dr. Chuck Hillman, University of Illinois

Findings clearly indicate that exercise early in a person’s life can improve cognitive health during childhood and this may extend throughout adulthood.
“I ride the bus every day and sort of slump in my seat when I get to school. Walking around wakes me up and I feel like I learn better afterwards.”

-- 5th Grade Student
Children’s listening comprehension outpaces reading comprehension until the middle school years (grades 6-8).

From Appendix A of the Common Core State Standards initiative:
The Walking Classroom is an excellent tool for addressing the Healthy Eating and Physical Activity (HEPA) Standards.

... and That's Not All!
Physical Activity

• Students gain 20 to 30 minutes of sustained physical activity each time the program is used.
• Walking is a non-competitive activity that is approachable and all can be successful.
• Research shows that exercise helps improve attention and concentration.
Healthy Eating

- Each podcast begins with a brief, kid-friendly health literacy message.
- The health literacy message is reviewed during the post-walk discussion.
- Each time a student hears a health literacy message, it contributes to the development of healthy lifestyle habits.
The Program
The Podcast

Health Message 1-2 mins
Main Content 15-16 mins
Summary 1-2 mins
# The Content

**Program 4 samples:**
- Circulatory System
- Idioms
- Carl Sandburg
- The Water Cycle
- Summary Writing
- Legendary & Everyday Heroes
- President Barack Obama
- The Boston Tea Party
- Rosa Parks
- Checks and Balances
- Maya Angelou
- Chief Joseph
- Booker T. Washington
- The Maya
- Careers in Science Series

**Program 5 samples:**
- Negro Baseball League
- Conservation
- Shakespeare
- Albert Einstein
- Interjections
- Westward Expansion
- Trail of Tears
- Slave Life and Rebellions
- The Underground Railroad
- Currents and Tides
- Vasco de Gama
- How Taxes Work
- George Washington Carver
- Eleanor Roosevelt
- Careers in Science Series
The Content

STEM Program samples:
(pulls the STEM podcasts from Program 4 & Program 5)
Each podcast begins with a brief overview in Spanish.
61 tracks

Skin
Marine Life
Rocks of the Earth’s Crust
Currents and Tides
Political and Physical Maps
Benjamin Banneker
Volcanoes
Thomas Edison
John Muir
Deserts
Careers in Science Series
Using the Program
Preparing The WalkKit

• The battery should already be installed, but if not, just put in a AAA battery by locating the battery door at the top of the WalkKit.

• Attach the lanyard to the bottom of the WalkKit.

• Earbuds are included with each kit, but should not be shared. Each student needs his/her own pair.
The WalkKit

- Current podcast number
- Total number of podcasts
- Lock symbol
- Battery door: Make sure the battery door is fully secured and flush with the WalkKit.
- Power / LOCK*: LOCK the keypad after the podcast starts by quickly pressing the orange button once. This will prevent the podcast from skipping or stopping while walking.
- 5 narration speeds
- Time left on podcast
- Reverse to previous podcast
- Rewind within a podcast
- Forward to next podcast
- Fast forward within a podcast
- Play / Pause
So, ... How about a Walk?
(17) Albert Einstein
Today’s Walking Classroom talks about the famous scientist, Albert Einstein. Einstein initially struggled in school, but math and science were areas where he could fit in and succeed. One of his most famous scientific discoveries is the theory of relativity, which focuses on perspective and how you can only tell if you are moving by comparing yourself to other objects around you. Einstein’s curiosity and intelligence allowed him to make many contributions to science, however, he also lectured about the importance of social justice and civil rights.
Let's give it a try!

• Pick up a WalkKit and earbuds.
• Find yourself a walking buddy.
• Be sure the earbud jack is pushed in all the way.
• Power on and cue up podcast # 17.
• Once you are out the door, press PLAY. (don’t forget to lock your device!)
• Walk, listen, and learn!
• See you back here in about 17 minutes!
Welcome back! Let’s chat!

• How do you feel?

• From the Discussion Guide:
  – What were some of the big ideas of this podcast?
Einstein initially struggled in school, but math and science were areas where he could fit in and succeed. He could express himself through his formulas and theories.

His theory of relativity has to do with your perspective. He pointed out that you can only tell if you are moving by comparing yourself to other objects around you.

Einstein’s curiosity and intelligence allowed him to make many contributions to science; however, he also lectured about the importance of social justice and civil rights.
Character value: **Trying new things**

Einstein said, “Anyone who has never made a mistake has never tried anything new.”

- Explain how this quote relates to your life.
- What are the risks and rewards of taking chances?
Health message: Screen time $\rightarrow$ exercise time

- You should try to get up and take at least a 10-minute break every hour when sitting still.
  True or False?

- You have to be at a gym to be exercising.
  True or False?
Theory of Change

- Pick podcasts that align with student interests
- Use the program regularly each week
- Use Discussion Guide as basis for conversation
The Result?

• Students are more engaged and focused.
• The needs of non-traditional learners are better met and addressed.
• Students’ understanding of curricular content is strengthened.
• Healthy lifestyle habits are developed.
Teachers/Facilitators Survey Data

Survey results for over 500 educators who used the program during the 2016-2017 school year:

- **95%** TWC is an effective tool to differentiate instruction.
- **94%** My students are better behaved after a TWC lesson.
- **93%** I noticed an increase in health awareness and healthy choices in my students.
- **92%** Listening to TWC podcasts while walking strengthens student understanding of content.
- **90%** I feel supported by the TWC staff.

Over 500 educators surveyed!
2016-2017 Student Survey Data

The Walking Classroom . . .

- Makes it easier to concentrate throughout the day: 90%
- Makes learning more fun: 89%
- Helps me understand the content: 88%
- Makes my mood better: 87%
- Has helped me make healthier choices: 85%
- Makes me want to learn more about a subject: 84%
- Makes me feel ready to participate in discussion: 84%
- Makes me enjoy walking more: 84%

Over 4,800 students surveyed!
Resources and Support
Resources

ADOPTER RESOURCES

Welcome to The Walking Classroom’s Adopter Resources! We’ve pulled together some supplemental resources to help you implement the program. Here you will find:

- Supplemental Slide Decks for each of the three programs
- Electronic Quizzes for each Podcast
- View Supplemental Videos for each Podcast

ARE YOU A WALKING CLASSROOM ADOPTER?

Log into your account to access tons of great supplemental resources. (If you’re already logged in, click the link below.)

Access TWC Adopter Resources

WALKING CLASSROOM ADOPTER RESOURCES TEACHER LOGIN

Username

Password

Remember Me

LOGIN

Forgot Password?
Join Us
Want to learn more?
Visit our website and have a listen!

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