

THE THREE “M”s OF MATH LEARNING

Movement: Use movement in connection with concepts, math facts, etc...
This logs concepts into the brain; it provides additional oxygen to the brain and helps connect concepts to an action.

- Bounce a ball
- Jump for each concept
- Exercise while learning and practicing: Cross the midline.
- Stand while learning and practicing concepts
- Play hopscotch, horse, etc... Any active games are a great way to review math concepts.

Music: Use music to speed the learning process and connect both sides of the brain for ease in recall of concepts when in a stressful situation.

- Put concepts to familiar music.
- Write rhyming poems and phrases using math concepts.
- Use rock and roll music as a warm up before studying. (This increases the blood flow to the brain.)
- Play and review songs and rhymes right before bedtime.

Manipulatives: Use manipulatives so kids can “see” how something works.

- Provide hands on learning for story problems. Use blocks, food items, coins, etc... to help them “visualize” their problem.
- Use brain foods: peppermints, lemon drops, and cinnamon candies as manipulatives. This way they can work with them and eat them, as they are brain foods! 😊
- Have them “act out” the problems. Use manipulatives to act out the problem.

