



# Unorthodox Inquiry in the Science & Math Classroom: Meet the Feldenkrais Method®



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*1-hour Synchronous Presentation  
ICRSME Virtual Conference  
March 12, 2022, Session 2 (12:45-2:00 PM PST)*



## AN INNOVATIVE, EXPERIENCE-BASED, PARTICIPATORY, 1-HOUR SESSION

**First, enter your personal world** of inquiry and sensory-motor awareness, attending to the cascade of events taking place within yourself by engaging in an Awareness Through Movement® experience.

This **embodied learning experience** will introduce you to big ideas in the Feldenkrais Method and provide a springboard to dialogue about value in the classroom, and research invitation in schools in this uncharted territory.

How might an 'unorthodox' approach to inquiry through Feldenkrais Method Awareness Through Movement® experiences enhance science and math learning?

**Inquiry:** Essential concept in science and mathematics curricula and learning AND essence of the body of work known as the Feldenkrais Method®.

**Feldenkrais Method:** A learning system in which sensory attention during engagement in unusual movement sequences contributes to increased self-knowing and awareness of oneself within one's environment, personal story and heritage. Existing learning tool in performing arts and sports. An approach to help students living with learning challenges. A powerful learning-to-learn resource that can support and enhance student learning.



# *Inquiry*

- process & experience of  
coming to know  
what one knows -



*Probably  
familiar*



*Differently  
embodied*



How is the Feldenkrais Method different from other learning systems, models or methods?



*‘Unorthodox’*



*Inquiry*



*Embodying learning through sensory attention within unusual movement sequences*



Click on the links below to view a TEDx talk introducing you to the Feldenkrais Method, and learn about some research and work in schools.



Aharonov, Almagor, & Lerner – video of the Feldenkrais & Math Project

Almagor, Feingold, Forster research - Applying the Feldenkrais Method as a Learning Tool in School



Professor Dorit Aharonov at TEDx Jaffa - A Feldenkrais Lesson for the Beginner Science:



Catherine Mitchell at Movement & Cognition Conference, 2018 - 6 Body-to-Brain Strategies presentation  
Intro to 6 Body to Brain Strategies

**Some reported benefits:** Children become aware of how they learn, pay better attention and listen, experience better overall wellbeing, demonstrate more spatial and social-emotional awareness. Teachers reflect on and may change how they teach and their role in providing opportunities for success.



We begin by asking you to ponder your preconception ....

- What is movement?
- “Movement helps the brain” – how?
- Where and when is there space for movement in learning in today’s classrooms?



Then.... enter your personal world of organic learning





## ...and end with dialogue

- What are some of the foundational elements of the Feldenkrais Method?
- What value could Feldenkrais experiences and thinking add to school learning?
- It's uncharted research territory. Is being an explorer into this uncharted territory of interest to you?



**Curious to know more??**

**Please join our session on March 12, 2022.**

**Session 2 (12:45-2:00 PM PST)**

# RESOURCES

- ▶ Aharonov, Dorit. A Feldenkrais Lesson for the Beginner Scientist: Professor Dorit Aharonov at TEDxJAFFA.
- ▶ Almagor, E & Aharonov, D. (2021). Integrating the Feldenkrais Method® into Scholastic Learning. In S. Elgelid & C. Kresge (Eds.) The Feldenkrais Method. Learning Through Movement (pp. 79-84). Pencaitland, Scotland: Handspring Publishing Co.
- ▶ Almagor, E., Reignold, R., Forster, D. (2013, July) Applying the Feldenkrais Method as a Learning Tool in School. Lecture at the 6<sup>th</sup> International Conference on Teacher Education: Changing Reality through Education.
- ▶ Feldenkrais Method - An Overview / ScienceDirect Topics.
- ▶ Fonow, M.M., Cook, J.A., Goldsand, R. S., and Burke-Miller, J.K. (2016). Using the Feldenkrais Method of Somatic Education to Enhance Mindfulness, Body Awareness, and Empathetic Leadership Perceptions among College Students. Journal of Leadership Education, 15 (3), 116-130.
- ▶ Hillier, S. & Worley, A. (2015). The Effectiveness of the Feldenkrais Method: A Systematic Review of the Evidence. In *Evidence Based Complementary Alternative Medicine*.
- ▶ Lee, C. (2018) Musicians as Movers: Applying the Feldenkrais Method to Music Education. Music Educators Journal.
- ▶ Mann, B. S. (2018). Power Learning: The Feldenkrais Method in the Classroom. Feldenkrais Guild of North America.
- ▶ Paszkowski, J. (2010) - The Feldenkrais Method at TEDxKrakow.
- ▶ Rosasco Mitchell, C. (2019 uploaded) Intro to 6 Body to Brain Strategies and 6 Body-to-Brain Strategies YouTube video
- ▶ Rosasco Mitchell, C. Wellness Through Movement website with pilot program at Kohala Elementary School in Hawaii.
- ▶ Sutherland, S. (2009). Creative Learning through Movement with Children. Feldenkrais Guild of North America.
- ▶ Verrel, J., Almagor, E., Schumann, F. Lindenberger, U., Kuhn, S. (2015). Changes in Neural Resting State Activity in Primary and Higher Order Motor Areas Induced by a Short Sensorimotor Intervention Based on the Feldenkrais Method. Frontiers in Human Neuroscience, 9, article 232.

# COLLABORATIVE WORK OF EILAT ALMAGOR (Feldenkrais Trainer)

- ▶ Almagor, E., Reignold, R., Forster, D. (2013, July) Applying the Feldenkrais Method as a Learning Tool in School. Lecture at the 6<sup>th</sup> International Conference on Teacher Education: Changing Reality through Education.
  - ▶ Feldenkrais & Mathematics - Feldenkrais Method in Math Lessons Project funded by Moving Child - 2 year pilot study in 1<sup>st</sup> & 2<sup>nd</sup> grade classrooms.
- ▶ Aharonov, D., Almagor, E. & Lerner, Math & Feldenkrais in Schools (4 min YT video subtitled in English) - Experimental project integrating Feldenkrais movement lessons with learning mathematics. Run by the Hebrew University in several junior high school classes. by the Israeli Ministry of Education,.

*“Our project implements a method for learning mathematics that incorporates the principles of the Feldenkrais method. Based on three years' experience in courses at the Hebrew University and one year in two seventh-grade classes, we are convinced that this combination enables students to achieve a meaningful understanding of mathematics as an integral part of their overall experience as learners.”*
- ▶ Healing through Movement: An Interview with Feldenkrais Practitioner Dr. Eilat Almagor. (2019). Janglo.

# PHOTO CREDITS

- **Slide 3:** <https://youtu.be/jSTwJCB-cFU?t=1>. <https://youtu.be/0FUIRjBcGGE>. <https://youtu.be/HJENSAkH1Ho>.
- **Slide 4:** Teaching in ESL classroom, Katherine Wieseeman. Adventure Buddies Program, Katherine Wieseeman.
- **Slide 5:** <https://youtu.be/jSTwJCB-cFU?t=1>. Chair1&2-© 2007, Rosalie O'Connor. Used with permission of the Feldenkrais Guild® of North America; FloorH8-© 2005, Rosalie O'Connor. Used with permission of the Feldenkrais Guild® of North America; and © International Feldenkrais® Federation Archive, Robert Golden.
- **Slide 6:** PPT Design Idea suggestion.
- **Slide 7:** Artist's impression of a neuron. Image: Kiyoshi Takahase Segundo/ Alamy.  
[https://www.wallpapertip.com/wpic/TimxbT\\_curious-george/](https://www.wallpapertip.com/wpic/TimxbT_curious-george/)
- **Slide 8:** PPT Design Idea suggestion.



**THE END**