Embodied Developmental Activities:

Somatic Attention (Inward and Outward) for Engagement and Self-Regulation

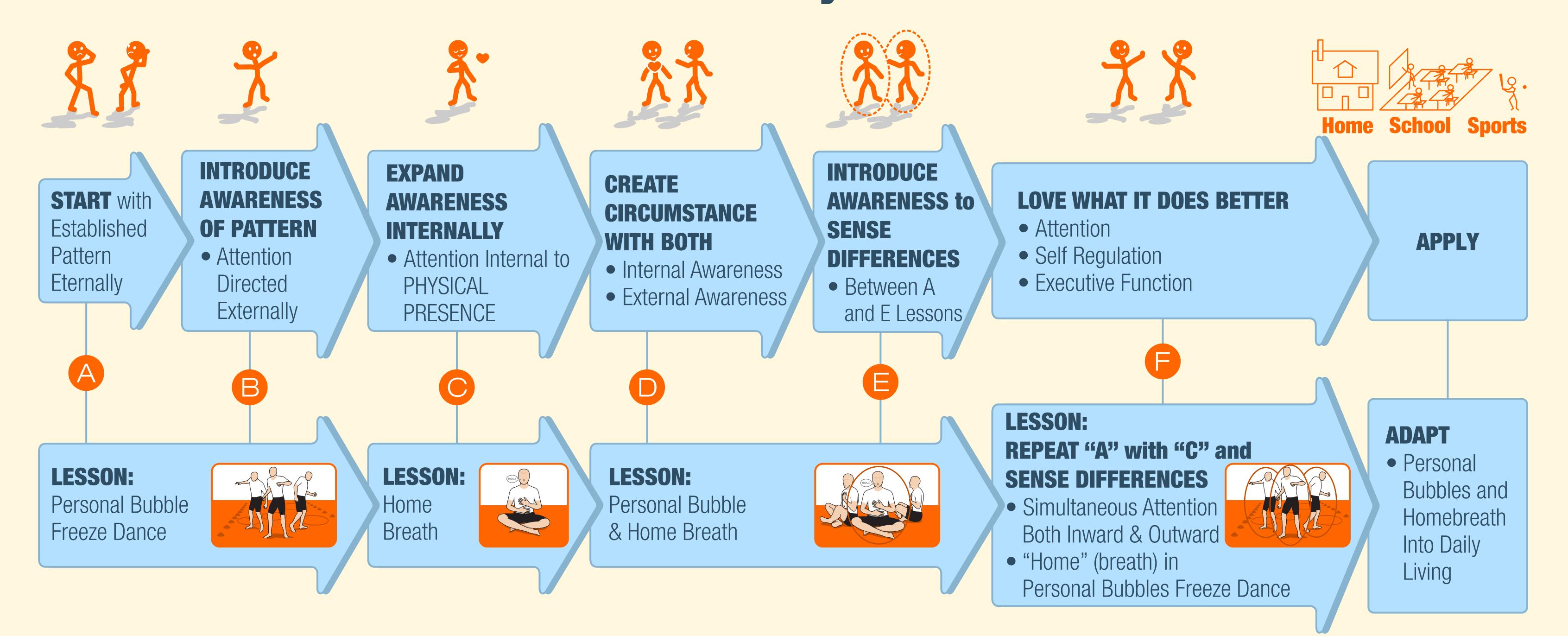
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Social Norm **Sensory Self Awareness** Lesson Plan SENSORY SELF AWARENESS Awareness of Increasing Outcome What Is Learned **Outcome Ability to Self-Regulate** What is Learned **Inward** e.g., Listening **Attention Ability to Self-Regulate** e.g., Listening **Outward Outward** Teacher Students Classroom Less Understanding **Understanding**

You can apply somatic self-awareness activities in your courses to:

- Provide direct experience with a course topic (e.g., self-regulation, executive function, sense of self)
- Show what teachers can do with children in school to promote engagement and development
- Enhance your own agency and connection with class
- Enhance student agency and engagement with course material

How To Learn Sensory Self Awareness



Teaching Development

1. Does Embodiment (Somatics) play a role in Development?

Executive Function ?



2. How? Patterns of Habitual Behavior



3. Character of Embodiment The "Who" - Identity, Agency? Lace Fingers: Familiar & Unfamiliar

Teaching embodiment is crucial:

- Embodied cognition research shows that our physical body grounds perception, learning, speaking and thinking (e.g., Gallese, 2007; Barsalou, 2008; Broaders et al., 2007).
- Progressive curricular plans are now designed to teach emotional intelligence and executive function, encouraging children (and teachers) to attend to their bodies and feelings (e.g., Shonkoff & Phillips, 2008; Diamond & Lee, 2011; Jennings & Greenberg, 2009).
- Teaching somatic awareness promotes direct experience with developmental concepts; activities for teachers-in-training in their classrooms; and self-regulation and engagement by professor and students.
- School and life train people to attend outside themselves. It is vital to learn to attend to events, including other people's responses to events (as in social referencing and joint attention). However, when this outward-focused attention comes at the expense of understanding one's own needs and perspective, inattention to one's sensations can lead to reactivity, poor motivation, and lack of selfdirection.

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