DEVELOPING A CHILD AND TEACHER’S MULTI-SENSORY INTELLIGENCE: UNSTRUCTURED, OUTDOOR PLAY AND CHARACTER DEVELOPMENT

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Kids aren’t required to go to school until they’re 7. Standardized tests are rare. And yet the Nordic nation’s success in education is off the charts.

By Lynnell Hancock  Photographs by Stuart Conway
Our mission is to bridge the gap between academics and social, emotional, and healthy well-being. The LiiNK Project aims to develop the whole child through increased recess and character development.
MULTI-SENSORY INTELLIGENCE:

IS THE INSIGHT AND UNDERSTANDING OF HOW THE HUMAN BRAIN PROCESSES MILLIONS OF SENSORY MESSAGES ON A DAILY BASIS IN ORDER TO LIVE, WORK AND LEARN.
MULTI-SENSORY INTELLIGENCE

- Interpersonal
- Naturalist
- Intra-personal

- Musical
- Linguistic
- Logical-Mathematical

- Bodily Kinesthetic

- Spiritual Intelligence
- Emotional Intelligence
- Social Intelligence
- Cognitive Intelligence
- Moral Intelligence
- Physical Intelligence

- Business Intelligence

- Spatial
NEUROCOGNITIVE INTELLIGENCE:
LINGUISTIC & LOGICAL MATHEMATICAL
BRAIN DEVELOPMENT

- Activity level (unstructured and structured)
- Short bouts of information
- Socialization
- Emotional states
A child loses information after just 30 seconds if not practiced again.

Information needs to be reviewed within two hours to stay in short term memory.

Long term memory takes up to 10 years to make it permanent.
Neurocognitive Function

Pre-test

FITKids
Intervention

9 Months Later

Waitlist
Control
GET OUT OF YOUR CHAIR. NO, REALLY.

ACCORDING TO THE CDC, PROLONGED SITTING IS THE #1 CONTRIBUTOR TO CHRONIC DISEASES, WITH NEGATIVE EFFECTS BEGINNING AFTER JUST ONE HOUR OF SEDENTARY BEHAVIOR.

HTTP://HOME.UTILIFIT.COM/WHY-UTILIFIT/
JUST ONE HOUR OF SITTING IS AS UNHEALTHY AS SMOKING TWO CIGARETTES.

ALL THE LATEST RESEARCH POINTS TO A SINGLE DIRECTION... SITTING IS THE NEW SMOKING.
PHYSICAL: BODILY-KINESTHETIC & SPATIAL
GROSS MOTOR SKILLS
FINE MOTOR SKILLS
BODY CONTROL: AGILITY, COORDINATION, BALANCE
SOCIAL: INTRAPERSONAL & INTERPERSONAL
SOCIAL INTELLIGENCE

• **Social Intelligence (prosocial behaviors)**
• **Leadership**
• **Honesty**
• **Respect for adults**
• **Empathy**
• **Self-regulation**
• **Engagement with Learning**
Positive associations between SEL and indicators of academic achievement and cognitive skills and attitudes.

Three different studies showed boys, without SEL, decline or at best stay stable between the ages of 6 and 15.
WEAVE IN AREAS FOR CREATIVE EXPRESSION -

Musical Intelligence
EMOTIONAL: LINGUISTIC
WHY OUTDOORS?
NATURE DEFICIT DISORDER

- HTTPS://WWW.YOUTUBE.COM/WATCH?V=972SGOMBUNM
UNSTRUCTURED PLAY EMOTIONS

• **When play is missing:**
  - Rise in narcissism
  - Extrinsic control
  - Others directed
  - Lack of direction
  - Anxiety/stress
  - Internal struggles
  - Void of self

• **When play is available:**
  - Self-controlled
  - Self-directed
  - Intrinsic control
  - Rise in empathy
  - Calm/relaxed
  - Failure is part of growth
  - Peace with self and identity
TARGET FOCUSED VS FIELD FOCUSED

Parasympathetic (PNS)

Sympathetic (SNS)
OTHER OUTDOOR POSITIVES

• **Hormone: D3**
• **Eyes/Colors**
• **Weather Variety – Fresh Air**
Play is often talked about as if it were a relief from serious learning, but for children play is serious learning.

Fred Rogers