



0. Holistic Body Mind Approaches - Story Preface

1. Your Brain on Story

2. Science of Storytelling: What Listening to a Story Does to Our Brains

3. 12 Brain-Mind Principles Used in Teaching & Learning

4. Your Brain on Writing

**5. Holistic Body Mind Approaches**

## Stories Optimize Learning through Integration of Learner Emotional/Intellectual Experiences

Brain research is growing around the world, in the U.S. in 2013 the Mapping the Brain initiative began. Internationally, "Understanding the Brain" was a focus of the recent "Learning in the 21st Century" conference. This conference was sponsored by the Organization for Economic Cooperation and Development (OECD) and The Centre for Educational Research and Innovation (CERI). Among the findings of this conference was a general important conclusion:

***We need holistic approaches based on the interdependence of body and mind, the emotional and the cognitive.***

Brain research indicates that learning is not primarily cognitive and performance-driven, rather optimal learning requires close interdependence of the physical and intellectual, emotional and cognitive, analytical and creative arts.

*No matter how hard they try, brain scientists and cognitive psychologists will never find a copy of Beethoven's 5th Symphony in the brain - or copies of words, pictures, grammatical rules or any other kinds of environmental stimuli. The human brain isn't really empty, of course. But it does not contain most of the things people think it does - not even simple things such as 'memories'. Dr. Robert Epstein*

Over the centuries thinkers have posited theories of how the human brain works; from the biblical concept that humans were formed from clay or dirt and infused with "spirit" by an intelligent God, thereby explaining our intelligence, to the 1600 year belief in the "hydraulic model" that the flow of fluid "humours" animated physical and intelligence function, to models based on machines evolving over the next several hundred years, to the currently prevalent view that brains operate like computers. Now from the field of Neuroscience, we hear that the metaphor of the brain as a computer has lost its backers. The human brain, they say, does not upload or download data, it does not store memories or images. The view from current of these metaphors for how human intelligence functions are outdated and invalid.

Individual human experience of our environment fuels our perception and expression of reality. While the earlier metaphorical theories of brain function have proven inaccurate, the role of metaphors and patterns in each of our brain function are critical.

*Storylines provide the patterns and metaphors that spark brain synapses, driving learning, knowing and remembering. Areas of the brain are stimulated by emotional, physical and other experiences, beyond the intellectual activity of reading information, when information is presented in story form. Stories offer a unique opportunity for the learner's brain to be activated in multiple ways, deepening the learning. Dr. Robert Epstein*

Thus stories enable us to engage, remember, see the value and the meaning of facts and concepts. Therefore, AwesomeStories continuously creates more stories across intellectual disciplines and provides the apps to enable teachers and learners to create stories to integrate and deepen learning for themselves.

### Credits:

Dr. Robert Epstein is a senior research psychologist at the American Institute for Behavioral Research and Technology in California. A PhD of Harvard University, he is the author of 15 books and more than 250 scientific

and mainstream articles, as well as the former editor-in-chief of *Psychology Today*.

See Alignments to State and Common Core standards for this story online at:

<http://www.awesomestories.com/asset/AcademicAlignment/Holistic-Body-Mind-Approaches-Brain-Science>

See Learning Tasks for this story online at:

<http://www.awesomestories.com/asset/AcademicActivities/Holistic-Body-Mind-Approaches-Brain-Science>

## Media Stream



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