Welcome, everyone, to our #brainplaychat #TwitterChat! Thx for joining us for today’s conversation, focused on the effect of #play on the #brain. Be sure to use the hashtag #brainplaychat on each of your tweets so that we can capture all your great insights! Let’s get started! pic.twitter.com/hvacG7uADA
We're proud to introduce you first to our illustrious co-host, @UConnCSCH, known as the Collaboratory on #School & #Child #Health here @UConn! You can learn more about their fantastic work at csch.uconn.edu. #brainplaychat pic.twitter.com/XR4OEhuq34
We are also very fortunate to have w/us associate prof @JaciVanHeest, our featured expert today & resident #knowledge queen 👑 on such topics as #childhood #obesity, #PhysEd, #exercise, elite #athletes, & more. Read more about her at education.uconn.edu/person/jaci-va…. #brainplaychat pic.twitter.com/1mjLiizcKL

Neag School
@UConnNeag

If you haven’t had a chance to watch the @UConnCSCH video feat. @JaciVanHeest’s talk, titled "The Boy Who Learned How to Play," you can do so following the chat to learn more about all that we are discussing today. You can find the video @ ow.ly/Ti0V30i5L3I #brainplaychat

Neag School
@UConnNeag

Is everyone ready for a great discussion about the effect of #play on the #brain? 👏 буквально. Let’s turn it over to @UConnCSCH! #brainplaychat
We’ll be asking some questions that are for @JaciVanHeest and some that anyone can answer so feel free to chime in! #brainplaychat

Q1. Let’s get started! Please take a minute to introduce yourself and why you’re interested in this topic #brainplaychat

@UConnNeag A1. We’re @UConnNeag, the Neag School of Education at @UConn. Here to support our fabulous professor @JaciVanHeest & co-host @UConnCSCH, & excited to learn more about the effect of play on the brain. #brainplaychat

#brainplaychat What are the biological/social mechanisms behind increased school performance due to play? And what one piece of advice would you give to teachers?

@RCampbellAnthro .@RCampbellAnthro Research supports changes in frontal lobe of the brain activity and enhanced executive function #brainplaychat
@RCampbellAnthro Teachers should take a few moments throughout the day and allow students to move around the classroom or have creative space to engage in movement.

#brainplaychat

I’ve attended PD from @KaganOnline where movement is encouraged to increase oxygen and glucose to the brain. Could that be in addition to frontal lobe and other changes you mention?

#brainplaychat

@RCampbellAnthro @KaganOnline. You are correct. There are many benefits of play where the heart rate increases and oxygen and fuel to the brain are also increased. It is a positive environment for brain function.

#brainplaychat

@RCampbellAnthro @KaganOnline. There are also benefits of enhanced brain development especially frontal lobe and cerebellum, learn to work collaboratively, resolve conflicts and negotiate. Learn decision making skills and explore passions through movement.

#brainplaychat

Q3. @JaciVanHeest: In your video you talk about PawPALS. How did it begin and how did it work?

#brainplaychat
A2: PawPals began in response to a need in a local school. We developed a plan with the principal. It was every morning before school for an hour. Children selected modified games keeping them active. #brainplaychat

To find out more about @JaciVanHeest’s PawPALS program, visit advance.uconn.edu/2004/041115/04... #brainplaychat twitter.com/JaciVanHeest/s...

You can also read Sports Illustrated’s 2004 article about PawPALS at si.com/vault/2004/11/... #brainplaychat twitter.com/JaciVanHeest/s...

#brainplaychat. Q: Do you feel play has declined due to decreased physical literacy

@JaciVanHeest . @crodgers10. Physical literacy and play are intertwined a bit of chicken and egg. Free play would enhance physical literacy and increased physical literacy would allow children to be more comfortable while playing. #brainplaychat
Q4. In the video, @JaciVanHeest quotes Brad: “when I play I get smarter.” What does executive function mean? What does it have to do with academic performance? And where can we find out more about the research that supports that? #brainplaychat

Jaci VanHeest
@JaciVanHeest
AN HOUR AGO

A4: It is a person's ability to organize their thoughts and activities, to prioritize tasks, manage time and make decisions. For all ages, good execution is critical to learning and academic success…
#brainplaychat #brainplaychat

Jaci VanHeest
@JaciVanHeest
AN HOUR AGO

A2... Number of research articles in education publications. Also research Studies are now focused on physical activity, executive function and academic success. Journals like mental health and physical activity #brainplaychat

Jaci VanHeest
@JaciVanHeest
AN HOUR AGO

Q5. Why is “free play” important as opposed to just exercise or #PE? #brainplaychat

Jaci VanHeest
@JaciVanHeest
AN HOUR AGO

A5: Both are important but free play or unstructured play allows children to be creative, to lead, to explore at their own pace, to express their passion. Sometimes we think of exercise as a JOB! #brainplaychat
Q6. Everyone: How can we make sure that #PE and #recess aren’t siloed and seen as separate from academics? #brainplaychat

Jaci VanHeest
@JaciVanHeest

A6: CDC Whole School, Whole Community, Whole Child model cdc.gov/healthyyouth/w... is a good place to begin. Think about the links within a school. Communicate develop opportunities to collaborate within school... #brainplaychat

JACI VANHEEST
@JACIVANHEEST · AN HOUR AGO

A6: A great video to watch to understand the WSCC model is by Dr. Sandy Chafouleas @SChafouleas at youtu.be/78eunZcSmFw. #brainplaychat

Carol Rodgers
@CarolRodgers10

#brainplaychat. Might also suggest bringing activity right into the classroom - enhanced on task behavior - and integrated learning with appropriately chosen activities

AN HOUR AGO
@CarolRodgers10 .@CarolRodgers10. Programs like Take 10 integrate movement and academic content. #brainplaychat

Learn more about Take10 at take10.net #brainplaychat twitter.com/JaciVanHeest/s...

Q7. Everyone: Only 1 in 4 kids are getting the physical activity they need. What would it take to get #schools to introduce more #play? Are there any tips for developing a program like PawPALS in schools? #brainplaychat

A7: Partnerships and shared goals are essential. Teachers have so many demands so higher ed or other partners are critical. Open dialog with interested constituencies. Help with before, after school or recess programs... #brainplaychat

A7... Professors are a resource. Focus on relationships, relationships, develop trust and be passionate. Have a valid plan. Remember people don't 'buy' your idea first, they buy the passionate person behind the idea first. #brainplaychat
Is the magnitude of positive impact age-related? #brainplaychat

@CarolRodgers10 . @CarolRodgers10. Play research suggests substantial benefits in children and adolescents. But... benefits are seen at all ages. Personally, that makes me happy! #brainplaychat

@CarolRodgers10 @CarolRodgers10. It is critical that children engage in free play because research has indicated numerous anti-social and negative outcomes if they do not. #brainplaychat

Q8. Let’s wrap up on a positive note: How do you see schools or other orgs promoting free #play? #brainplaychat

A8: shapeamerica.org is a good site for ideas. Playworks.org has great recess ideas. There are opportunities to learn more and get involved. Physical literacy is a focus around the world which will change our relationship with movement. #brainplaychat
ICYMI: Watch @JaciVanHeest's video, "The Boy Who Learned How to Play," available at ow.ly/Ti0V30i5L3I to learn more about the topics discussed today. #brainplaychat #physed #health #childhood #play #obesity #healthystudents

For our #brainplaychat participants, you can learn more about @UConnCSCH at csch.uconn.edu & about @UConnNeag at education.uconn.edu — & more about @JaciVanHeest’s work at education.uconn.edu/person/jaci-va...

A take home message for everyone. Get out and PLAY... it will help your thinking, your relationships, and your overall health. Happy PLAYING!! #brainplaychat

That’s a wrap! Thank you so much for participating in our #brainplaychat Thank you especially to our co-host @UConnNeag and to our guest, @JaciVanHeest #brainplaychat

That's it for today's #brainplaychat! THANK YOU to our participants - especially to professor @JaciVanHeest & our co-host @UConnCSCH! We'll do our best to get a @Storify wrap-up of today's #TwitterChat out soon. In the meantime, have a great day! #phyped #health #brain #play twitter.com/UConnCSCH/stat...