

A Student State of Mind



- Biologically wired to learn actively -- through talk, experience, movement, and play.
- Basic needs may not be met -- common not to have had enough food, sleep (9-11 hours!), exercise, outdoor time, or undirected play.
- Spend ~7 hours in a classroom, plus extracurriculars and homework.
- Capable of sustained focus on one activity for ~5-20 minutes.