The Integration of Spirituality, Movement, and Cursive to Enhance Learning
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The Integration of Spirituality & Religion in the Classroom

Benefits:
• Spirituality and Religion allow for the liberal education of students, or the education of the whole person
• Teaching a range of spiritual practices and Religions exposes students to diversity and inclusion
• Spiritual methods such as meditation or yoga in education gives students the tools to build connections with others

Disadvantages:
• Many public-school teachers are ill-prepared, if prepared at all, to teach about religion or implement spirituality
• The law surrounding teaching religion and spirituality in classrooms is often misunderstood

Benefits & Disadvantages of Incorporating Cursive in School Curriculum

Benefits:
• Students should be able to read cursive – The Declaration of Independence is written in script
• It is faster to write in cursive than in print
• Cursive helps develop fine motor skills among students as well as reading and communication skills

Disadvantages:
• Cursive is becoming obsolete as typing and technology is becoming more popular
• Teaching cursive takes away quality classroom time from teaching material such as more in depth math and reading skills
• Standardized tests do not require students to write in cursive

Incorporation of Physical Movement in the Classroom

The benefits of physical activity:
• Boost balance, motor function, brain function, and cognition
• Increases blood and oxygen flow, which positively affects cognitive development, physical health, and mental well-being
• Improves the productivity of those with disabilities and mental health issues

Why movement is needed in the classroom:
• Exciting take on learning
• The removal of recess and shortages of recess time

Ways to incorporate:
• Incorporation of movement with learning or taking movement breaks
• Movement programs: BrainGym, SPARK, BrainErgizers


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