

THE GREAT BODY SHOP

Family Bulletin

Brought to you by The Children's Health Market, Inc., P.O. 7294, Wilton, CT 06897 800-782-7077

Lesson One: Life-Long Learning And Critical Thinking

STUDENTS WILL PRACTICE PROBLEM SOLVING TECHNIQUES AND CRITICAL THINKING SKILLS INCLUDING COMPARE AND CONTRAST, PREDICTING CONSEQUENCES, AND DECISION-MAKING.

Lesson Two: In The Workplace

FOR THIS LESSON THE GOAL IS FOR STUDENTS TO PRACTICE THE PROCESSES OF CREATIVE THINKING, COLLABORATION, AND COOPERATION.

Lesson Three: Research And Presentation Skills

BY THE END OF THIS LESSON, STUDENTS WILL BE GIVEN THE OPPORTUNITY TO DEMONSTRATE SKILLS IN WORKING INDEPENDENTLY TO COLLECT INFORMATION FROM A VARIETY OF SOURCES INCLUDING IDENTIFYING AND USING MAJOR TOOLS OF TECHNOLOGY.

Teach Your Kids To Think Carefully, Critically, and Creatively:

Why take the time to teach students how to think? Isn't that something that comes naturally? Actually, critical thinking is a learned skill. It is the ability to thoughtfully analyze and evaluate. To think critically (or analytically) means that students use a thoughtful process to make reasoned and informed decisions, as well as solve problems. It is the opposite of just reacting to a situation. Have you ever noticed your son or daughter acting on something without thinking it through?

During adolescence, the brain goes through a natural paring down process. It gets rid of unused brain cells, making it seem that at times kids are "losing their minds." This is one reason your adolescent may tend to act impulsively, without thinking. During this time of change, adolescent brains are still developing and the "thinking" part of the brain needs to be exercised. By teaching critical thinking skills and using them every day, that part of the brain remains active, so it grows and eventually develops into a healthy adult brain.

What Can You Do To Foster Critical Thinking?

- As a family, play strategy games.
- Do Brain Teasers together.
- Have "What if...?" discussions. They can be as silly as "What if the sun fell from the sky?" or as serious as "What if our planet's average temperature rose by ten degrees?"
- Solve puzzles including crossword puzzles and sudoku.
- When someone in your family makes a decision, ask him/her to explain how they arrived at their decision.
- Read books on critical thinking.
- Think about creative ways to solve some of the world's most challenging problems.
- Spend time... just thinking.

READ ALL ABOUT IT

The Big Book of Brain Games: 1,000 PlayThinks of Art, Mathematics & Science by Ivan-Moscovich and Ian Stewart (2006) You will find 1,000 challenges, puzzles, riddles, and illusions.

"When Philip Abrams and colleagues analyzed 117 studies about teaching critical thinking, they found that the most effective approach is **explicit instruction**—i.e., teaching kids specific ways to reason and solve problems. In studies where teachers asked students to solve problems without giving them explicit instruction, students experienced little improvement (Abrami et al 2008)." Teaching critical thinking: A Parenting Science guide by Gwen Dewar, Ph.D. (2009)

Check out this website.

Neuroscience for Kids:

<http://faculty.washington.edu/chudler/works.html>