

Teaching and Learning – 5 minutes

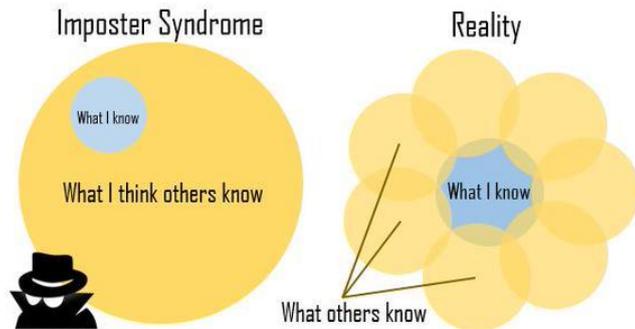
...over a hot brew!

Research, Resilience, and Reflection

Issue 31:



1. In Pictures:



2. Education Research: Body language

Body language is an area that is potentially taken for granted. Humans, especially children, are very influenced by body language; the way you hold yourself, subconsciously provides signals that are interpreted (Is this person confident? Are they nervous? Are they unsure?).

As with many species, such as dogs or chickens, humans want to know the pecking order. It doesn't matter whether they are at the very top, they simply want to know where in the order they are. It is important, therefore, that you are demonstrating through body language to students that you are, in fact, in charge. This does not mean aggressive and domineering behaviour rather this is about the subtleties of your demeanour; there is a fine line to be walked here.

There are a lot of subtle actions and signals that imply submissiveness or of being uncomfortable. Standing with hands in pockets can imply disinterest and disengagement; hiding behind desks (whether sat down or stood up) can give the impression that you are trying to put something between you and them.

In general, standing confidently in front of the students, making eye contact with them and engaging

with them (smiling when appropriate) will result in a positive response and a much more productive learning environment.

3. Teaching Strategy: Be seen looking / radar

What are they? Take time to scan the classroom. Prevent non-productive behaviour by developing your ability to see it when it happens and by subtly reminding students that you are looking.

Why do it?

- Improved behaviours - poor behaviour can be tackled before it escalates.
- Improved data to support further teaching and learning

What does it look like?

- Take time (a few seconds) to step out of the 'teaching zone' and scan the room.
- Stand in a position that will maximise the viewing angle - normally a corner
- Deliberately be seen looking (make eye contact)
- Intervene if a student is in need (a reminder to be on task, educational support provided)

4. To ponder...

"Live as if you were to die tomorrow. Learn as if you were to live forever." [\[Mahatma Gandhi\]](#)



Thoughts about Teaching and Learning... Share!