



MVP SPACES

A Holistic Learning Environment ———

**A guide for using
8 **Physical** S.T.A.P.L.E.s
in the classroom.**

Simple Techniques to Achieve a Positive Learning Environment

Physical SPACE

Property or body of space that is safe, clean and nurturing to support a positive learning environment.

Physical S.T.A.P.L.E.s

1. Play Low, Soft Music
2. Provide Flexible Seating Options
3. Use Hands-on Activities
4. Keep All Areas Cleaned and Organized
5. Make Learning Mobile
6. Use a Student Reflection Area
7. Take Active Brain Breaks
8. Give Students Classroom Jobs

Research Resource Page can be found [HERE](#)



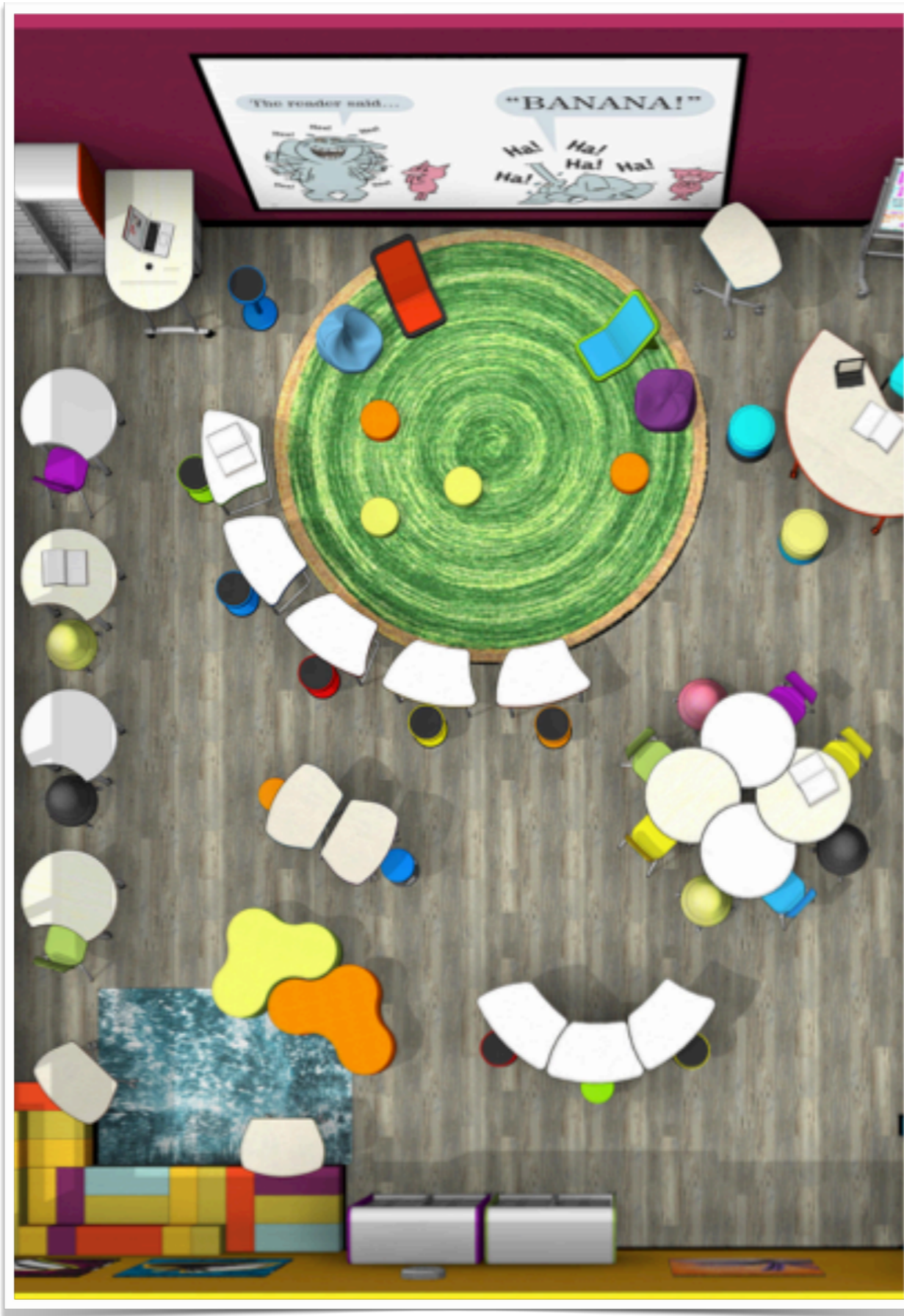


S.T.A.P.L.E. #1

Play Low, Soft Music

Music is a universal language crossing all cultures and ethnicities. Music strengthens the auditory, visual/spatial, and motor cortices of the brain. These areas are tied to speech and language skills, reading comprehension, brain organization, focus, and attention. Playing low, soft music in the background can support productivity and mindfulness in the classroom. Two tips for playing music in the classroom:

1. Classical music has the most benefit for attention and focus. (Music selections: Bach, Haydn, Mozart, and Vivaldi).
2. Playing a variety of music additionally promotes relevance and exposure to other cultural backgrounds.



S.T.A.P.L.E. #2

Provide Flexible Seating Options

Flexible seating supports engagement and collaboration in learning. When classrooms transform to include various seating options, students become the center of learning. Productivity increases as students work in a variety of areas in the classroom in groups or individually. The flexibility of the classroom also helps student movement, which is beneficial for learning. Three tips to structure flexible seating areas:

1. Replace desks with a table and chairs.
2. Create zones in the classroom that reflect your teaching style.
3. Limit physical barriers to group work.

S.T.A.P.L.E. #3

Use Hands-on Activities

Ben Franklin once said, “Tell me and I forget. Teach me and I remember. Involve me and I learn.” When students are involved in learning, it sticks. Hands-on activities or “experiential learning” are known to support the development of neural connections and longterm memory storage. Students may not memorize a formula, but they will remember when they actively problem solved to reach a valid solution. Include hands-on activities using these three tips:

1. Allowing students to make/build products of their learning.
2. Make learning activities relevant to real-world problems/solutions.
3. Plan hands-on experiences in lessons.

[7,28,91]



S.T.A.P.L.E. #4

Keep All Areas Clean and Organized

Keeping the classroom and surrounding areas clean and organized is essential for maintaining safety and structure. Modeling the procedures for daily tasks and routines, from washing hands to placing materials in the proper place, support important life skill transferability. Three tips for creating a clean and organized area include:

1. Set up a routine for daily cleaning/organizing.
2. Maximize the classroom structure (setup) to promote a safe environment.
3. Examine the classroom daily for areas that need attention.

[21,79]





S.T.A.P.L.E. #5

Make Learning Mobile

When learning extends beyond the four walls of the classroom, student engagement becomes immersive. Place-based learning, for example, provides the place in which students will learn. Whether a field trip to the library, science lab, or specific site, student engagement can be increased by a changing location. Three tips for going mobile with learning include:

1. Collaborating with another teacher to work on a project outside the classroom.
2. Planning instruction that provides for place-based learning specific to a lesson.
3. Use of mobile technology that supports mobile learning spaces.



S.T.A.P.L.E. #6

Use a Student Reflection Area

Reflection is an important step in learning in order to make meaning of what is being taught or to process the information. There are times when a student may need to spend time alone to reflect or “get it together.” A dedicated reflection space can be beneficial for various situations that may come up in a classroom. 3 tips for setting up a place for reflection include:

1. Setup an area (if possible) that is separate from the main gathering area.
2. Include a versatile seating arrangement for floor or chair use.
3. Provide student resources for reflection.

S.T.A.P.L.E. #7

Take Active Brain Breaks

Sitting down for long periods can be hard for attention and focus. Boosting our energy can help the brain to perform optimally through movement. Physical movement engages the brain and can improve concentration. Taking active brain breaks can help students regain focus during long instructional periods. Three ways to take active brain breaks instruction include:

1. Play a movement game (online).
2. Take a field trip outside to walk around.
3. Exercise in place.

[14,24,53,80]



S.T.A.P.L.E. #8

Give Students Classroom Jobs

Classroom jobs are a great way to build community and interdependence among students. Students develop more ownership and leadership skills in the learning environment when they feel a part of it. Responsibility can also be taught and modeled through active participation. Three tips for setting up classroom jobs include:

1. All classroom jobs must be meaningful and provide interactive modeling.
2. All students have a chance to hold the job (if not permanent).
3. A variety of jobs are offered, such as classroom maintenance, tasks, etc.

[62,66]





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