



Qudwa 2017 – Global Teachers' Forum Coffeehouse Sessions

“Activity-Based Teaching”
Marie-Christine Chanbari Jahromi
Saturday, October 7, 2017

80% of students in the Western world are not physically active. Marie's teaching method is to train both the body and the mind. She starts her class every day by engaging students in a physical activity. Counting and doing coordinated action is good for blood circulation in the brain. By exercising, students feel more comfortable. They also get more involved when they work in groups. To demonstrate her teaching methods, Marie asked the audience to stand up and take their shoes off and to shake them up.

For training the brain, Marie's method is called 4/5 – 4 kids discussing five ideas. She divided the room into groups of 4-5 teachers (more than 5 people in a group is not recommended because the extra person/s will not be as involved). Each group was asked to decide on a name to call itself and to choose a concept or a problem and come up with the necessary steps to address it, or ways to solve it. Each one in the group was assigned a role. In five minutes, a designated member in each group had to share his/her insights with the rest of the room.

This exercise encourages student autonomy, research, respect and introduces students to a competitive spirit and general problem solving skills.

