



Qudwa 2017 – Global Teachers' Forum Coffeehouse Sessions

"Innovation in Teaching Methods"
Mike Wamaya
Sunday, October 8, 2017

Mike teaches ballet in Nigeria. He started the Coffeehouse session by sharing a short video of one of his classes in Nigeria, demonstrating his students' skills and aptitude to learning. This was followed by a sequence of exercises with the teachers in the room to emphasize the importance of breathing and relaxing the muscles as a tool to allow the brain to open and absorb learning better. "Students hold their breath when they're nervous", Mike said.

Mike's advice:

- Own the exercises
- Concentration is the game
- Keep the rhythm if you can
- Dancing is not only a physical activity. It helps students concentrate and build other skills.

