The Physical, Cognitive, and Behavioral Benefits of Walking While Listening to Podcasts

Presented by Debra Ives
By the end of this presentation you will:

- understand what The Walking Classroom is and
  - the research behind the program
  - the content and structure of the program
  - resources available to supplement the program
  - how the program can be used in classrooms, OST and summertime
  - How it aligns with quality standards for expanded learning programs in California
  - How the program aligns with the priorities of Federal Funds including ESSER Funds

- have the opportunity for Q & A
The Walking Classroom is a program developed by Laura Fenn, M.S., Ed, for her fifth grade classroom as a response to the lack of opportunities for student activity during the school day. Fenn, an educator for over 15 years, noticed a direct correlation between her students’ academic performance and the amount of physical activity they regularly had, and she came up with a way to get students the exercise they desperately needed without sacrificing instructional time. The Walk, Listen, and Learn program was an instant success in her classroom. Soon Fenn dedicated herself to writing and producing age-appropriate podcasts specially written and recorded for 4th through 8th graders, and today The Walking Classroom is used by over 2,000 teachers and 75,000 students each year nationwide.
Walk.
Listen.
Learn.
Composite of 20 student brains taking the same test.

Research/scan compliments of Dr. Chuck Hillman, University of Illinois
Engaging Different Learning Styles

- Engaging different learning styles allows non-traditional learners to feel smart.

- Give kids a SCREEN FREE break from classroom-like learning while still supplementing the curriculum.

- It’s FUN! Kids don’t even realize how much they’re benefitting 😊
Pre-loaded “WalkKit” audio player
167 preloaded podcasts
No Wi-Fi or data needed
The WalkKit

- Lock symbol
- Current podcast number
- Total number of podcasts
- Battery door: Make sure the battery door is fully secured and flush with the WalkKit.
- Power / LOCK*: LOCK the keypad after the podcast starts by quickly pressing the orange button once. This will prevent the podcast from skipping or stopping while walking.
- 5 narration speeds
- Time left on podcast
- Reverse to previous podcast
- Rewind within a podcast
- Forward to next podcast
- Fast forward within a podcast
- Play / Pause

my.playaway.com
What do the kids listen to while they walk?
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<th>#</th>
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<th>Health Literacy Message</th>
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<td>Introduction to TWIC</td>
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2 Introductory Podcasts  
43 Language Arts Podcasts  
80 Social Studies Podcasts  
42 Science Podcasts  

167 Total Podcasts  

Suitable for kids in grades 3 - 8
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The Podcasts
(targeted for grades 3-8)

Socio-emotional learning is woven throughout the podcast and discussed post-walk
Extensive lesson plans support each podcast
(137) Hot Springs and Geysers

Sample Annotated Lesson Plan

Synopsis
Today’s Walking Classroom discusses hot springs and geysers, two related types of hydrothermal activity found in areas near volcanoes. Hydrothermal comes from two Greek words, hydro meaning water and therme meaning heat. Hot springs form when water that has risen to the surface of the earth collects in heated pools while geysers shoot fountains of water and steam into the air. Hydrothermal activity occurs all over the world, but is observed mostly in Iceland, New Zealand, and Yellowstone National Park.

Objectives
1. Understand how hot springs and geysers are formed.
2. Compare and contrast geysers and hot springs.
3. Explain where hot springs and geysers are found and why.

Procedure
If you want to compare student comprehension before and after listening, administer the Comprehension Quiz before doing anything related to the podcast. Retest after walking.

1. Review key vocabulary (included definitions are limited to the context of today's podcast):
   - toxins (noun): waste products produced by cells in the body
   - hydrothermal (adjective): having to do with hot water
   - magma (noun): rock within the earth that is so hot it has turned to liquid

2. Build background by asking students, “Have you ever seen a hot spring or geyser? What makes them special?”
3. Allow time for discussion.
4. Podcast preview: “Have you ever heard of Old Faithful? Today we’re going to learn more about how, why and where hot springs and geysers form. Ready? Let’s go!”
5. Walk.

Questions for Thought and Discussion
Upon return to the classroom, discuss the main ideas and content from the podcast using the questions and suggested answers below.

1. What were some of the big ideas of this podcast?
   - A geyser is hydrothermal activity where a fountain of water shoots into the air.
   - Geysers and hot springs only form in regions where there has been volcanic activity.
   - Hot springs occur more slowly and less dramatically than geysers because the steam has an open path to travel, so pressure doesn’t build up.

2. What specific conditions are needed to create each of them?
   - Hot springs and geysers only occur in regions where there has been volcanic activity. The underground water gets heated by magma.

3. While hot springs occur gradually and peacefully, geysers appear dramatically and forcefully. Although very different, both are beautiful.
   a. What is the benefit of approaching things with patience and taking your time?
      - Suggestion: By being patient and approaching situations slowly, you have an opportunity to think through a situation and decide the best way to respond and move forward.
   b. What is the benefit of approaching things boldly and confidently?
      - Suggestion: Sometimes taking a risk and being bold can have great rewards. You might miss out on an opportunity if you wait too long.

A health literacy message is discussed during the first few minutes of the podcast. All podcasts feature a character value discussion.
Sample Annotated Lesson Plan

(137) Hot Springs and Geysers

Synopsis

Today’s Walking Classroom discusses hot springs and geysers, two related types of hydrothermal activity found in areas near volcanoes. Hydrothermal comes from two Greek words, hydro meaning water and therme meaning heat. Hot springs form when water that has risen to the surface of the earth collects in heated pools while geysers shoot fountains of water and steam into the air. Hydrothermal activity occurs all over the world, but is observed mostly in Iceland, New Zealand, and Yellowstone National Park.

Objectives

- Understand how hot springs and geysers are formed.
- Compare and contrast geysers and hot springs.
- Explain where hot springs and geysers are found and why.

Procedure

If you want to compare student comprehension before and after listening, administer the Comprehension Quiz before doing anything related to the podcast. Restart after walking.

1. Review key vocabulary (included definitions are limited to the context of today’s podcast).
   - toxins (noun): waste products produced by cells in the body.
     When we eat processed and refined foods, the body releases many toxins.
   - hydrothermal (adjective): having to do with hot water.
     Geysers and hot springs are two types of hydrothermal activity.
   - magma (noun): rock within the earth that is so hot it has turned to liquid.
     Magma is responsible for heating the water in geysers and hot springs.

2. Build background by asking students, “Have you ever seen a hot spring or geyser? What makes them special?”

3. Allow time for discussion.

4. Podcast preview: “Have you ever heard of Old Faithful? Today we’re going to learn more about how, why and where hot springs and geysers form. Ready? Let’s go!”

5. Walk.

Questions for Thought and Discussion

Upon return to the classroom, discuss the main ideas and content from the podcast using the questions and suggested answers below.

Questions for all podcasts will follow the same structure: main idea, connections, and character value.

1. What were some of the big ideas of this podcast?
   - A geyser is hydrothermal activity where a fountain of water shoots into the air.
   - Geysers and hot springs only form in regions where there has been volcanic activity.
   - Hot springs occur more slowly and less dramatically than geysers because the steam has an open path to travel, so pressure doesn’t build up.

2. Hot springs and geysers only occur in specific locations. What specific conditions are needed to create each of them?
   - Hot springs and geysers only occur in regions where there has been volcanic activity. The underground water gets heated by magma.
   - Suggestion: By being patient and approaching situations slowly, you have an opportunity to think through a situation and decide the best way to respond and move forward.

Connection to everyday life:

- Hot springs and geysers only occur in regions where there has been volcanic activity. The underground water gets heated by magma.

- Suggestion: Sometimes taking a risk and being bold can have great rewards. You might miss out on an opportunity if you wait too long.
Sample Annotated Lesson Plan

(137) Hot Springs and Geysers

Synopsis

Today's Walking Classroom discusses hot springs and geysers, two related types of hydrothermal activity found in areas where there has been volcanic activity. Hydrothermal activity occurs all over the world, but is observed mostly in Iceland, New Zealand, and Yellowstone National Park. Today we’re going to learn more about how, why and where hot springs and geysers form. Ready? Let's go!

Podcast Preview: “Have you ever heard of Old Faithful? You might miss out on an opportunity if you wait too long.

Focus on character value:

1. What is the benefit of approaching things boldly and confidently?
   - Suggestion: Sometimes taking a risk and being bold can have great rewards. You might miss out on an opportunity if you wait too long.

2. While hot springs occur gradually and peacefully, geysers appear dramatically and forcefully. Although very different, both are beautiful.
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Questions for Thought and Discussion

Upon return to the classroom, discuss the main ideas and content from the podcast using the questions and suggested answers below.

1. What were some of the big ideas of this podcast?
   - Suggestion: Sometimes taking a risk and being bold can have great rewards. You might miss out on an opportunity if you wait too long.

2. Why do hot springs and geysers form where there has been volcanic activity? How do they form when water that has risen to the surface of the earth collects in heated pools while geysers shoot fountains of water and steam into the air.
   - Suggestion: By being patient and approaching situations slowly, you have an opportunity to think through a situation and decide the best way to respond and move forward.

3. What is the benefit of approaching things with patience and taking your time?
   - Suggestion: By being patient and approaching situations slowly, you have an opportunity to think through a situation and decide the best way to respond and move forward.

4. Where have you ever seen a hot spring or geyser? What makes them special?
   - Suggestion: Sometimes taking a risk and being bold can have great rewards. You might miss out on an opportunity if you wait too long.

5. Did you learn anything new today? Explain.

6. What are some of the big ideas of this podcast?

7. What is your favorite thing about today’s podcast?

Health Message:

Toxins are substances that are harmful to living things. They can be found in foods, water, air, or soil. Toxins can be harmful to humans, animals, and plants.

Focus on character value:

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5. Did you learn anything new today? Explain.

6. What are some of the big ideas of this podcast?
1. A geyser is a type of hydrothermal activity where
   a. a fountain of water shoots into the air.
   b. water forms into a natural pool.
   c. the earth begins to tremor or shake.

2. The water in geysers and hot springs becomes hot when
   a. the sun has shone on it for long periods of time.
   b. it comes in contact with magma.
   c. it is exposed to forest fires.

3. Hot springs occur more slowly and less dramatically because
   a. they are formed through a more complicated process than geysers.
   b. the steam has an open path to travel, so pressure does not build up.
   c. they depend upon an interaction between the minerals in the rocks and the water.

4. Hydrothermal means
   a. having to do with long underwear.
   b. having to do with hot water.
   c. occurring near water.

5. According to the podcast, what word would best describe hot springs?
   a. bouncy
   b. erupting
   c. peaceful

6. Which of the following is a fact about geysers and hot springs?
   a. They only form in regions where there has been volcanic activity.
   b. They always result with an explosion of water up through the air.
   c. They are beautiful and exciting natural occurrences.

7. Number the events from the Legend of Blue Feather in the order in which they happen. (1, 2, 3)
   ____ Rain water or melted snow seeps into the ground.
   ____ The steam rises back to the surface either slowly, like a trickle, or in a sudden burst.
   ____ The water becomes heated and turns into steam.

8. What is the main difference between hot springs and geysers?
   a. One is cold and the other is hot.
   b. One is found in Iceland and the other is found in New Zealand.
   c. The force and speed with which the steam rises to the surface.

9. Toxins help keep our bodies healthy.
   a. true
   b. false

10. Nuts, avocados and whole grains contain Vitamin E.
    a. true
    b. false
Evidence-based program

A team of researchers at UNC Chapel Hill conducted two studies in 2018 and 2019.

Classroom research study of 300 students proved:

- Walking improves student learning and retention
- Walking had a significant positive impact on cognitive test performance
- Walking improved student mood
- Students report feeling happy, healthy, alert, energized, strong and educated after walking

Physical activity and health literacy study of over 1,000 students:

- Brief health literacy message in each podcast
- Students demonstrated significantly higher levels of health literacy at the end of a year using the program
- Students demonstrated significantly higher levels of physical activity after one year using the program.
1 Walking improves student learning and retention

Students demonstrated significantly higher levels of learning while walking and listening to podcasts vs. levels of learning when sitting while listening to podcasts, both in short-term, and long-term retention, as measured by performance on the 10-question comprehension quiz on podcast content.

In addition, walking had a significant positive impact on cognitive test performance as measured through a 3-minute multiplication test administered post-walk.
How do you feel while you walk, listen, and learn?

- Energized
- Excited
- Smart
- Happy
- Educational
- Fun
- Healthy

Word size above correlates with frequency of words mentioned by students within the discussion.

How do you feel after you walk, listen, and learn?

- Knowledgeable
- Calm
- Great
- Relaxed
- Alert
- Strong
- Invincible
- Energized
- Healthy
- Prepared
- Refreshed

Teachers also report higher attendance rates on Walking Classroom days.
The Walking Classroom program meets the Every Student Succeeds Act’s (ESSA) Tier 2 definition of evidence-based—the second-highest bar for any intervention, product, or program.
Supplemental activities can be found on our Adopter Resources page
Member Login

Username or Email
laurafenn

Password

Remember Me

LOGIN

Forgot Password?

Join Us

Troubleshooting

Having trouble logging in or accessing the resources when the system *thinks* you’re logged in? Try these steps.

1. Click the logout link if the system thinks you’re logged in. (If it doesn’t, skip to step 2.)
2. Clear your browser cache. (Here is a site that tells you how to clear the browser cache in several browsers.)
3. Refresh the login page.
4. Try to log in again.

If you still have problems, please contact us!
Teacher Survey Results
End of the 2020/21 school year survey

✓ About 100 teachers responded:

— 97% trust the educational content of The Walking Classroom
— 96% enjoying doing TWC lessons with their students AND it is easy to implement
— 95% agree TWC is an effective tool to increase discussion and engagement
— 92% agree TWC engages different learning styles
— 95% agree TWC is an effective tool to differentiate instruction
— 96% agree listening to TWC podcasts strengthens student understanding of curriculum content
— 90% agree that TWC helped increase students’ discussion and practice of the character values
— 83% say that after TWC, they saw an increase in health awareness and healthy choices in their students
— 84% say that after walking, their students are better behaved

“The Walking Classroom allows my students to exercise, learn tips about healthy living, gain values to practice, as well as building background and learning many different topics while having fun.”

— Anne Martin, Teacher, NJ
Traditional School / OST / Summer Programs
Ideas for use in OST or Summertime

- Facilitators do not need to be trained teachers. We provide complimentary training.
- Units anchored by TWC Podcasts -- Weather, Ocean, Space, Presidents, Famous Scientists, America's Pastime, The Olympics
- Plan B - Cancelled field trips, staff shortages, etc.
- Fun Friday - Kids listen to the podcast of their choice
- Incorporate into a family engagement event
- STEM Camp
- Kids can walk outside or inside
The Walking Classroom and ELOP Quality Standards for California

✓ Safe and Supportive Environment – Supports the developmental, social-emotional and physical needs of all students

✓ Active & Engaging Learning – Active, meaningful, and engaging learning method that expands student horizons

✓ Healthy Choices & Behaviors – Promotes student well-being through opportunities to learn about and practice physical activity and other healthy choices

✓ Quality Staff – Facilitate activities that engage students in active and meaningful experiences that build mastery and expand horizons

✓ Collaborative Partnerships – Builds and supports collaborative relationships including with families, schools, and the community

✓ Sustainability – Program can be implemented, year after year
The Walking Classroom & CA ELOP Standards
You can apply for donated materials, too!

www.TheWalkingClassroom.org/apply

Educational podcast samples with complete lesson plans!

Complete this form for immediate free access to 26-28(!) educational podcast samples and a free Teacher’s Guide with lesson plans.

Fully experience The Walking Classroom with these educational podcast samples AND our new sample Teacher’s Guide!

The Walking Classroom program provides standards-aligned educational podcasts that each begin with a brief health literacy message and then transition to topics focused on science, social studies, and English language.
The Walking Classroom Alignment

- Supports Low-Income Students
- Supports Low-Performing Students/Schools
- Improves Academic Achievement/Provides Academic Enrichment
- Reinforces Curriculum
- Supports Students’ Physical and Mental Health
- Supports Safe and Healthy Schools
- Offers School-Wide Programs
- Enhances Out-of-School Time Programs
- Supports English Language Learners
- Supports Character Education/Social Emotional Learning
- Provides Professional Development for Teachers
- Allows for Connection with Families
ESSER funds

“These Federal emergency resources are available for a wide range of activities to address diverse needs arising from or exacerbated by the COVID-19 pandemic, or to emerge stronger post-pandemic, including responding to students’ social, emotional, mental health, and academic needs and continuing to provide educational services as States, LEAs, and schools respond to and recover from the pandemic.”

The Walking Classroom meets these guidelines.

✓ Evidence-based enrichment intervention
✓ One time expense, not a renewable subscription
✓ Addresses academic learning loss
✓ Provides social-emotional support
The Walking Classroom

High-quality academic enrichment paired with structured physical activity

- Aligns with academic standards
- Increases physical activity
- Builds core content knowledge
- Supports social emotional learning & character education
- Engages different learning styles
- Builds health literacy & healthy habits
- Easy for staff to learn and facilitate
Pre-loaded “WalkKit” audio player
167 preloaded podcasts
No Wi-Fi or data needed
Can be shared among students

$125 per device - Use-it-or-Lose-it
sale through June 30 -- $100 per device

A one-time expense, not subscription based
Mobile App
Web-based app or Apple Store & Google Play

28 podcasts are available to listen to, free of charge

$3.99 per device /month
To get access to all 191 podcasts
We are here for you!

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www.TheWalkingClassroom.org

Please let us know if a quote would be helpful for your planning purposes