

## 8 Recommendations from the Science of Learning

1. Engage all the senses.
2. Engage the mind, heart (emotions), and body (movement).
3. Foster well-being for the body & mind with sleep, rest, nutrition, hydration, & exercise.
4. Support learners in managing stress, threats, oppression, & fear. Don't add to them.
5. Foster intrinsic motivation through meaning, relevance, rigor, and by celebrating progress.
6. Encourage focused attention (mindfulness not multitasking) in short spurts with lots of breaks.
7. Encourage doing and reflecting in an ongoing cycle. Praxis.
8. Cultivate positive emotions and social connections.

**Source:** [Blog Post by Keith Edwards, 8 Tips from Neuroscience for Teachers and Learners of All Kinds](#)

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