

(50-min. Teacher Training Session)

Materials for Portable Embodied & Extended Cognitive Self-Sourcing (PEECSS)

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Many people have a hard time talking without moving their bodies. Language is co-constructed with body movement. Most people have a time speaking a foreign language without a partner to speak it with, these might be called situational extensions. Many people also have movements (a golf swing), a song they sing, or a saying they repeat when they want to change their mood or remind themselves of important things. The use of embodied and extended cognitive activities such as songs, stories, poems, phrases, mantras and gestures, that gain meaning outside the language classroom once repeated and learned, can become portable for language learners. A small group of researchers have been studying PEECSS procedures and the development of materials for language teachers and their classes which can help students not only learn more language, more easily, but also feel psychologically supported and generally more positive with well-being (called, value added language learning). The shared theme is that songs, stories, and other portable activities bring emotional humanistic support to learners in and outside the classroom and assist in language learning continually. This presentation will provide examples that you can use and hopefully stimulate you to create more yourselves.