

Physical Literacy Builds Better Brains

Physical Literacy Proof of Concept in Child Care Study – Phase Two

The Core Story of Early Brain Development

The Core Story is a series of metaphors which help to explain how the growing brain develops and how the adults in children's lives support that healthy growth.



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Building a Brain is Like Building a House – “Nurturing Nature”

This metaphor explains the importance of laying a solid foundation in the early years. A house has four walls or areas of development: cognitive, social, emotional, and physical. Our study found that children:

COGNITIVE

- ✓ Focused and paid attention
- ✓ Showed more divergent thinking and problem solving

SOCIAL

- ✓ Demonstrated more cooperative, imaginative, and creative play
- ✓ Shared and played together

EMOTIONAL

- ✓ Regulated emotions
- ✓ Transitioned more calmly

PHYSICAL

- ✓ Ate and slept better



Serve and Return – Relationships, relationships, relationships

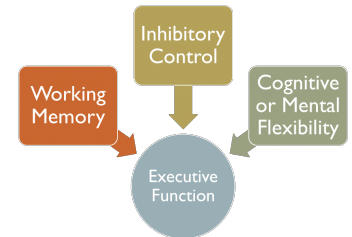
Serve and return refers to the back and forth interactions between children and adults. Play is one of the best ways to support serve and return between adults and children. Our study found:

- ✓ Educators spent less time managing behaviours and saying “no”
- ✓ Both educators and children felt calmer and more productive

Air Traffic Control – Executive Function Skills

The metaphor of air traffic control outlines the skills necessary to be successful in school, at work, and in life – working memory, inhibitory control, cognitive flexibility. Our study found that children:

- ✓ Followed instructions
- ✓ Waited their turn



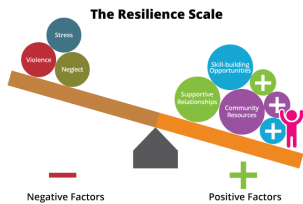
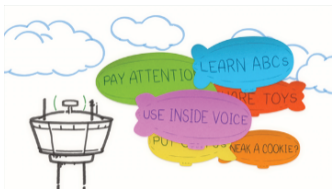
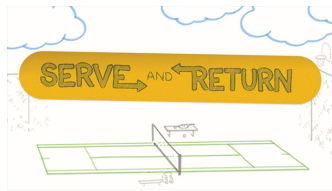
Resilience Scale – Balancing Negative Factors with Positive Ones

When children encounter challenges while being supported by caring adults, they learn how to overcome adversity, build coping strategies, and become more resilient. Our study found that children:

- ✓ Demonstrated increased confidence and competence in moving actively
- ✓ Learned that they didn't always succeed; instead, they changed their plans and tried again

Conclusion

Our study has shown that when children are more active everyday, indoors and out, both children and educators benefit. Children exhibit fewer challenging behaviours and everyone experiences days that are calm, fun, and playful.



Study conducted by

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