



Christine Ruffolo: Bringing Feeling into Physical Education



Christine is a successful former athlete and a high school physical education teacher trying to change the system so that it serves all and becomes a study of the self. Explore how PE can help with mental health in a more personal, conversational and embodied way within the isolated space of the virtual world we are finding ourselves in.

TOP EMBODIMENT TIP: *Learning is not linear, you should be able to take any point and go in any direction*

Teaching Has Changed:

- During Covid 19 classes are being taught virtually.
- Children are isolated, stuck with themselves and it is important to address what is needed right now.
- **We can not approach education the same way anymore, we need to bring connection in.**
- Treat people as people, not as protocols.

How Do We Offer Connection in an Isolated Context?

- **Allow the students to lead and let the class be about them**
- Let your time together be a time that they can receive what they really need.
- There should be no forcing of anything upon the kids.
- Recognise that the conversation is a connection point.
- Teens are equal partners in the process of engagement, exchange and learning through the conversation.

The Art of Conversation: Allow Them to Lead Themselves Through a Maze of Seeing, Feeling and Understanding

- Ask questions and respond to them in the conversation when finding gaps.
- Build bridges - let the kids organise and then communicate their thoughts.
- Create time and space to reflect on the conversation objectively.
- Practising conversations with the self (between brain and body); learn to feel and sit with the feelings.
- Help students recognize there are multiple ways that people see the world.
- Be present on the journey of recognising what is right or wrong for them, they are the ultimate deciders of this.
- Aligning with nature - allow the kids to do as they feel without instructions.

Resources:

- ❖ **Website:** postcompetitiveinsight.com
- ❖ **References:** thinkmovement.net



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Integral Anatomy is an approach to understanding the human form that emphasizes textural layers, continuities and relationships. Gil is on a mission to challenge the cultural problematization of the body, and to share an integral vision of the human form. He believes the body is not a problem to be solved, but a gift to be received, appreciated and explored.

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