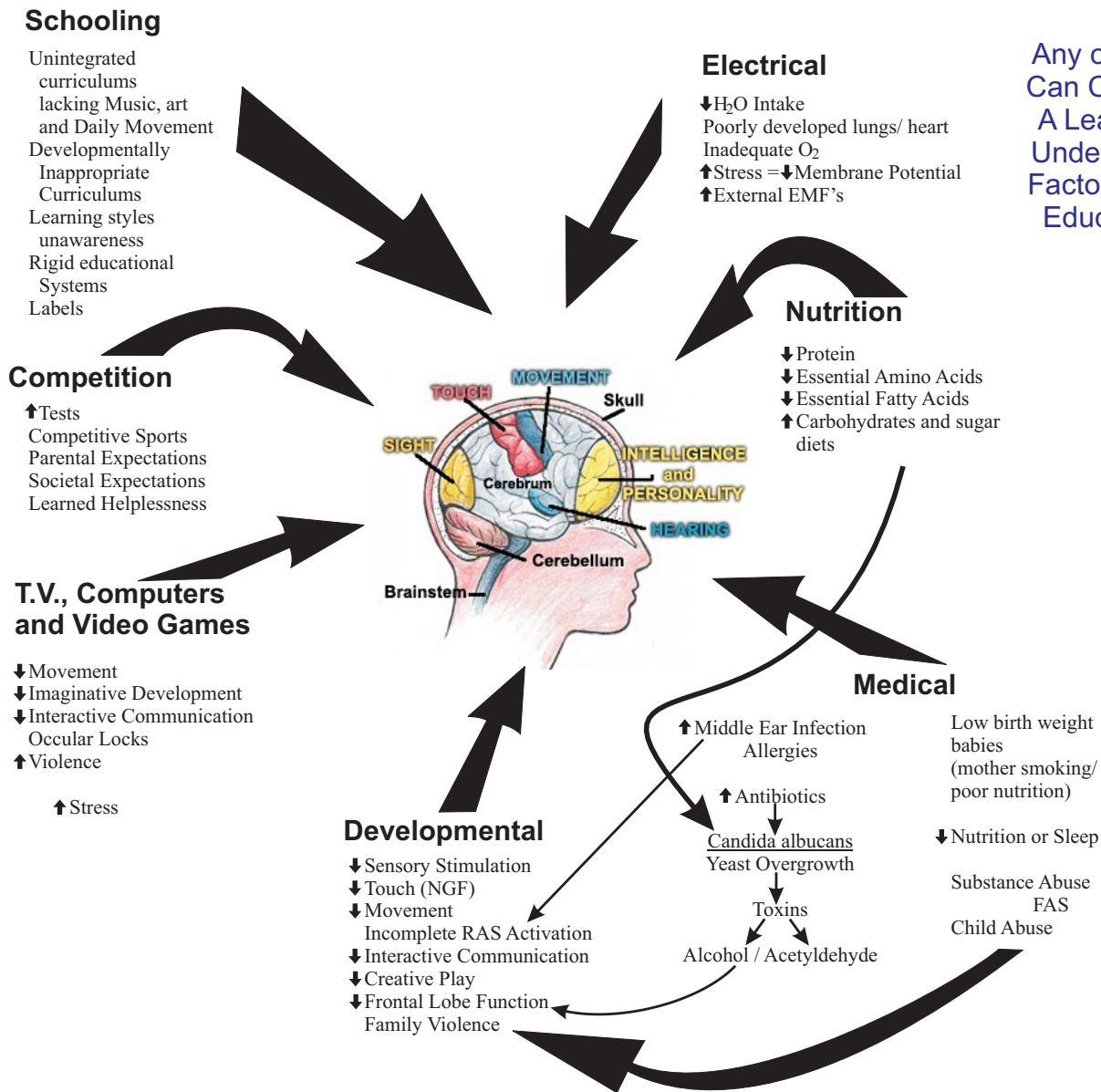


# WHAT IMPACTS ON EFFECTIVE LEARNING?

A review of research shows strong evidence for a variety of effects of stress on Stressed Out and Survival Oriented Humans (SOSOH). Children exhibit a range of learning and behavioural problems as a result of the factors outlined below:



Source: Hannaford, C, PhD; Smart Moves: Why Learning Is Not All In Your Head

**KEYS**

- ↑ Increase
- ↓ Decrease

**Explanation:** (Arrows Upward or Downward” means “Increase or ‘Decrease”

**There are numerous factors that influence learning in classrooms.**

Outlined above is a snapshot of factors that will impact on learning and overall brain behaviour and physical performance. The image indicates that the activity of learning emanates from a holistic understanding of all parts of the body that interacts to create a living and learning experience. A breakdown or influence due a number of risk factors can have a detrimental affect on overall health and learning performance. The graphic above is meant to be a snapshot and is not exhaustive in explaining how such processes happen. This is the subject of some of our other publications and workshops.