

**Teacher Workshop**  
**Jefferson Elementary School**

**May 10, 2005**

*“Steven Angel was fantastic. He made me remember that children learn at a different pace and that they are unique. The exercises are wonderful because I can use them right away with my students. I loved the Trust activity and Power Rhythm. Visualize getting an A!” I.R.*

*“Steven Angel is a very enthusiastic person who presented rhythm of learning in a way I had never seen rhythm presented. He showed us that a group is connected by rhythm and that the individual is also empowered by rhythm. I liked the Pulse Beat because after we did it I had more sense of my surroundings..” P.M.*

*“This experience today was very enlightening. Rhythm seems to solicit energy and creates a pulse. Tempo, phrasing and echoing bring all children into the activities. .” M.G.*

*“This experience made me think about a missed opportunity that I will reclaim in the morning. The focus and motivation that such visceral movement brings will help me teach my students with less time wasted and more focus on a given subject. I only wish this was being offered as a classroom project. Thank you..” D.M.*

*“Steven Angel’s workshop on Rhythm of Learning was great. It gave me a new way of looking at maintaining a positive and energetic class as they (students) learn and as I teach. I look forward to applying his exercises in my classroom..” M.J.*

*“Great inservice! I believe children should use their energy for learning and some teachers want to suppress that energy. I’m glad you came and stated: Teachers should “shift the control and embrace the energy”! Thanks for creating an awareness at the school.” Principal*