Embodied cognition is a philosophy that claims that learning is body-based. One might ask how that has anything to do with teaching and learning mathematics. In this talk, I will illustrate ways in which this lens can facilitate learning. I argue that most faculty probably already adopt aspects of embodied cognition into their courses and my hope is to help make faculty more aware of how they do this. As part of my presentation, I will share how to integrate embodiment into an abstract algebra class. Please bring your fun meters so we can experience some of these ideas together.

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