



HELLO Lab

HEARING EXPERIENCE LANGUAGE LEARNING OUTCOMES

UNIVERSITY OF CONNECTICUT

Embodied Cognition



Meaning that...

The brain and body are linked.
Language learning and understanding are grounded in sensory-motor experience- babies first learn what words mean by linking concepts to real experiences.

Language learning is not a spectator sport. It isn't learned best through hearing it in the background or seeing it on a screen,

What would that look like? A baby is given an apple

The baby uses **sensorimotor exploration** to create a deeper understanding of what an apple is.

Drop the apple and
hear a sound



Shiny



Firm

The baby can:

Watch others
take a bite



Hold it in their hand,
to feel the weight
and shape

**the baby senses that
an apple is:**

Smooth

Edible

It is easier to learn and understand words with associated experiences.

This is an active, embodied learning experience

So, how can you help your child engage in embodied cognition?

Explore without limits

Let your child explore without instruction or corrections. Sensory experiences like sounds, smells, tastes, touch, and all the different sensations can be messy- but this level of engagement helps a child form a strong idea of their environment.

Be curious together

Share questions and commentary that engage with what the many modalities your child is interacting with in their environment.



Play with purpose

Games like pretend play and physical activities allow for active exploration of their knowledge.

