

Abstract

Children are living examples of their environment. They are the seeds of our future and with every life experience they are gaining nourishment in the form of meaning, reasoning, and clarity of the world around them. These experiences aid in the development of their points of view and the mindsets they take on as individuals, shaping their character and contributing to the development of their personalities. Teachers can play a key role in providing avenues for students to discover themselves in a healthy atmosphere, with purposeful instruction, and the support of their peers.

This action research analyzes how one class of 8th grade students interact socially during PE class, how those interactions are affecting the learning environment, and how purposeful instructional strategies in character development via group processes, and team-building activities will affect those interactions and the overall learning environment.

The researcher of this project drew from her studies in Project Adventure, experiential learning, brain research, and further research from literature resources, in order to accurately gain data. The researcher presents many practical activities and elements that are applicable with any learning environment that do make a change in student interaction and awareness.