

MONTH:

● A.M. BRAIN BOOSTS

● P.M. BRAIN BOOSTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>15 Windmills</p> <p>20 Opposite Elbow-to-Knee</p>	<p>20 Step-Step-Clap</p> <p>10 Strong Jumping Jacks</p>	<p>March & Count by 10s to 200</p> <p>Standing "Rock, Paper, Scissors"</p>	<p>Invisible Jump Rope for 1 minute</p> <p>Arm Circles: 10 forward, 10 backward</p>	<p>10 Opposite Hand-to-Foot in Back</p> <p>Write first name in the air: left hand, then right</p>
<p>March & Count by 2s to 50</p> <p>15 Push-Ups</p>	<p>Penguin Hops</p> <p>Standing Leg Extensions: 10 left leg, 10 right leg</p>	<p>20 Claps Under Alternate Knees</p> <p>15 Squats</p>	<p>Step-Touch, Arms Press Up for 1 minute</p> <p>Run in Place, 1 minute</p>	<p>Step-Touch, Arms Press Out to Side for 1 minute</p> <p>20 Curl-Ups</p>
<p>Shoulder Rolls: 10 backward, 10 forward</p> <p>"Rock, Paper, Scissors, Math"</p>	<p>Write last name in the air: left hand, then right</p> <p>Invisible Hula Hoop: 1 minute right, then left</p>	<p>15 Sit and Reach</p> <p>Standing Leg Curls: 10 left leg, 10 right leg</p>	<p>March & Count by 5s to 100</p> <p>10 Opposite Hand-to-Foot in Front</p>	<p>10 Burpees</p> <p>Arm Circles: 10 forward, 10 backward</p>
<p>Step-Touch, Arms Press Out to Side for 1 minute</p> <p>Run in Place, 1 minute</p>	<p>March & Count by 10s from 200 to 0</p> <p>15 Stand on Tip-Toes and Reach Up</p>	<p>Invisible Jump Rope for 2 minutes</p> <p>30 Step-Step-Clap</p>	<p>Write first name in the air: left leg, then right</p> <p>20 Claps Under Alternate Knees</p>	<p>15 Push-Ups</p> <p>Step-Touch, Arms Press Up for 1 minute</p>
<p>15 Triceps Dips</p> <p>Standing Leg Extensions: 10 left leg, 10 right leg</p>	<p>Invisible Hula Hoop: 1 minute left, then right</p> <p>Shoulder Rolls: 10 backward, 10 forward</p>	<p>Penguin Hops</p> <p>"Rock, Paper, Scissors, Math"</p>	<p>March & Count by 50s to 500</p> <p>Write last name in the air: left leg, then right</p>	<p>Standing Leg Curls: 10 left leg, 10 right leg</p> <p>15 Stand on Tip-Toes and Reach Up</p>



MOVE2LEARN DURING ACADEMICS



ENGLISH LANGUAGE ARTS:

- Say rhyming words aloud while holding yoga poses.
- Use adjectives and tell how yoga makes you feel.
- Jump and spell vocabulary/spelling words.
- Use legs to make letters while spelling words.
- Jump each syllable in vocabulary/spelling words.
- Jump and stop on parts of speech (jump for verbs; stop for nouns).
- Line up in alphabetical order (by first name; last name).
- Act out key parts of story, poem, or song.
- Antonym, synonym "paper snowball" throw with partner.
- Compound word match-up.



FULL BODY BRAIN BOOSTS:

- Up, Down, Stop, Go
- My Bonnie
- Frog Jump/If You Are Wearing.../Variations
- Baby Shark
- Head, Shoulders, Knees, and Toes (or biceps, triceps, quads, and calves)
- Double, Double or any clapping variation
- Awake, Alert, Alive
- Paper plate "ice skating": Use paper plates as ice skates around the room. Try feet on skates, hands on skates, or combination.
- Mirror: Partners face each other; take turns imitating (mirror) movements.
- Hula Hoop Pass
- Balloon in the Air
- Silent Speed Ball
- Pencil Jumps: Place pencils on floor; jump over pencils forward and back or side to side 20 times.
- Pass ball with feet: Children sit in a circle, legs extended toward middle. Ball is passed around the circle with feet. NO HANDS! Add different size balls; use more than one ball to reduce wait time.
- Use pool noodles as balance beams - children walk the length of noodles.
- Bridge Ball: Children stand in a circle with feet hip-width apart. Neighbors' feet touch each other. Ball goes in the middle; children hit ball with hands through another child's legs (bridge). Assign 2 ball retrievers outside circle.



ALL CONTENT AREAS:

- Jump to represent any numerical answer (items in a category, letters/vowels in word, syllables, sides, edges, vertices of shapes and solid figures).
- Jump and name 7 continents, 5 oceans.
- Continent song.
- Act out molecules in matter.
- Act out/sing water cycle song; cardinal directions.
- Use body to create/represent simple machines, geographic features.
- Walking Work: tape word problems, equations, or questions around the room; students move from place to place answering questions/solving problems.
- Words/Pictures/Definitions: Distribute words, pictures/diagrams, definitions to students. They move around and match themselves up.



MATH:

- Use arms/legs to review degrees and angles (straight, obtuse, right, acute).
- Do yoga poses; identify angles in each pose.
- Skip count forward or backward.
- Partner skip count; skip count around a circle to a specific number.
- Jump on even numbers; hop on odds.
- Jump the number of times that represents the answer to equations.
- Practice doubles: say a number; students double the number and jump that number.
- Dribble an imaginary basketball while counting/skip counting.
- Use an imaginary jump rope while counting.
- Leap like a dancer while skip counting by 2s to 20, 3s to 30, 4s to 40, etc.
- Hopscotch jumps and count forward/backward.
- Frog, kangaroo, rabbit hops while counting.
- Jump underwater (in outer space, on hot sand) while counting.
- Rock, paper, scissors... MATH! Add/subtract/multiply combination of fingers shown on MATH.
- Draw 2-D shapes in the air with arms, then legs.