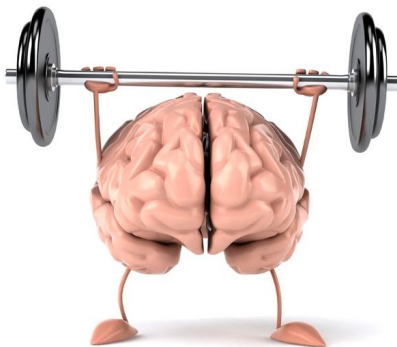




ENERGIZERS

1. **Morning Stretch:** Students stand/sit up tall. Take 3 deep breaths. Inhale, stretch arms overhead then side bend right and then left. Forward fold to reach towards toes. Inhale reach arms back overhead. Repeat 2 more times.
2. **Sit to Stand Spelling:** When reviewing or learning new spelling words, have students stand up to say a letter then sit down and stand up before saying the next letter.
3. **Math Movers:** Label dice with different exercises. When solving math problems, roll the dice to determine how many or what exercises to complete before solving the next problem.
4. **Test Reliever:** Before students begin a test, spend 1-3 minutes deep breathing and visualizing performing well.
5. **Move It:** As needed, provide a standard series of exercises (4-5 exercises, 30 seconds each) that allow students to move and re-energize their brains.



*Students who participate in
daily physical activity
experience improvements in
overall fitness and brain function.*

TIPS FOR SUCCESS

- Keep it short (1-5 minutes).
- Participate with your students.
- Create a routine by adding energizers into daily schedule or specific activities.
- Build learning concepts into movement.
- Encourage PE teacher to share ideas.
- Empower students and allow them to share ideas for movement.
- Provide modifications.

Visit www.bettertogetherlebanon.com for more information.