

BRAIN BLASTER

OF THE WEEK

Fit Fitness In: Incorporating Movement Into Learning

Studies have found that 85% of children are kinesthetic learners and movement can not only reinforce key concepts but also help keep students on-task (Kuczala, 2010). Check out some of the following ideas or create your own.

1. Human Graphs/Voting With Your Feet: Have students guess the answers to multiple choice or true/false questions by moving to different spots in the room.
2. Spelling Wiggles: Have students practice their spelling by spelling out the words using their bodies.
3. "Inches, Feet and Yards, Oh My!": Help students think about measurement distances by having them step in inches, yards, and feet across the room.
4. Verb Story: Help your students practice picking out verbs by reading a story and having them act out the verb every time they hear it.



Click Below for the Brain Blasters Video of the Week

Disco Map