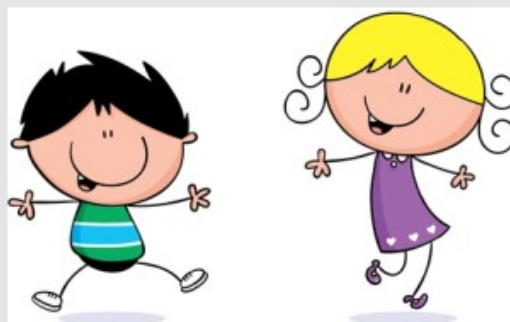




## Fitting Fitness In: The Kinesthetic Classroom

You know how beneficial classroom physical activity can be but fitting it into a busy schedule can be a challenge. Try these ideas to help fit activity in.

1. Put it in your planner-Write out the times each day you want to do a brain blaster. Other Metro Omaha teachers have found this is a great way to remind yourself about classroom physical activity as well as eliminate pressure to find the time for it.
2. Facts & Figures-Use movement to help students retain new facts. Try having them spell words with their bodies or do jumping jacks to practice their multiplication facts.
3. Stand Up-Instead of having students raise their hands have them stand up.
4. Verb Stories-When reading a story have students act out the verbs as they hear them.
5. Brain Blaster Leader of the Day-Instead of you (the teacher) having to come up with a brain blaster each day give your students the opportunity. Make it a contest. The most well behaved student or student of the day gets to pick a brain blaster for the class to do.



Click below for the Brain Blasters Video of the Week

Geography Disco Map