

Increase Energy Transitions: Transitions to Increase Blood Flow and Oxygen to the Brain

Stretching or Yoga



Directions:

Have students do basic stretches, simple yoga poses, or exercises to increase blood flow to the brain.

These could include the following:

- Cross crawls
- Jumping jacks
- Toe touches
- Yoga positions

Dancing



Directions:

Play a song and incorporate dance moves to the music or allow students to have free dance where they make up their own moves.

- Floss dance
- Line dance
- Raise the roof
- Free dance

Number Actions



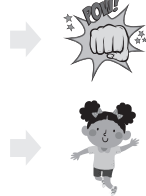
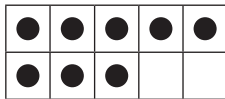
5	6	7	8	9	10
13	14	15	16	17	18
21	22	23	24	25	26
29	30	31			

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30
31	32	33	34	35
36	37	38	39	40
41	42	43	44	45
46	47	48	49	50

Directions:

A student picks a number on the classroom number line, calendar, or number chart and tells the class an "action" to do that many times. For example, a student chooses the number five and asks the class to do five jumping jacks.

Subitizing Exercises



Directions:

First, you flash an image of a dice pattern, a ten-frame image, or their fingers for a few seconds. You then show the movement or exercise or call the name of the movement or exercise. Students complete the exercise move the number of times they saw on the finger image, dice, or ten frames.

Dance and Play Instrument



Directions:

You play a song with multiple instruments. The students listen for ten seconds and then select an "instrument" they want to pretend to play that they heard within the song. You call out, "Play your instrument." After pretend playing for ten seconds, the teacher calls "Switch," and the students change to a new instrument they hear. Repeat several times.

Letter Sound Exercises

Bb

Balance



Directions:

Correlate letters and letter sounds with various exercises. Create visuals and model exercise moves for students.