



Brain Booster Program

Getting kids to be more active in the classroom!

WEEK 2

The Research shows:

- Standing appears to provide a 5-15% greater flow of blood and oxygen to the brain, thereby creating more arousal of attention.
- Brain connections made through movement of the body help children develop the neural systems they will need when ready to read.
- 8 out of 9 studies reviewed by the CDC, found positive associations between classroom based physical activity and academic performance, behavior, and concentration.

Source: <http://www.moveintheclassroom.com/>

Source: http://www.cdc.gov/healthyyouth/health_and_academics/pdf/pa-pe_paper.pdf



Activity of the Week

Simon Says . . .

Playing 'Simon Says' is a fun way to incorporate short bursts of physical activity in your classroom even when limited on space. Choose small physical actions for the game, such as hopping on one foot, jumping jacks, running in place, arm circles, lunges, and squats. To keep all students physically active, encourage everyone to continue playing throughout the activity.



Connecting with Academics

Animal Hokey Pokey

Practice role playing different animals and engage your creativity by adapting the hokey pokey to any animal. Sing each verse with a different part of an animal (ex. paw, tail, wing, beak, claw, etc.).

You put your right wing in
You take your right wing out
You put your right wing in
And you shake it all about
You do the Chicken Pokey
And strut yourself around,
That's what it's all about!



Importance of Physical Activity

Did you know:

- 12.9 million children and adolescents in the U.S. are obese
- Obese children are more likely to develop hypertension, sleep apnea, and numerous other serious medical conditions.

<http://www.cdc.gov/obesity/childhood/>

More Links

Check out these links that incorporate physical activity with academic subjects!

Brain Breaks

<http://www.emc.cmich.edu/BrainBreaks/>



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<http://www.moveintheclassroom.com/>

60
GOT YOURS?
30

Kids need 60 active minutes a day while adults need 30 to prevent disease and promote health!

Sponsored by Active Living La Crescent in partnership with the Coulee Region Obesity Coalition.