



Brain Booster Program

Getting kids to be more active in the classroom!

WEEK 4

The Research shows:

Being physically active can help:

- Increase energy and decrease feeling of depression and anxiety
- Promote wellbeing and self-esteem
- Build strong muscles and joints, reducing daily aches and pains
- Foster growth and development



All of which can positively impact a child's ability to focus and perform in class.



Activity of the Week

Yoga

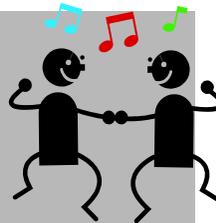
Yoga breaks are a great way for students to breath, relax and refocus. Students are able to practice new movements helping to alleviate physical tension and stress. To learn more about yoga for kids and yoga moves visit the links below.

- <http://www.parents.com/fun/activities/indoor/yoga-for-kids/>
- <http://anmolmehta.com/blog/2009/02/13/yoga-for-kids-children-yoga-poses/>



Connecting with Academics

Dance to Music



Dancing to music provides students the opportunity to count beats and move to different rhythms. To connect this even more with academics you can select songs that require students to count or spell as they dance.

Check out the link for songs children can move to.

<http://www.songsforteaching.com/movement.htm>



Importance of Physical Activity

Did you know:

- Current trends show this generation of children have a shorter life expectancy than their parents.
- If current health habits remain, 1 in every 3 persons born in the year 2000 will develop diabetes.
- Poor diet and physical inactivity are the second leading cause of preventable death in the US.

<http://www.fns.usda.gov/cga/speeches/ct091504.html>

More Links

Check out these links for more classroom Brain Booster ideas!

JAM

<http://healthtips.com/>

Take 10!

<http://www.take10.net>



60
GO! 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.

