

Movement in the Classroom

In school classrooms, we often put the cart before the horse. Before we can educate a child's mind we must tend to his bodily needs. A tired, hungry, uncomfortable child does not learn well.

-Marilisa Kinney Sachteleben

During the session I will discuss the importance of movement for enhanced learning and how to implement them into your classroom, with research to back your time spent helping your students to excel in the classroom. Movement in the Classroom activities include but are not limited to brain breaks, dance, and kid yoga poses.

Exercise activities throughout the day can:

- **Encourage healthy behaviors-creating healthier students**
- **Increase academic performance**
- Increase attention and memory
- Increase moral and desire to be in school
- Decrease disruptive behaviors