

# Movement in *(and out of)* the Classroom

Utilizing Movement to Teach the Whole Child



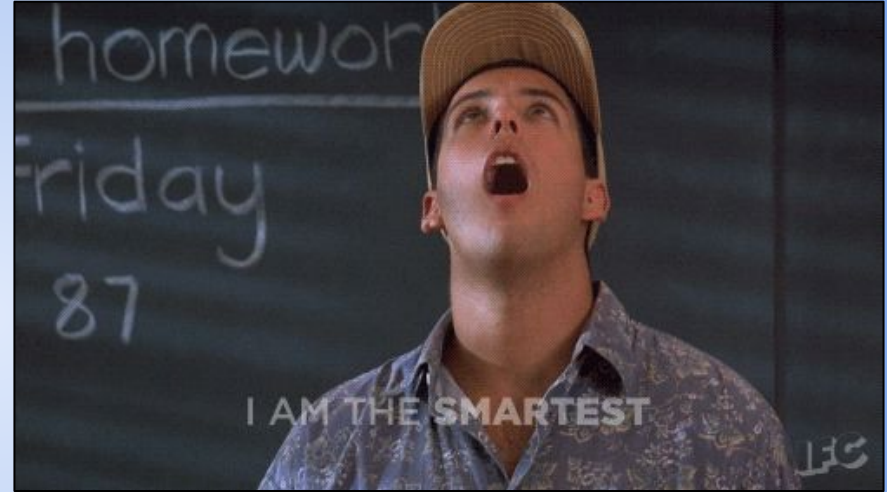
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# Nice To Meet You!



# Learning Outcomes

- I will identify the benefits of movement in student learning and classroom culture.
- I will describe the 4 main functions of movement in the classroom.
- I will connect movement with the Circle of Courage.
- I will apply what I learn to my profession.





# COC Note Catcher



**Circle of Courage Note Catcher**

Use the Circle of Courage below to take notes throughout the presentation. Fill in how utilizing movement connects to each section of the Circle of Courage.

**BELONGING**

**MASTERY**

**INDEPENDENCE**

**GENEROSITY**

**I'M A PINK FLUFFY STAR!!!**



# Let's Get Moving!



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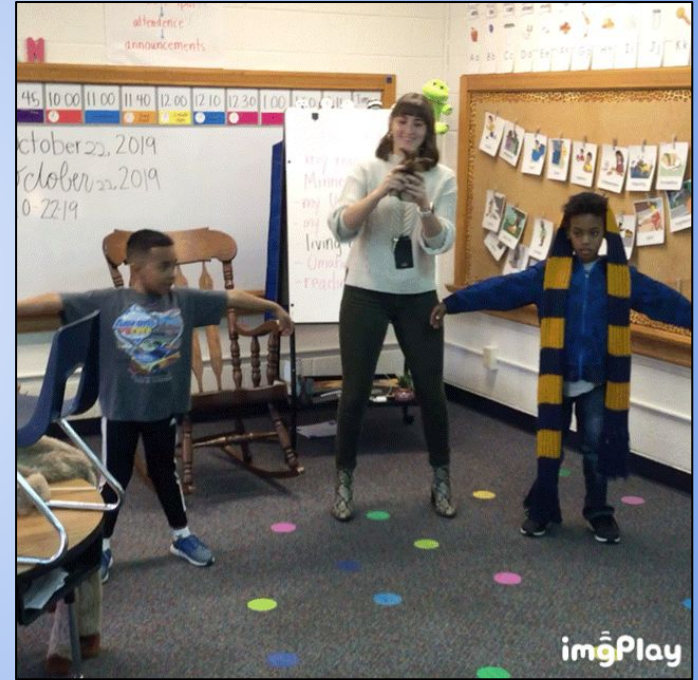
**GENEROSITY**

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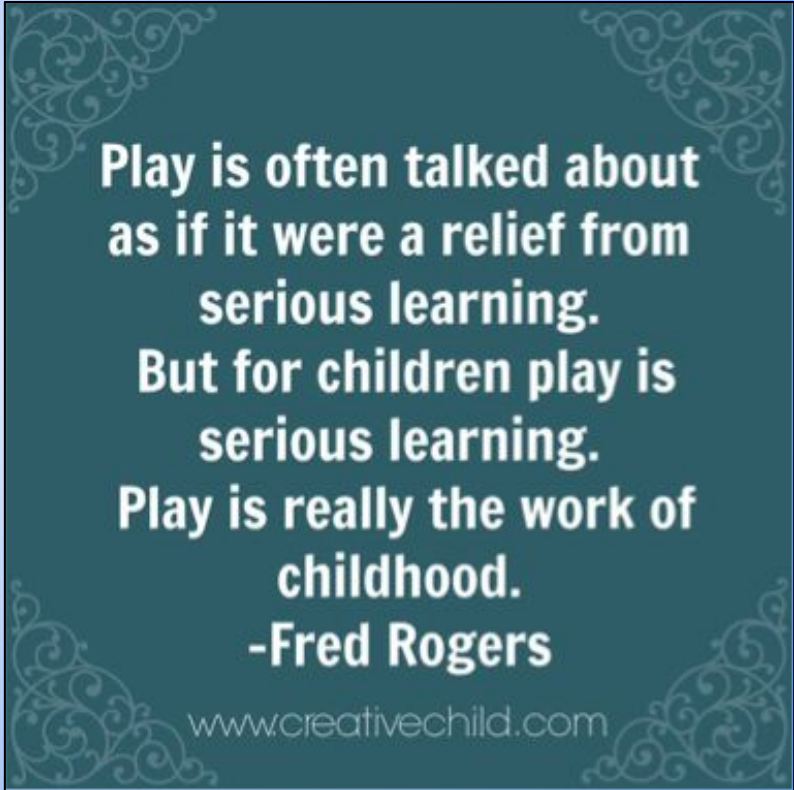
# Students (well, all of us) Need to Move!

- Wakes up the brain and body
- Improves focus
- Helps brain function (3 ways)
- Boosts engagement & attention
- Increases motivation
- Raises self-esteem
- Promotes healthy habits
- Creates a sense of belonging



# Creating Ubuntu: I Am Because We Are

- Playing together
- Breathing together
- Working together
- Encouraging each other
- Team mentality
- Attachment to school
- Release of endorphins
- Having fun! **JOY!**



Play is often talked about  
as if it were a relief from  
serious learning.

But for children play is  
serious learning.

Play is really the work of  
childhood.

**-Fred Rogers**

[www.creativechild.com](http://www.creativechild.com)



# Improves Classroom Culture & Function

- Engages students with variety
- Supports diversity of learning styles (kinesthetic)
- Provides opportunity for team building
- Reduces stress for (& between) teachers and students
- Breaks up the time/lessons into manageable chunks
- Sustains equity (everyone participates)
- Reduces behavior issues & improves mood regulation
- Builds trust & fosters relationships

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# Movement in the Classroom: The 4 Functions



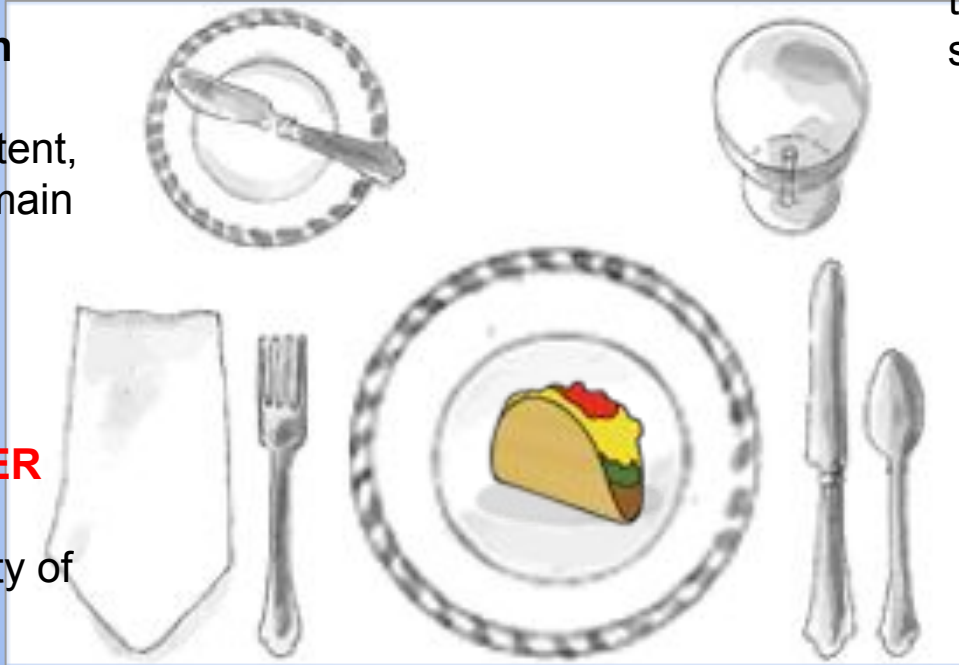
1. Movement in Transitions
2. Brain Breaks (or Brain Boosts)
3. Movement to DELIVER content
4. Movement to ENHANCE content

# The Dinner Plate

**The Side Dish = Brain Boost/Break/Burst:**

Separate from the content, but complements the main course

**The Utensils = Movement to **DELIVER** Content:** Increases engagement, portability of learning



**The Food = The content:** What you are actually teaching

**The Beverage = Transitions:** Between topics, activities, subjects, etc.



**The Spices = Movement to **ENHANCE** Content:** Actually adds value to the learning of the content; is part of the learning



# Movement in Transitions (Beverage)

- What We Did: Don't Step On A Crack & Magnets
- Between subjects, topics, parts of your day, activities, hallway transitions, lining up, etc.
- Keeps students engaged through dynamic transitions
- Helps students physically & mentally flip the switch



# Movement in Transitions: Examples

- Hop on one foot back to your seat
- Line up silently in alphabetical order
- Do 3 pink fluffy stars before taking out your math books
- Sing a song while coming to a gathering circle



# Brain Boosts / Brain Breaks (Side Dish)

- What we did: Connections
- Completely separate from the content
- No more than 3-5 minutes
- Breaks up lessons into manageable sections
- Allows learning to move from short term to long term memory
- Lessens feelings of being overwhelmed by content
- Game, song, workout, mindfulness, stretching



# Brain Boosts / Brain Breaks: Examples

- Mr. Jackson Says
- Chicken in the Henhouse
- Guided Meditation
- One Song Workout
- Stretching or Yoga Flow
- Videos: Koo Koo Kanga Roo
- The Hippo Song





# Movement to Deliver Content (Utensils)

- What we did: Stand Up/Sit Down for the word “Play” & Kayak instead of raise hands
- Is a vehicle for the content to be delivered
- Is not necessary for the learning to happen, but increases engagement



# Movement to Deliver Content: Examples



- Jumping jacks while saying multiples
- Squats while sharing with a partner
- Relay race review (ex: steps in problem)
- Toss a ball around to call on students
- Agree or disagree ends of the room
- Stand on chair if you think answer is \_\_\_\_; tree pose if you think it's \_\_\_\_.
- Read & Walk



# Movement to Enhance Content (Spices)

- What we did: 3 Ways Movement Helps Brain Function Actions
- Actually adds value to the learning
- Is directly part of the content
- Often the most difficult, but can be the most valuable
- Makes distinctive, memorable learning experiences (episodic)

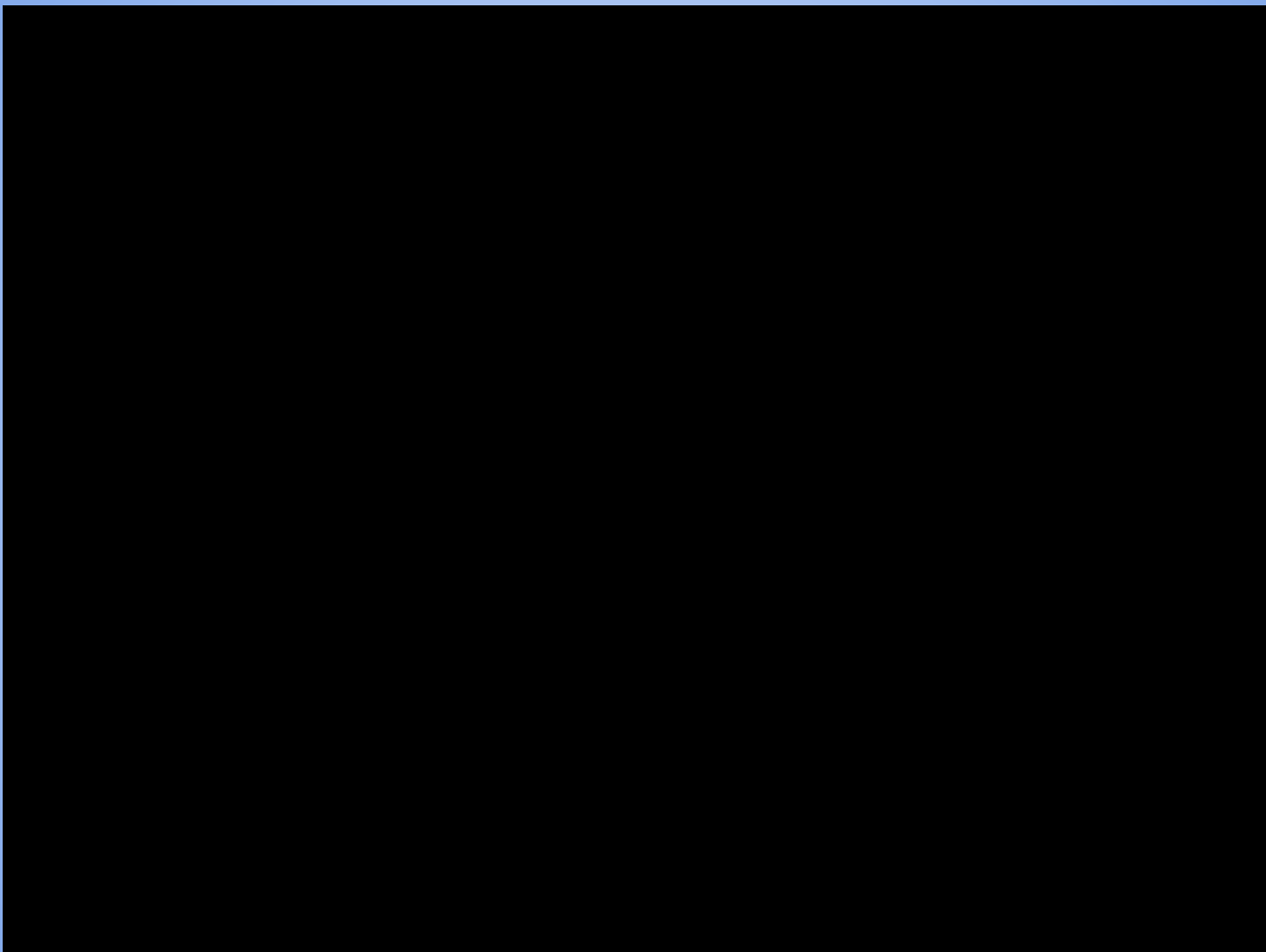




# Movement to Enhance Content: Examples

- Fraction Dance
- Actions tied to vocabulary (ex: Figurative Language)
- Simulations (ex: Long Walk to Water)
- Songs w/ Actions (ex: 9 Parts of Speech Song)







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# How Will You “Join the Movement?!”

- Share ONE way you already incorporate movement in your profession and why.
- Share ONE new way you'd like to incorporate movement and why.



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# Q & A Time!

You've got questions. I've got... well, probably more questions.

