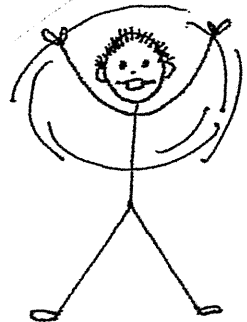
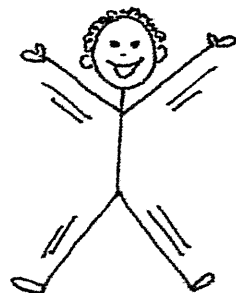


Building Better Bodies and Brains

Let's Get Moving!

Dr. Jean Feldman





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There is a crisis in our country called childhood obesity. It's alarming how many children are overweight and the long term damaging effects that obesity can cause. There are many social and cultural factors that have contributed to this crisis: diet and fast foods, safety issues, modern conveniences that make our lives "easier," and television and technology. Further, the academic push in education has eliminated recess in many schools and limited time for physical education. The answer to this problem is simple, but it isn't easy. Somehow the number of calories that children intake has got to be reduced while the number of calories they use exercising has got to increase. Come on! Let's get moving!!!

HOW?

Start each day with 10 minutes of rigorous exercise and then use energizers throughout the day to improve health, reduce wiggles, and help children focus. This can be a win/win situation because you can reinforce academic skills as you exercise. Nothing can take the place of running, jumping, swinging, and climbing outside, but if you have limited time, space, and equipment, then "exercise snacks" where children move 2-3 minutes frequently during the day will certainly help.

WHY?

You learn on your feet, not on your seat! When children move, dance, and wiggle, more senses are activated and the message is more likely to get to the brain. Music and movement also emit endorphins which make you happy. It feels good to feel good, and when children feel good their behavior improves!

WHO?

You don't have to be an aerobics instructor or Olympic champion to have fun doing these activities WITH your students. Children learn through modeling, and what better way to give your students lifelong attitudes about healthy living than exercising with them.



Time to Get Up

It's time to get up, it's time to get up,
(Rocking horse back and forth.)
Get up on your feet this morning.
It's time to get up, it's time to get up,
Get ready to learn today.
Get that blood flowing.
Get your heart going.
Move those arms and legs
And wake up your brain!
Power march!
Second Time - Hold your reins and do squats.
Power march!
Third Time - Backward lunge and then salute.

ABC Kick Box

Let's all jump up and kick box the alphabet.
(Dukes up, shoulders back, elbows in and make
small circles with fists.)
Jab with your right hand and say the letter;
Then punch across with your left as you make the sound.
Back on your left foot to begin.
A - /a/
B - /b/
C...Z
Speed bag and make little circles.
(Up, down, left, right.)
Upper cut. (Punch down and up.)
Hook. (Forearm across body.)
This time we're going to say the alphabet backwards
starting with Z.
Z - /z/...A

Cheering Letters

Make a V with your arms in the air for letters that start at
the top dotted line. Put our arms out straight in front
for letters that start at the middle dotted line.
We'll squat down hands on our hips for letters with a tail.
A (Arms straight out in front of you with feet extended.)
B (Arms straight up in the air in a "V" shape.)
C (Arms straight out in front of you with feet extended.)
D (Arms straight up in the air in a "V" shape.)
E (Arms straight out in front of you with feet extended.)
F (Arms up in the air in a "V" shape.)
G (Squat down on the ground with hands on your hips.)
H...Z

Macarena Count to 100

1 (Right arm out palm down.)
2 (Left arm out palm down.)
3 (Right palm up.)
4 (Left palm up.)
5 (Right hand on left shoulder.)
6 (Left hand on right shoulder.)
7 (Right hand behind head.)
8 (Left hand behind head.)
9 (Right hand on left hip.)
10 (Left hand on right hip.)
(Clap two times.)
That is one ten. (Hold up one finger.)

11, 12, 13, 14, 15, 16, 17, 18, 19, 20 (clap clap)
That is two tens...100

Seven Days of Boot Camp

(Tune: The Twelve Days of Christmas)

On the first day of boot camp
(Up on toes and stretch arms up high.)
My trainer taught me
To stretch up high as can be.
2nd Day - deep squats
(Legs extended and bend knees up and down.)
3rd Day - toe touches
(Bend and touch toes and then arms in air.)
4th Day - back lunges
(Step back on right foot and then left.)
5th Day - jumping jacks
(Jump out with arms up and then arms down.)
6th Day - knee lifts
(Alternate bringing knees up and pulling arms down.)
7th Day - scissor kicks
(Cross legs in front and then cross legs in back.)

I Am Slowly Going Crazy

I am slowly going crazy,
(Cross right ankle on left knee. Place right
elbow on right knee and place chin on palm.)
1, 2, 3, 4, 5, 6, switch.
(Cross left ankle on right knee and place
chin on left palm.)
Crazy going slowly am 1, 6, 5, 4, 3, 2, 1, switch.
Continue singing faster and faster.

Banana Dance

Form the banana, form, form the banana.
(Bring your right arm up as you say this.)
Form the banana, form, form the banana.
(Bring your left arm up.)
Peel the banana, peel, peel the banana.
(Bring your right arm down.)
Peel the banana, peel, peel the banana.
(Bring your left arm down.)
Go bananas, go, go bananas.
(Jump around and act crazy!)Go bananas, go, go bananas.

Form the corn, form, form the corn...
Pop the corn, pop, pop the corn.

Form the mango...
Do the tangol (Dance with a partner.)

Form the orange...
Squeeze the orange! (Hug a partner.)

Form the tomato...
"Th" the ketchup! (Make a "thump" sound as you
pretend to shake a ketchup bottle.)

Form the carrot...
Feed the bunny! (Fingers over head like ears and
put top teeth on bottom lip.)

Form the avocado...
Guacamole! (Shake your head and pretend
to shake maracas.)

Cross the Midline

Jump up, turn around, cross the midline,
Jump up, turn around, cross it every day.
Jump up, turn around, cross the midline,
Jump up, turn around, let's see how many ways.
Bend low and pick that bean
Bend low and pick that pea.
Bend low and pick that berry.
Bend low and get that squash for me.
Jump up stretch and pick that apple.
Jump up stretch and pick that pear
Jump up stretch and pick that cherry.
Jump up and get that orange over there.
Now dig a hole with the shovel,
Now weed a row with the hoe,
Get that ax and chop those vines down,
Lift that ax and chop to and fro.
Grab a cart and let's go shopping.
Reach to the left and fill up your cart.
Reach to the right and get some more things
Left, right, left, right, into the cart.
Use both hands and pull that boat in.
Use both hands and hoist that sail.
Now climb up with the ladder.
Get in the boat before it sails.
Make lazy eights with your right hand.
Make lazy eights with your left hand, too.
Wave so long with your right hand.
Left hand waves good-bye to you, too.

Hand Jive

Slap your thighs four times.
Clap your hands four times.
Shuffle with the right hand on top four times.
Shuffle with the left hand on top four times.
Thump with your right hand on top four times.
Thump with your left hand on top four times.
Hitch hike right thumb four beats.
Hitch hike left thumb four beats.
Reach up and grab a star.
Put it in your hand.
Clap it.
Blow it and share it.

Kids On the March

Kids on the march!
How high can you lift your knees?
How high can you swing your arms?
March down low
March up high.
March out.
March in.
March with rainbow arms.
March and lift opposite arms and legs.
Cross and tap elbows to opposite knees.
March in a circle.
Quick step.
Power march like you're late for the bus.
Tip toe march like you're sneaking up on someone.
March in slow motion.
March like a tin soldier.

Chair Can Can

Oh, fun! We get to do the "Chair Can Can."
Sit in your seat and bounce your
feet up and down to the beat.
Bend right knee and then kick.
Bend left knee and kick.
Cross kick right and then cross kick left.
Rainbow arms from left to right.
Bounce your feet up and down
as you rainbow your arms.
Right heel up.
Left heel up.
Open and close arms like an elevator door.
Hands on the sides of your chair and lift and sit.
Lift, hold, hold, sit.
Kick right leg out straight and the left leg out straight.
Wave arms high in the air.
Take a bow.

Phonercise

Time to Phonercise. We're going to put our arms in
the air and say a letter. We'll touch our shoulders
and make the sound. Then we'll touch the ground and
say a word that starts with that sound.

A (Hands up in the air and say "A.")
/a/ (Hands on shoulders and make /a/ sound.)
____ (Say a word that starts with "A" and touch toes.)
B...Z

It's All Good!

It's great to be alive today
(Step and tap from side to side swinging arms.)
Feeling good inside.
We've got our friends and teacher, too.
And smiles we just can't hide.
Get on your feet and just be glad,
This could be the best day you ever had.
It's all good! (Kick alternating feet and clap hands.)
It's all good!
It's all good!
It's all good!

Some days things can get you down
(Knees up and pull down arms.)
You feel a little mad.
Arguments and troubles
Can make you kind of sad.
But when you dance
And when you sing
You can do most anything.
It's all good...

Drink lots of water.
(Kick back and touch heel with opposite hand.)
Eat your veggies and fruits.
Get plenty of sleep each night.
And exercise to boot.
Your body is like a machine.
Take care of it, you know what I mean!
It's all good...

Be a friend to someone else.
(Lunge from side to side.)
And they'll be your friend, too.
Share some kindness every day
It will come back to you.
Learn, laugh, and do your best.
You will soar with all the rest.
It's all good...

Brain Breaks

Wake up children's brains with one of these ideas!

Sing nursery rhymes to the tune of "100 Bottles of Pop on the Wall." You can also sing nursery rhymes to "Yankee Doodle."

Power march in place. March in a circle. March with your hands up in the air. March and clap. March touching opposite knees.

Get two sheets of paper and wad them up into balls. Throw one ball up in the air and catch it. Can you juggle two balls?

Take a 3' long piece of toilet paper. Wave it to some music. Can you make lazy eights? Can you wave it above your head? Can you circle it around you?

Tummy time! Lay on your tummies and write or draw. Lay on your tummies and read.

Give yourself a brain hug. Thumbs up. Thumbs down. Cross arms. Clasp fingers. Bring fists under and up next to your chest and squeeze.

Hand jive! Do everything twice. Slap thighs, clap, shuffle right hand on top, left hand, hitchhike right and then left. Reach up, grab a star, put it in your hand. clap it and blow!

American Idol! Choose a child to lead the class in a favorite song.
*Shy children can do this with a partner.

Patty cake rhymes.
Patty cake and say
ABC's.
Patty cake and count.
Patty cake and spell
words.

Chop wood by raising
arms over shoulder and
then across and down.
Pretend to throw water
out on a fire by scooping
low and throwing over
opposite shoulder.

Balance on your right
foot.
Balance on your left
foot.
Balance on tippy toes.
Stick out one leg at a
time and balance.

Breath in slowly filling up
your lungs like a balloon.
Let the air out as you
make a hissing sound.
Pretend to breath in hot
chocolate. Then blow
out the birthday candles

Cross and tap left hand
to right knee. Cross right
hand to left knee.
Kick back right foot and
touch with left hand.
Kick back left foot and
touch with right hand.

Do the wave. As you
point to children they
stand up and put their
arms in the air. Reverse
and children sit in their
seats.

Pretend to be athletes.
Run like football players.
Dribble and shoot a
basketball.
Ice skate swinging arms.
Hit that baseball.
Swing your tennis racket.

Do karate chops left and
right.
Count as you do karate
chops.
Spell words as you chop.
Say your Z Y X's
(alphabet backwards)

Tighten and then relax arms, legs, shoulders, stomachs, face. Pretend to be soldiers and stand stiffly. Be rag dolls and lean over and be limp.

Hand dance by sitting in your chair and moving your arms to some catchy music. You can do the funky chicken, monkey, swim, disco, hitchhike, genie, etc.

Who knows a good joke?
Let children take turns telling jokes, riddles, and knock-knocks.

State changes!
Turn off the lights.
Move desks to face the back of the room.
Chew gum.
Spray peppermint or citrus.

Play quick games like "Simon Says" and "Copy Cat."

How about "I Spy" using colors or sounds?

Water, water, H₂O.
It hydrates your brain, you know!

Spider massage.
Let children do "The Itsy Bitsy Spider" on each other's backs.
Draw shapes, letters, or words on each other's backs.

Buddy time!
Share what you've learned with a partner.
Play a game, read a book or draw a picture with a partner.

Go to ncpe4me.com/energizers; emc.cmich.edu/brainbreaks; or drjean.org (January, 2010, and April, 2010) for more ideas.

RESOURCES

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