30 Ways to Get Moving

in the Classroom

1. Dance during the transition between subjects.

2. 30 seconds of high knees.

3. Do a stand-up review at the end of science.

4. Play Simon Says with movement.

5. Get in a line; do the wave.

6. Practice math outside with chalk.

7. Take a walk 20 minutes before taking a test.

8. Practice spelling words while tossing a ball.

9. Do a wall sit while listening to instructions.

10. Walk outside, slide, come back in for review.

11. Have a Q&A review—5 jumping jacks for each right answer.

12. Doodle for 5 minutes.

13. Fist bump 10 classmates.

14. Do 5 arm stretches on each side.

15. Try a clap-pattern game.

16. Practice a tongue twister.

17. Stand during read aloud.

18. Do 7 lunges on each side.

19. Count to 100; jump at every multiple of five.

20. Pick a yoga pose to master.

21. Take 5 deep breaths at the start of a new lesson.

22. Jump like a frog.

23. Balance on one foot while counting backwards from 25.

24. Do arm circles for 30 seconds.

25. Play science charades.

26. Walk & review with a partner.

27. Set up flexible seating stations to review and move.

28. Stand up and share a few jokes.

29. Try kinesthetic charades to review literary characters.

30. Do the Hokey Pokey.

Moving Minds by GoNoodle

Get more movement ideas and resources at Moving-Minds.com

SCHOOL LEADERS NOW