



# #JustMoveIt5

## What is 5 minutes of movement?

5 minutes spent engaging your students in movement during the school day.

## Research:

Ann Anzalone is a national teacher consultant, residing in Dayton, OH. She has devoted her teaching career to studying brain development, movement and learning. An excerpt from her recent article published in the Audacious Foundation Newsletter:

*“Learning doesn’t just happen. It is built on a foundation of movements that organize children’s sensory, motor and cognitive systems. Movement is the work of infancy and early childhood, providing children with the neurological organization for academic success. Learning is physical first and then academic. If children do not engage in enough movement in early childhood, their coordination, perception and auditory- visual processing skills may be at risk.*”

*Movement rebalances the central nervous system. We are born to move. Movement is our birthright. We take in our world by mov-ing. Sitting for long periods of time sets students up for failure. Our goal is to work in movement activities throughout the day.”*

## Why 5 minutes?

- It is attainable
- It is fun & builds classroom community
- It helps students focus and improves scores
- It connects students and families
- It allows for healthy habits to be created

## How can we implement?

- Start with a class goal that involves your students. You set a goal that works for you and your students!
  - Ex: How many hours do you think we can reach of movement by Thanksgiving Break? Winter Break? The end of the month?
- Keep track! Make a visual somewhere in your room so the students can see their progress!
  - Ex: Make a tally chart. Put motivating quotes up. Make it colorful!
- Get other classrooms involved!
  - Ex: Maybe set up a friendly challenge with neighboring classrooms or teachers at your school site. When you hit a certain amount of time, celebrate together with a movement activity!



## Movement Activities in the Classroom

GoNoodle: This is an engaging website/app where teachers can select a variety of short, movement videos for the class. Website: [gonoodle.com](http://gonoodle.com)

CALM: This has a variety of calm, short moving activities that you can incorporate in your classroom. You can apply for a FREE teacher account.  
Website: <https://www.calm.com/schools>

Stretches: Lead your class through 5 different stretches for 1 minute each! You could do: crunches, toe reaches, cat/cow, overhead arm stretch, or butterfly stretch. YouTube has great videos for this!

Yoga: Cosmic Kids Yoga. An instructor takes you through kid-friendly yoga poses/adventures (some of these are a bit longer for more time)  
Website: <https://www.cosmickids.com>

We Heart Yoga for Kids with Jessica James: She has a number of videos, but a few specifically for children. Website: [weheartyyoga.com](http://weheartyyoga.com)

5 minute Circuits: Pick 3 moves and try to do as many rounds as you can in 5 minutes! Set a timer!

Example: 20 jumping jacks, 10 push-ups, 20 mountain climbers

Do anything YOU are passionate about. Students love learning about what YOU like to do for movement and are more engaged when you are excited about it!

*“Physical Fitness is not only the most important keys to a healthy body, it is the basis of dynamic & creative intellectual activity.” - John F. Kennedy*

Questions & More Information:

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