

THE “WHY” PA LAB

- Boosts mental health and reduces stress
- Improves cognitive function and focus
- Enhances school climate and connection
- Supports physical health and disease prevention
- Models healthy behavior for students



Interactive Practice: Movement + Connection

Movement Stations

Design a 5-min movement routine to transition from recess/lunch

Create a “Classroom Community Routine” (circle, peer shout-outs)

Map strategies to common classroom challenges

