

Move2Learn SEAL Lessons: Moving to Feel & Learn Your BEST!



Lesson #4: Wake Up Your Whole Brain! Elementary Version

LET'S REVIEW!

Last time we practiced Dynamic Stretching!

What is it?



Everybody UP!

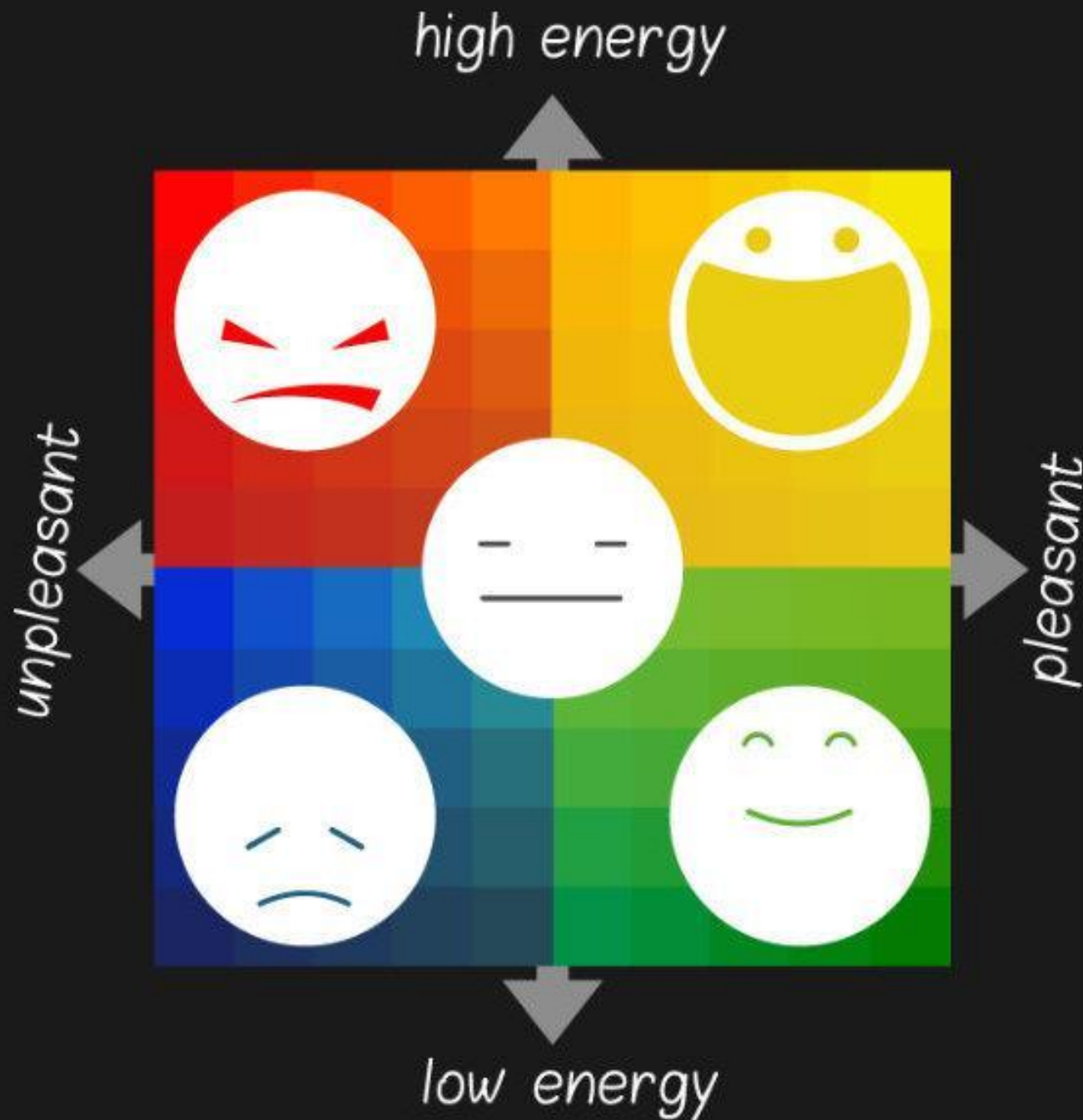
Practice the 3 poses you learned:

1. Tree Pose
2. Triangle Pose
3. Warrior Two Pose

Which one do you like best and why?

How do you FEEL right now?

“I feel _____,
because _____.”

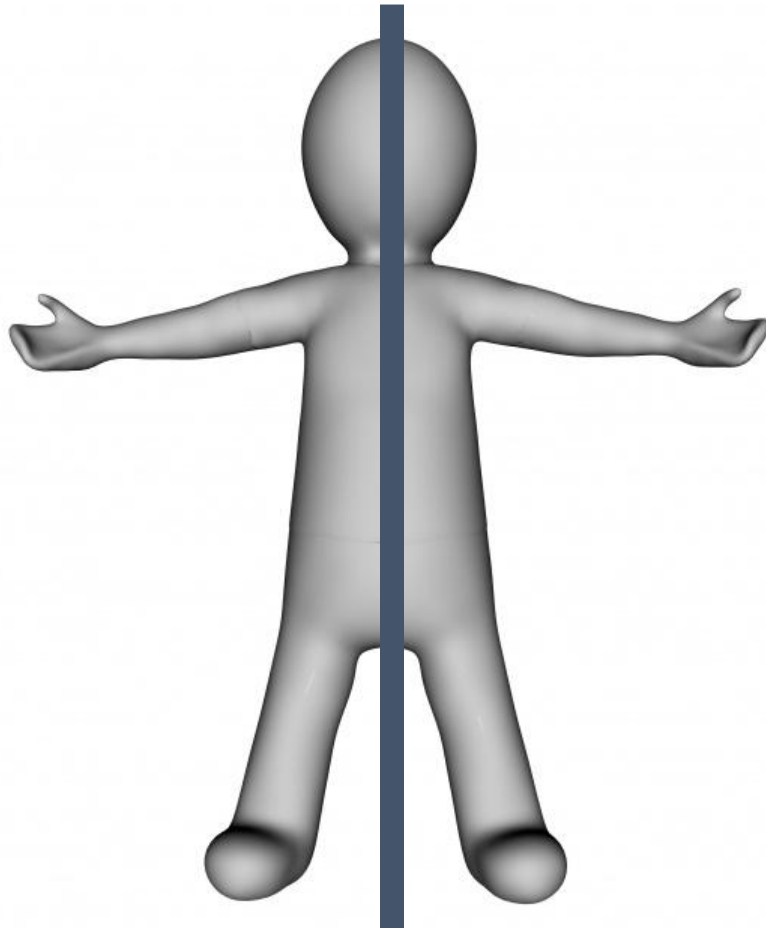


Spotlight on **Vocabulary**

Midline

We can divide the left and right sides of our bodies with a vertical line down the middle.

This is called the **“MIDLINE”** of your body.



Everybody UP!

Beginning at your forehead, trace the midline of your body!

Right-Brain Functions:

Art

Music

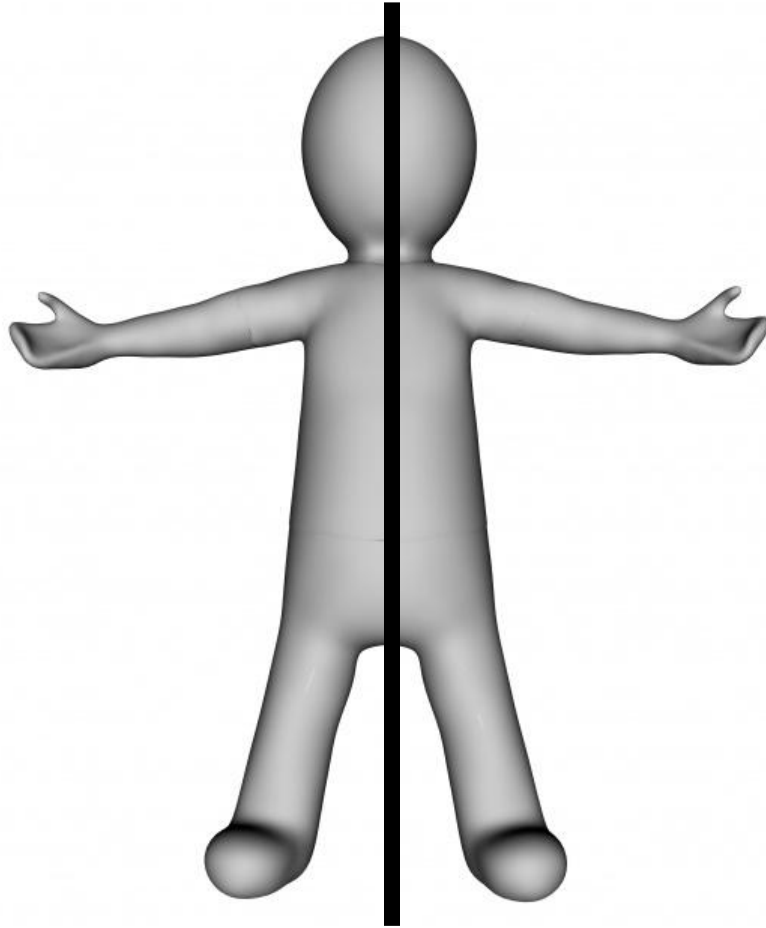
Imagination

Insight

Holistic Thought

**Spatial
Awareness**

Left-Hand Control



Left-Brain Functions:

Analytic Thought

Logic

Language

Reasoning

Science & Math

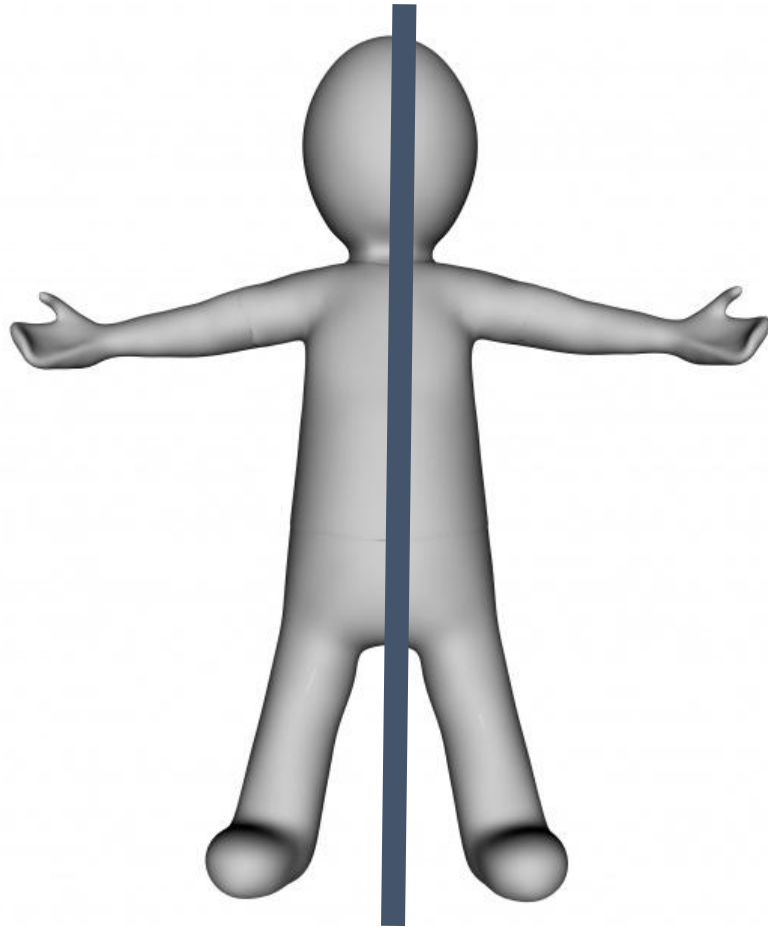
Written

**Right-Hand
Control**

Look at these lists.

Is it easier for you to use the right or left side of your brain?

**We learn our best when both our
right AND left sides of our brain are talking to each other!**



*Movements that
cross over the
midline of our bodies
activate both sides of
our brain so we can
learn our **BEST!***

Let's Get
Moving!



Check out our Brain Boost Videos!

Help this student get ready to learn!

What is he feeling?

How can we help him get ready to learn?

Do you ever feel like this student?

This student needs to:

Wake up!
Increase Alertness!



He can get his
blood flowing by:

Marching
Running in Place
Jumping Jacks
Star Jumps

Help this student get ready to learn!

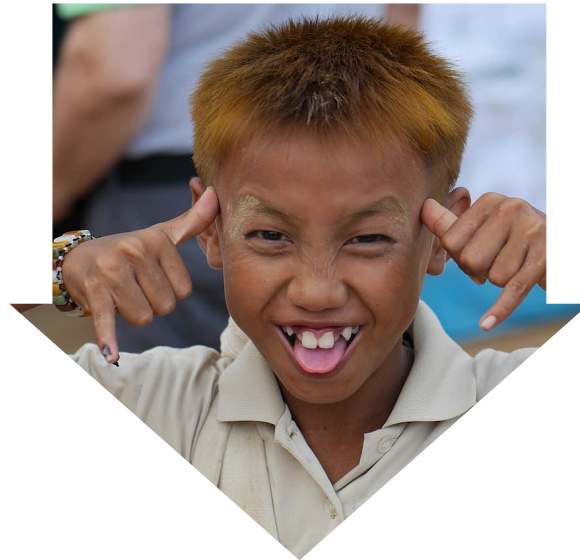
What is he feeling?

How can we help him get ready to learn?

Do you ever feel like this student?

This student needs to:

- Calm down
- Decrease Stimulation



He can reset by:

- Deep breathing
- Doing yoga poses
- Pedaling
- Walking
- Running



What is this student feeling?
Does he need to wake up or calm down?
What can he do to get ready to learn?



What is this student feeling?
Does she need to wake up or calm down?
What can she do to get ready to learn?



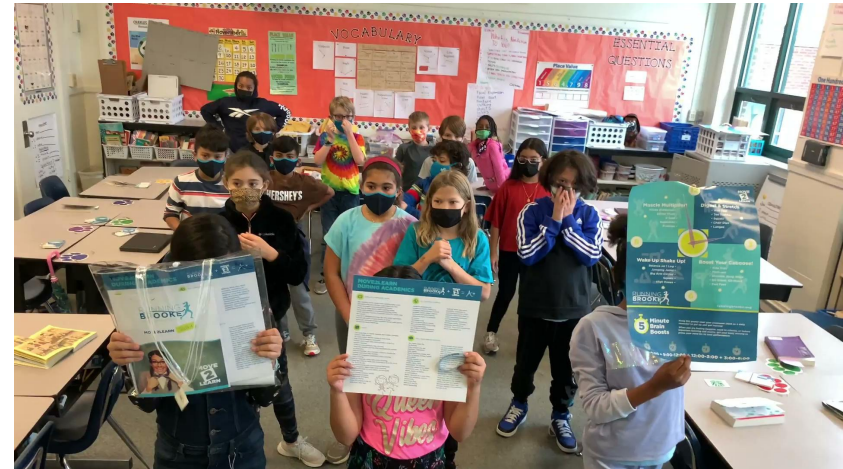
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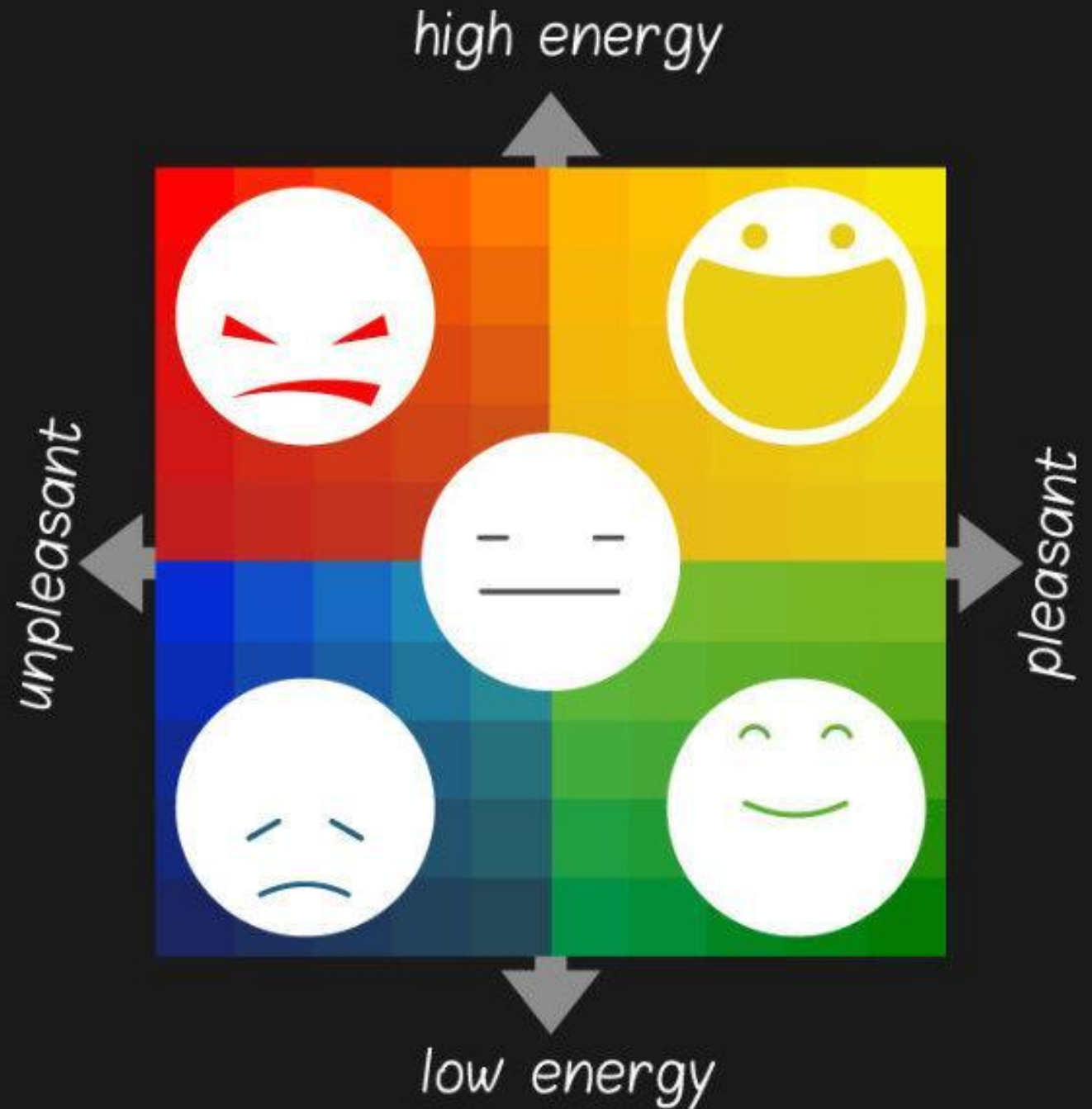
M2L's Reset & Return to Work Affirmation

**My brain is ready.
My mouth is quiet.
My body is calm.
I am ready to learn.**



How do you feel after moving your body?

“I feel _____,
because _____.”



Make a Connection!

Find the stationary bikes at your school!

Ask your teacher if they have a M2L Toolkit!

Find the active seating at your school!

Ask your friends if they have participated in a Movement Challenge!

