



ENGLISH LANGUAGE ARTS:

- Say rhyming words aloud while holding yoga poses.
- Use adjectives and tell how yoga makes you feel.
- Jump and spell vocabulary/ spelling words.
- Use legs to make letters while spelling words.
- Jump each syllable in vocabulary/ spelling words.
- Jump and stop on parts of speech (jump for verbs; stop for nouns).
- Line up in alphabetical order (by first name; last name).
- Act out key parts of story, poem, or song.
- Antonym, synonym “paper snowball” throw with partner.
- Compound word match-up.



FULL BODY BRAIN BOOSTS:

- Up, Down, Stop, Go
- My Bonnie
- Frog Jump/If You Are Wearing.../ Variations
- Baby Shark
- Head, Shoulders, Knees, and Toes (or biceps, triceps, quads, and calves)
- Double, Double or any clapping variation
- Awake, Alert, Alive
- Paper plate “ice skating”: Use paper plates as ice skates around the room. Try feet on skates, hands on skates, or combination.
- Mirror: Partners face each other; take turns imitating (mirror) movements.
- Hula Hoop Pass
- Balloon in the Air
- Silent Speed Ball
- Pencil Jumps: Place pencils on floor; jump over pencils forward and back or side to side 20 times.
- Pass ball with feet: Children sit in a circle, legs extended toward middle. Ball is passed around the circle with feet. NO HANDS! Add different size balls; use more than one ball to reduce wait time.
- Use pool noodles as balance beams – children walk the length of noodles.
- Bridge Ball: Children stand in a circle with feet hip-width apart. Neighbors’ feet touch each other. Ball goes in the middle; children hit ball with hands through another child’s legs (bridge). Assign 2 ball retrievers outside circle.



ALL CONTENT AREAS:

- Jump to represent any numerical answer (items in a category, letters/vowels in word, syllables, sides, edges, vertices of shapes and solid figures).
- Jump and name 7 continents, 5 oceans.
- Continent song.
- Act out molecules in matter.
- Act out/sing water cycle song; cardinal directions.
- Use body to create/represent simple machines, geographic features.
- Walking Work: tape word problems, equations, or questions around the room; students move from place to place answering questions/solving problems.
- Words/Pictures/Definitions: Distribute words, pictures/ diagrams, definitions to students. They move around and match themselves up.



MATH:

- Use arms/legs to review degrees and angles (straight, obtuse, right, acute).
- Do yoga poses; identify angles in each pose.
- Skip count forward or backward.
- Partner skip count; skip count around a circle to a specific number.
- Jump on even numbers; hop on odds.
- Jump the number of times that represents the answer to equations.
- Practice doubles: say a number; students double the number and jump that number.
- Dribble an imaginary basketball while counting/skip counting.
- Use an imaginary jump rope while counting.
- Leap like a dancer while skip counting by 2s to 20, 3s to 30, 4s to 40, etc.
- Hopscotch jumps and count forward/backward.
- Frog, kangaroo, rabbit hops while counting.
- Jump underwater (in outer space, on hot sand) while counting.
- Rock, paper, scissors... MATH! Add/subtract/multiply combination of fingers shown on MATH.
- Draw 2-D shapes in the air with arms, then legs.