

Movement Ideas to Use Across the School day

Grades 6-8

Week 31

Starting the Day:

- Try this [Wake Up](#) video
- Students can [Celebrate the Day](#) and start the day off right with this video
- For a longer wake up session try [Yoga](#)

Get focused before Language Arts:

- Sharpen your vocabulary using the physical activities to spell out **GRATEFUL** or any vocabulary you are working on.
 - [Use this handout to determine the exercise for each letter](#)
- For a high intensity brain break try this [Zumba Workout](#)
- For a short and easy brain break try [Dab it](#)

For a longer recess:

- Try this [30 minute kids and teen workout](#)
- Or have them try a [Yoga Flow](#)

Prep for Math:

- Dance to [Up & Down](#)
- For a high intensity dance break try this version of [Eye of the Tiger](#)
- For a short but intense break try some [Tabatas](#)

End of the day activity:

- Or celebrate a good day dancing to [High Hopes](#)
- When the kids need a longer wind down to the day try some [YOGA](#) for teens