

Energizers!

Short Class Movement Breaks to Encourage Self-Regulation

- **Cross crawls** – Lift 1 leg and reach with opposite arm to touch ankle, complete in front of body then behind
- **Elbow to knee taps** – Start with same side, then cross right elbow to left knee & reverse
- **Jumping jacks and cross country jumps** – Legs & opposite arm scissor forward/back w/ each jump
- **Shoulder shrugs and neck rolls** – Shrug shoulders as high as possible and hold for 5 seconds, next shrug R shoulder to ear, then L shoulder to ear. Repeat sequence & end by rolling head slowly in each direction.
- **Simon Says** – Include large movement (i.e. jump up high, spin around twice, shake your head, etc.)
- **Take 5** – Book-ends, Opera Singer, I Dunno, Blast Off, etc. See handout for specific instructions.
- **Drawbridge** – Clasp wrists w/ partner, lean back & balance, slowly squat to lower bridge, then return to stand.
- **Drilling rig** – Stand back to back w/ partner, lean back & inch feet forward, slowly bend knees to lower & rise.
- **Handshake** – W/ partner high 5 R, then L, touch fists R, then L, then high 10. Create a unique class version.
- **Popcorn** – Pour oil (seated side bend w/ arms raised), drop kernels (body taps from head to toe), pop (chair push-up) slowly then rapidly, hold the lid on the pot (grasp side of chair & pull body down into seat).
- **Wiggles game** – Clasp hands & shake vigorously, place “wiggles” in arms, hands, legs, hands, hips, hands, head
- **5, 4, 3, 2, 1 . . .** – Complete 5 reps of one movement, then 4 of another and so on. Try windmills, spins, hops.
- **Infinity limbs** – Stand to draw infinity sign in air w/ hands clasped together, then R, L, R leg, L leg, and head.
- **Brain Dance body shapes** – Children jump into shape as you call them out: Pencil, eraser, scissors
- **Head, Shoulders, Knees & Toes** – Increase speed each verse. May modify words to “I’m asleep, alive, alert, enthusiastic,” touching toes, hips, then shoulders, and reaching arms up high for “enthusiastic”.
- **Astronaut boot dusting** – Facing partner take turns reaching w/ R hand to touch their L foot, [their turn], then L hand to touch their R foot, [their turn]. Try to increased speed without bumping your partner.
- **Shooting stars zappers** – Stand back to back w/ partner. Point R finger & twist to L to meet partner's fingertip high in air. Twist R and touch L pointer to partner's. Repeat. Touch progressively lower with each twist.
- **Grand Old Duke of York** – March & follow lyrics: reach arms up, crouch down, move to the left, move to the right, and hang head upside down.
- **Crew Practice** – Sit facing partner, legs extended & feet touching. Clasp hands & slowly “row” back & forth.
- **Superman & egg poses** – SM: Lie on stomach with arms extended in front of body. Lift arms & legs from floor and hold pose for count of 10-30. E: Lie on back, bend knees & hug legs to torso. Lift head & hold for 10-30.
- **Relay game** – Have the students stand w/ their feet wide apart, then pass a ball, item from the curriculum, or even the book you will be reading to the next student by passing the object in-between their legs.
- **Power march** – Have students march in place slowly, then quickly. Try high knee prances, stomps & tiptoes.
- **As If game** – Ex: jog in place “as if” being chased by a tiger, jump in place “as if” you are popcorn, swim “as if” you are in a pool of Jell-O, shake your body “as if” you are a wet dog, move your feet “as if” you are ice skating.
- **Memory Lane** – Have students divide into pairs or stand in a circle to complete the following actions: high 5's right, high 5's left, low 5's right, low 5's left, high 10, low 10, soles of shoes right, soles of shoes left, elbow bump right, elbow bump left, both elbows, super high 10. See if students can recall the order to repeat the sequence (you may shorten the number of steps as appropriate for the students' age and developmental level).

Movement activities to incorporate during class transitions:

- Have students transition within the classroom using animal walks such as bears, spiders, crabs, seals, inchworms, or ducks. Try having students crab walk back to their seat while balancing an item they will be using on their stomachs, or use this same idea using bean bags. You could control the amount of transition traffic by tossing students a beanbag when it is their turn to be dismissed to the next activity.
- Instruct students to move through a short obstacle course on their way to their cubbies to get their coats or on the way to line up to leave the classroom. Be creative! You might have students march, gallop, twirl one time, jump forward, or even hop on one foot. Try to include a movement that moves their head out of the upright position, such as crawling under a desk or bending over to "wave goodbye" to the classroom between their legs.
- Have students imitate your arm positions and movements while walking in line. This will focus their attention on you to reduce talking and give busy students something to engage their hands. Try patting or pointing to different body parts with your finger or moving through arm positions such as arms up, one arm up & one down, clasping hands in air, etc.
- When waiting in line for music, library, pictures, or other school activities, have students participate in a silent "mirror" game. Instruct students to imitate your movements, silly faces, and gestures.
- When students must wait in line, position the students against a wall and instruct the students to "push the wall as hard as they can", complete a series of wall push-ups, or stand on one foot, then the other, using the wall for support as needed.
- Instruct students to move through a series of postures during class story-time or when seated on the rug for instruction. Ideally, change positions every 2 minutes or so, moving between a cross legged position, long sitting, laying on stomachs propped on elbows, four-sitting (one leg straight and one bent at the knee and rotated to the rug), laying on back with eyes open or closed, tall kneeling or half-kneeling (best position to prepare to stand and transition to another location).