

Classroom Movement Ideas For Teachers

1. **Hand Clapping Games** for younger kids with directions - 3:30 mins.
Fun activity that promotes focus, motor planning, sequencing & peer interactions.
<https://www.youtube.com/watch?v=2RhmxOrjDDs>
2. **Simple Exercises** - warm up routine with graphics, music & count down timer - 3:56 mins.
Great routine to get the kids up from their chairs and stretch.
<https://www.youtube.com/watch?v=QErBojJvCMI>
3. **Animal walks** - with music and counter - 4:41 mins
Fun core strengthening activity that invites kids to imitate various animal themed walks.
<https://www.youtube.com/watch?v=-1-s8GBpFeQ>
4. **Brain Dance** - 3:45 mins
Developed by Anne Green Gilbert, this set of movements makes a great morning routine for little brains and bodies.
<https://tinyurl.com/3fa9uhwz>
5. **Freeze Game** - Great activity that promotes focus, processing and listening skills.
For this activity, play music and let the students dance. When the music stops, they must freeze in place. Continue starting and stopping the music until you have only a few students left.
6. **3 minute dance party** - The unstructured nature of this activity makes it great as a transition activity and fosters a better mood for learning that's coming next. Play upbeat music and let kids shake their bodies.
7. **Chair Yoga** - 8 mins
Don't want kids to leave their chairs? Follow along these energetic chair exercises with simple instructions and rhyming words.
<https://www.youtube.com/watch?v=es0bMUySdpA>