

***THE ALWAYS
MOVING
LEARNER***

WHO'S IN THE ROOM

- × Do you have a student(s) who is always moving?
- × Do you have a student who struggles to stay focused?
- × Do you use/want to use brain breaks in your classroom?

HELLO!



I am Megan Strong

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Wifi:

FOCUS

- × Brain Breaks
- × Breath
- × Alternative Seating
- × Resources



1.

BUSY BOTTOMS

Body Breaks

BODY BREAKS

- ✕ Rock Paper Scissors
- ✕ Yoga Stations
- ✕ GoNoodle



ROCK PAPER SCISSORS



Do 3 jumping jacks then pick your pose...



GONOODLE



2. BREATH

“Just breathe...”

WHY IS IT IMPORTANT TO BREATH?

Our bodies use oxygen to burn sugars, fats, and proteins for energy, and CO₂ is a byproduct of this process.

When our brain stem is accumulating too much CO₂ it triggers the stress response.

Focusing on the breath can help with reducing stress and psychological functioning.

BREATH

- ✘ Bunny Breath – multiple inhalations through the nose, followed by one deep long exhalation. This can become more of a counting game using fingers to count the inhalations.
- ✘ Snake Breath– this breath is one big inhalation through the nose, and one long exhalation making the sound of a hissing snake through the mouth.
- ✘ Bumblebee Breath– this breath is one long inhalation through the nose, one long exhalation making the sound of a buzzing bumblebee through the mouth.
- ✘ Box Breath– draw a box, each line rotates between and inhale, hold, exhale, hold.

Calm

***WHAT IS YOGA? A 4 YEAR OLD
EXPLAINS...***

“Okay, so yoga is just...
you breathe in and out
like this, then you start
doing slow karate.”

YOGA

Bigger Ideas

- Weather
- Seasons
- Feelings
- Animals
- Nature

Curriculum

Understanding, Skills, and Confidences

USC 1.5 Explore the association between a healthy sense of "self" and one's positive connection with others and the environment.

Life Science: Animal Growth and Changes

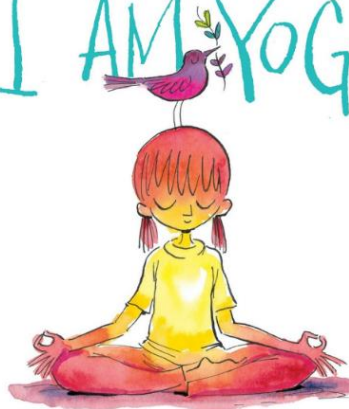
AN 2.1 Analyze the growth and development of familiar animals, including birds, fish, insects, reptiles, amphibians, and mammals, during their life cycles. (CP, SI)

Earth and Space Science: Weather

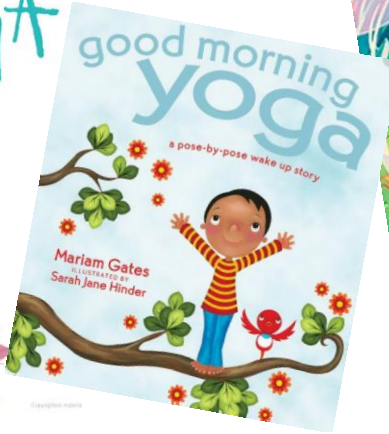
WE5.2 Investigate local, national, and global weather conditions, including the role of air movement and solar energy transfer. (SI)

BOOKS FOR INCORPORATING YOGA IN YOUR CLASSROOM

I AM YOGA



BY SUSAN VERDE - ART BY PETER H. REYNOLDS



SOMETIMES I FEEL LIKE A FOX

Danielle Daniel





***ALTERNATIVE
SEATING***

ALTERNATIVE SEATING

Why does it help?

Alternative Seating should be used to focus on work and not on staying seated

What can you use?

Anything!



ALTERNATIVE SEATING OPTIONS

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x Wobble stools

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x Milk crates

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x Pool Noodles

WHAT CAN YOU USE?

Furniture

x Bar Stools

x Foam inter-locking mats

x Tent

x Bed risers

x Pillows/ Seat cushions

x Carpet squares



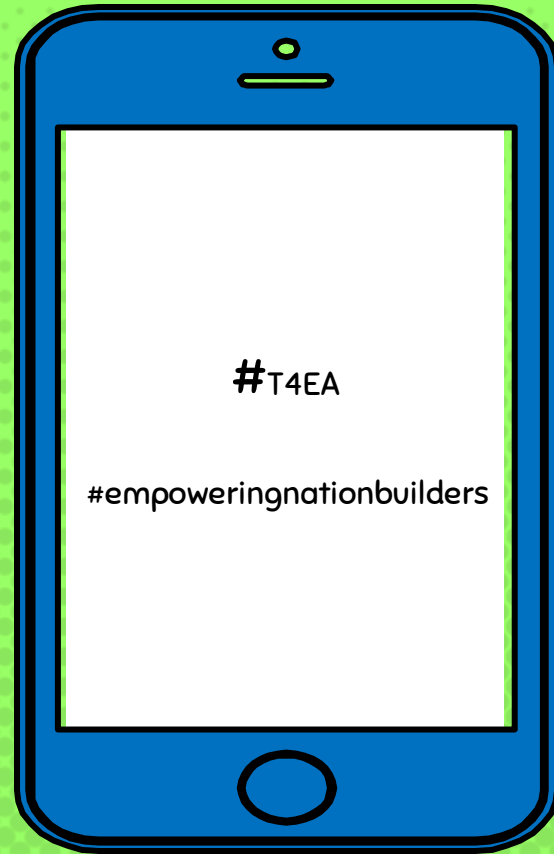
Thanks to Kirsten Tootosis for sharing, Teacher at Standing Buffalo School

FOR YOU!

- × Pool Noodles
- × Thera-bands
- × Seating options

SOCIAL MEDIA BINGO!

Don't forget to use the hashtags about what you liked from the presentation for your chance to win!



THANKS!

***YOU ARE
AWESOME!***

Any questions?

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REFERENCES

Kristine Divall (2014), ZENkids, Training M.annual

Yogi Ramacharaka, (2003), The Hindu-Yogi Science of Breath