

Improve concentration with exercise

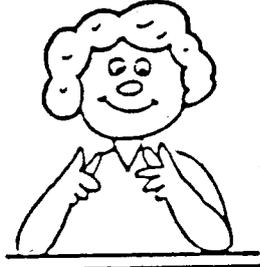
Get Energized With Exercises!

Perk up your class with chair exercises done to snappy music. An exercise break is a change of pace that promotes concentration. You may want to illustrate each exercise on a chart. Then, line up exercise charts along the chalk ledge in the order you will do the exercises. Choose a student to lead the group. Do the exercises with your class. It's fun and good for everyone!

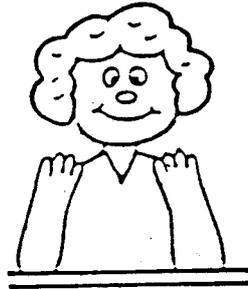
Try these exercises. (Repeat each exercise four times.)



1) Clap



Snap



Touch shoulders



Knock on desk



2) Touch shoulders



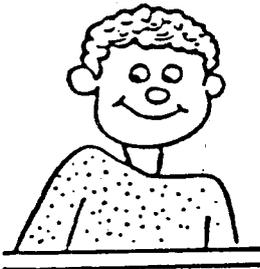
One arm to the sky



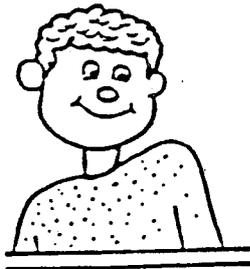
Touch shoulders



Other arm to the sky



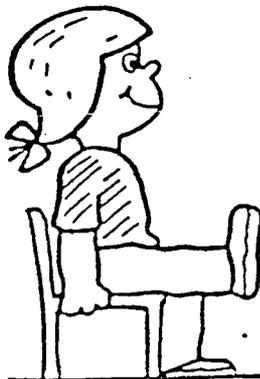
3) Lift one shoulder



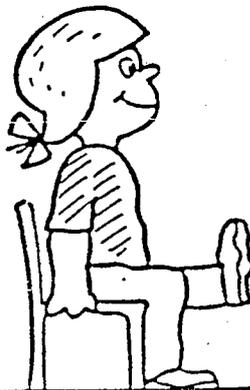
Lift the other shoulder



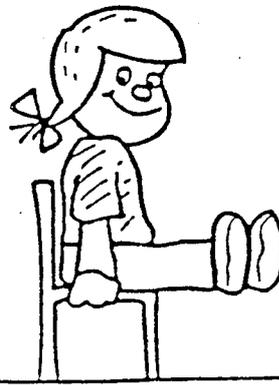
Lift both shoulders



4) Right leg

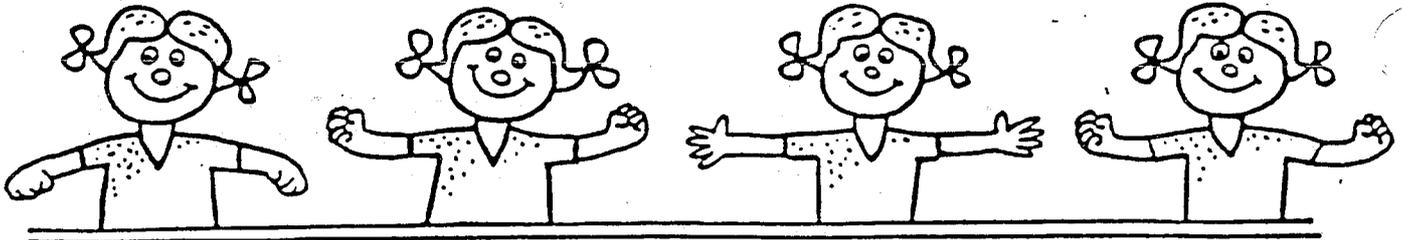


Left leg



Both legs

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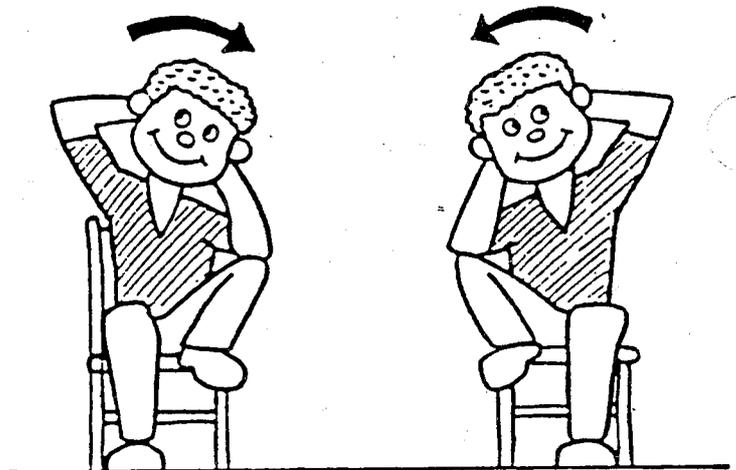


- 5) Arms out, make fists Roll fists over Stretch fingers out Make fists again



- 6) Clap Shake (3 times)

- 7) Elbow-to-knee—
Interlace fingers behind head.
Touch left elbow to left knee,
lifting knee and bending at waist.
Then touch right elbow to right knee.



- 8) Place your hands against your head above the ears.
Bend head to the right,
exerting slight resistance with hand. Return.
Repeat movement to the left.

