



Beginning to End of Day Refresher

Relaxing Moves

Wake up tired brains, get blood flowing, and increase focus and concentration (silently or make your own rhythm):

- Stretch to release stored intelligence:
 - Isolated body parts
 - Whole body
- Yoga poses:
 - Get into a pose and hold
 - Use balancing poses to increase concentration

Want more Class Time "Refresher" Moves? Call Recess Rocks to learn how!

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Beginning to End of Day Refresher

Energizing Moves

Wake up tired brains, get blood flowing, and increase focus and concentration (silently or make your own rhythm):

Quick movements

- Move
- Freeze
- Stomp
- Vibrate
- Fast feet
- Free moves

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Energizing Moves

Wake up tired brains, get blood flowing, and increase focus and concentration (silently or make your own rhythm):

Constant motion

- Sway
- Wiggle
- Twist
- Rumble
- Whole body slow motion
- Robot

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Energizing Moves

Wake up tired brains, get blood flowing, and increase focus and concentration (silently or make your own rhythm):

Exertion

- Make muscles
- Squat
- Squeeze
- Punch
- Kick

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Energizing Moves

Wake up tired brains, get blood flowing, and increase focus and concentration (silently or make your own rhythm):

Voice

- Say "Ahh" as you exhale through a move (i.e., "exhale the energy").
- Use "rumble heels" while using vibration voice.
- Breathe out vowels.
- Do punches or kicks saying "stop", "no", "yes".
- Play with pitch of voice while moving.

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Restart the Day

Empower students to start again, get another chance, shift their energy and create a new mood:

- Stand up and use hand to erase the day.
- Stand up, spin around and start over.
- Stand up, use hands to grab all the “gunk” sticking to you and throw it in the trash.
- Clap or snap all around through three planes (upper, middle and lower body) and 360°.
- Stand up and use your hands to swirl the air all around to refresh classroom energy.

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Brain Power Boost

Use creative movement to nurture lifelong healthy habits and inspire successful, eager learners!

In your chair

- Use creative hand-raises to answer questions, ask to get a tissue or go to the bathroom.
- Practice ASL.
- Silly faces—call out and express emotions.
- Play “Simon says”.
- Make your body stiff and long as a plank.
- Hold an imaginary ball and move through the planes.
- Play air twister.
- Have left side and right side do different moves (pat head and rub belly, play piano and open door).
- Have upper body and lower body do different moves (draw circles with both hands and run in place).
- Draw a figure 6 in the sky with right index finger and figure 9 with left foot.
- Accordion (play “keys” with one hand and squeeze “box” with the other).

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Brain Power Boost

Use creative movement to nurture lifelong healthy habits and inspire successful, eager learners!

Use your chair—push ups

- Do push ups.
- Kneel down in front of chair, hold chair to do push ups.
- Elbows on chair, “plank” body diagonal to and facing floor; lift tail up and down.

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Use your chair—sit ups

- Lay down, put lower legs on chair and do sit ups.
- Lay down, legs straight, hips under chair; sit up and touch back of chair.

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Use your chair—stepping

- Put one foot on chair and one on ground, switch, repeat and try:
 - Playing with speed
 - Tapping each foot (heel taps/toe taps)
 - Creating and playing with pattern
- Lean over knee and pretend to tie shoe.

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Use your chair—as a barre

- Stand behind and hold back of chair:
 - Tip toe up/down
 - Toes point in V then tip toe up/down
 - Squat down/up
 - Lean forward and lift one leg so thigh is parallel to the floor; lift heel to ceiling or swing out to side then kick foot (locked knee back/side/front)

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Use your desk

- Students sit and touch area of desk as teacher calls out:
 - “Top”, “Left”, “Bottom”, “Right”, “Center”, etc
 - “North”, “East”, “South”, “West”, “Northeast”, “Southwest”, etc.
 - Repeat using different body parts (wrist bone, elbow, thumb, knuckle, etc.)

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Use your desk/wall – push ups

- Do push ups
- Backward push ups
- One handed push ups

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Use the wall

- Slide to invisible chair and slide back up
- Slide to invisible chair and lift one leg at a time
- Slide to invisible chair and use clock arms; teacher calls out “time” for students to imitate
- Face wall, toes touch baseboard and stretch calves
- Using wall to balance, grab foot behind you and lean forward
- Place both hands on wall, one leg bent under you and other leg stretched out behind; press heel to ground and push wall away.

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One minute challenge

- Using a song or watching the clock, get on and off the floor in creative ways for one minute:
 - Sitting
 - One knee
 - Kneeling
 - One elbow touch
 - Both elbows touch
- Sit on ground, criss cross legs, and spin up to standing position.

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Around the class

- Use creative moves throughout the class:
 - Sharpen pencil and do ten toe touches
 - Throw out trash with a jump and toss
- Going to a special? Hop over to the door!
- Stand up and move:
 - Jumping jacks
 - Tai chi animals
 - Jog in place
 - Combine aerobic exercises for ten minutes
 - Teacher starts movement pattern and challenges students to call out and perform the next move

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Hit the deck

- Use a deck of cards to move:
 - Each number represents a movement; teacher writes key on board
 - Teacher or student chooses card and class moves according to key

Card	# Times	Move
2	2	Spins
3	3	Crossover elbow to knee
4	4	Windmill arms
5	5	Eye circles
6	6	High knee jog and tap hand to knee
7	7	Arm circles in front
8	8	Left leg circles
9	9	Right leg circles
10	10	Wrist circles
Jack	11	Head circles
Queen	12	Back strokes
King	13	Head slides
Ace	14	Hopping scissor legs
Joker	15	Student choice!

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“UNO® says”

- Using UNO cards, teacher or student turns over a card.
 - Students match the color to something in the room then move to it according to the color key; i.e.:
 - Blue = Hop
 - Yellow = Lunge walk
 - Red = Fast high knee while walking slow
 - Green = Punching bag while walking

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Roll the die

- Teacher or student rolls the die and class performs the move:
- 1 = Upper cut punches
 - 2 = One leg balance
 - 3 = Spin
 - 4 = Toe touches
 - 5 = Tae kwon do blocks
 - 6 = Squats

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Homework recall

- At end of the day, class stands up and teacher asks, "Do we have homework in (fill in subject)?"
 - Students do corresponding move:
 - History = Lunges
 - Language arts = Toe touches
 - Math = March
 - Reading = Jumping jacks
 - Science = Run in place
 - Social studies = Rainbow arms

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Choose healthy food each day and keep the doctor away!

- Teacher calls out foods from the USDA recommended "My Plate".
 - Students do the corresponding move:
 - Fruit = Charleston—swing lower leg out to side and tap foot; alternate swings and taps
 - Veggies = Reach for the sky on toes
 - Protein = Up on toes and tap heels together
 - Dairy = High knee jog in place
 - Grains = Squat down, harvest 10 "grains" (close and far away), stand up and put in your pocket

Go to ChooseMyPlate.gov for the latest healthy eating tips, tracker, menus, recipes and more!

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Fire safety

- Teacher and students confirm emergency meeting spot for your classroom.
- Discuss what to do if clothes catch on fire and act it out:
 - Stop = Jump out of chair, freeze and use stop sign hands to call out "STOP"
 - Drop = Drop to the ground onto your back and call out "DROP"
 - Roll = Roll from side to side and call out "ROLL"
- Stand up and calmly walk to the door while reciting your emergency meeting place.

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Traveling rock band

- Teacher asks students to choose their favorite instrument from: orchestra, country band, rock band, pop band, marching band.
- Students pick their favorite instrument and play:
 - In seat
 - Standing in place
 - Marching
 - Rockin' out on one leg
 - Students "exchange" instruments and repeat sequence

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Animals in the wild

- Teacher asks students to choose their favorite animal from: jungle, zoo, farm, pets, desert, ocean, sky, insects, etc.
- Students pick their favorite animal, then move in the following way either seated, standing or moving:
 - Isolated body part (e.g., from chair, move arms like the animal)
 - Whole body movement
 - Only noises
 - Student moves like the animal, then tags a fellow student to exchange moves

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Sports Day

- Teacher calls out a sport and students describe the sport (e.g., Baseball: pitcher, batter up, catcher, umpire, runner, slide, pickle, throw, catch).
- Class does the corresponding moves:
 - In chair
 - Standing
 - On one leg
 - Around the room

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The 12 Days of Fitness

- Sing and do the following moves to the tune of "The 12 Days of Christmas":

On the twelve days of fitness, Recess Rocks gave to me:

- 12 Heel pops
- 11 Wiggle knees
- 10 Low squats
- 9 High kicks
- 8 Chin swoops
- 7 Quick jabs
- 6 Heel taps
- 5 Cross over jacks
- 4 Disco rolls
- 3 Face squishes
- 2 Toe touches
- And 1 funny bobble head

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Help students reenter your classroom each time with the appropriate energy and mood.

Use a signal to cue students:

- Hum song "Heigh Ho"
- Stomp in a pattern
- Hand clap, tap knees, tap legs, snap fingers twice
- Create your own signature move

**Your Class
Your Way**

Want more Class Time "Your Class Your Way" Moves? Call Recess Rocks to learn how!



Test Prep

Unlock students' creative functions and stimulate their stored intelligence with moves that increase blood flow to the brain, get both hemispheres "talking" to one another, and prepare them for tests!

- Stretch to stimulate stored intelligence.
- Neck rolls/hand assisted neck stretches to get blood pumping to brain.
- Ear rubs or "click on" to increase energy and attention.
- Breathe deeply, in through nose and out of mouth, to calm energy.
- Wiggle jaw and bite space to release tension and stress.
- Yawn to bring in oxygen and freshen learning energy.
- Cross crawl (left side moves right and right side moves left)—legs, arms and eye patterns; stand up twist; chair twist—vital to ensure brain hemispheres work together.
- Crack knuckles, massage head to stimulate mental preparation.
- Creepy crawler and twinkle fingers to relax and ready fingers.
- Vibrate to calm energy and get the wiggles out.

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