





















- With a partner, stand back to back.
- Show a Sad, Mad, or Glad face in response to descriptions of situations.
- On signal, turn and check to see if your partner feels similarly or differently.
- Use hand motions to identify whether the emotion produces a coherent or incoherent heart rate.

## Body Machines

**Role play how an assembly line or machine works: Pair up and act out a truck, computer, bar code reader, etc.**

## Read My Mind

1. Brainstorm three “crazy faces” (facial expressions).
2. Practice each.
3. Pair up and stand back-to-back while each silently picks one of the three faces.
4. On cue, turn around and see if your faces match.

## Roller Derby

1. Stand and walk fast around the entire room.
2. Think of two to five words discussed in the last twenty minutes.
3. Share your words with two other people.
4. Sit when finished.

## A Change in Perspective

**Make a fresh start! To keep the room novel and the learners’ perspectives fresh, everyone stands up and finds a seat on the opposite side of the room.**

## Commercial Break





**Divide into teams and prepare a commercial break related to today’s content and share with others.**

## FIND SOMEONE WHO...

Write their answer in your own words. If they agree with what you have written, write their names underneath.

Participates in team activities	Enjoys water activities	Prefers activities out in nature
Processes best thinking out loud	Does regular work-outs	Prefers "hands-on" in new experiences
Likes to think, work, play in groups	Prefers "solo" sports or activities	Aims to drink _____ of water a day

## MOVEMENT INQUIRY

- **Reflect** on a significant piece of knowledge or skill for your grade level. 
- **Write** at least two sentences explaining what you want your students to understand about this knowledge or skill. 
- **Choose** one of the following to create a way to teach that information w/movement: skit, hand-jive, dance, song w/action, etc. 
- **Share** your product with another group. 

## REFLECTION

**“Iron rusts from disuse, stagnant water loses its purity and in cold weather becomes frozen; so does inaction sap the vigors of the mind.”**

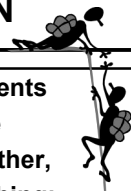
~ Leonardo da Vinci ~  
(1452-1310)



## REFLECTION

**“After all the arguments have been made for one side or the other, it gets down to one thing: Movement is about living and living is about learning.”**

~ Eric Jensen ~  
(still alive!)



## REFLECTION

**“Why,” said the Dodo,  
“the best way to explain it  
is to do it.”**

~Lewis Carroll~  
*Alice's Adventures in Wonderland*  
(1832-1898)