

Reflective Activity: Movement-Based Activities in Class

Movement-based activities provide vestibular and proprioceptive input that students need to stay regulated and engaged in the learning process. Movement can increase the blood flow to the brain and increase a student's attention. Given this, consider the following:

Ways I already celebrate movement in my class:

- _____
- _____
- _____

Ways I can better support students' needs for movement in my class:

- _____
- _____
- _____

Ways I can model appropriate movement in my classroom:

- _____
- _____
- _____