

## TIP #1:

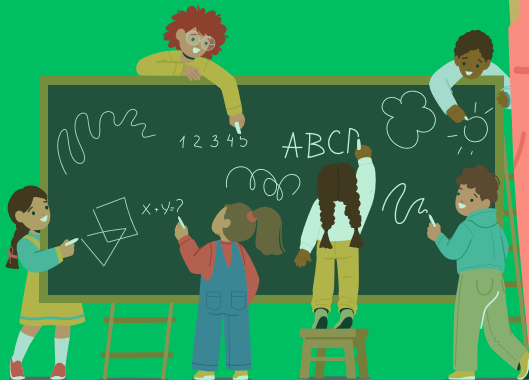
### Morning Warm-Up

Start the day with a five-minute physical activity session. This could include stretching, yoga poses, or a brief dance session to energise the and prepare the children for learning.

## TIP #2:

### Transition Movement

Use short movement activities between lessons or subjects to refocus and re-energise the children. For example, star jumps, Simon Says, or follow-the-leader.



## SERVICES WE RECOMMEND:

**YOUNG MiNDS**  
fighting for young people's mental health

You can call their Parent Helpline for free on 0808 802 5544, Monday to Friday, from 9.30am to 4pm.

**NSPCC**

Search: NSPCC Support for Parents

Action for  
Children

Parent Talk offers free, down-to-earth advice for parents of children aged 0-19 online across the UK.

Exciting Teacher offers Mental Health and Wellbeing resources for children aged 4-11. Over 600+ loved globally by Parents, Carers, Teachers and Professionals.



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# GET CHILDREN MOVING & GROOVING!

9 Top Tips for Teachers  
to Encourage Moving for  
Children's Mental  
Health!



Exciting Teacher 2024





### **TIP #3:** Integrated Movement Activities

Integrate movement into lessons. For example, you could have children act out scenes from a story in English, use a hopscotch grid to solve Maths problems, or create a physical, human, map on the classroom floor for geography.

### **TIP #4:** Standing & Moving Activities

Occasionally, allow children to stand or move to different stations around the room during lessons. This can be particularly effective in subjects like science and art, where students can engage in hands-on or group-based activities.

### **TIP #5:** Outdoor Learning

Whenever possible, take learning outside. Lessons in nature or just outside the classroom can provide fresh air and more space for movement-based activities.

### **TIP #6:** Active Teaching Strategies

Employ teaching strategies that require movement, such as gallery walks, where children move around the room to view their peer's work, or scavenger hunts that require finding and collecting information or objects.

### **TIP #7:** Brain Breaks

Incorporate short, structured breaks to let children stretch or complete simple deep breathing exercises. This can help improve concentration and reduce stress.

### **TIP #8:** Bring PE into the wider Curriculum

Collaborate and combine Physical Education (PE) aspects into other areas of the curriculum. This might involve joint projects that highlight the importance of physical health alongside academic topics. You can bring the learning from PE into other areas of the Curriculum!

### **TIP #9:** Gather Feedback

Gather feedback from children about the types of movement activities they enjoy and find beneficial. Adapt your strategies based on their preferences and the effectiveness observed in class.

