**Using Movement to Keep Students Engaged and Thinking**

Simple as it is, all students can benefit from kinesthetic activity. Use movement in combination with a mental challenge to encourage motivation and engagement. Simple movement seems to rid students of the wiggles… All humans need to move their bodies, so use their natural urges for your management. Allow motions to assist students in frontloading, for planning, to establish concepts or ideals, and for establishing confidence… Movement can be a good use of peer pressure: creating a follow-the-leader opportunity in your favor. Keep a light spirit and avoid overuse… change tactics often to keep the practice novel.

Raise your hand if/when…

Point to the \_\_\_\_ if/when…

Use this hand signal if/when…

Stand at the board if/when…

Stand up if/when…

Clap three times if/when…

Stomp your foot twice if/when…

Twirl in place if/when…

Put your hand on your head if/when…

Cross your arms if/when…

Tag this desk if/when…

Come over here if/when…

Take a walk around the room if/when…

Touch your toes if/when…

Stand by the “A” if/when

Change spot if/when…

Nod your head and smile if/when…

Run to the fence if/when…

Step on this line if/when…

your answer is an even number.

you share the opinion of another student.

you are done.

you don’t agree.

you do agree.

you choose this book.

you are ready for break.

you need help.

you want to help.

you prefer…

you are thinking…

you changed your opinion…

have a good reason for…

can explain how…

can name...

you chose “X”.