



Engaging Students with Poverty in Mind

Engage for Energy and Focus

#2 Energize Students in Their Seats

Some teachers feel unsettled by the prospect of having students moving around the room and even in the most dynamic classes, some days it's just not practical to get students moving around.

Although it's not ideal to keep students tethered to their desks during an entire period, there a lot that can be done even when students are in their seats.

Things as simple as clapping hands or touching acupressure points can increase circulation and energy.

"Short Term" Solutions you can use:

1. Simon Says.
2. Cross-laterals.
3. Combine math with movement.
4. Trace infinity.
5. Air Swimming.
6. Use creative handshakes.
7. Write with the body.
8. Come up with team greetings.
9. Do the wave.
10. Rhythm claps.