



## Engaging Students with Poverty in Mind

### Engage for Energy and Focus

#### #1 Get Students Moving

Physical movement boost the brain's levels of glucose and key neurotransmitters – including dopamine, norepinephrine, and serotonin – that influence both cognitive and behavioral processes.

Brisk aerobic exercise boosts positive emotions, and the effects appear to last for up to 30 minutes post-exercise.

Engaging in physical activity right before an academic class raises the scores of students in that class.

Use a short energizer at least once every five minutes, and use a longer, more active energizer every half-hour or so.

#### "Short Term" Solutions you can use:

##### Elementary Solutions (p. 115)

1. Walk the Line.
2. Freeze.
3. High ten, low ten.
4. Follow the directions.
5. Follow the leader.
6. Doctor, Doctor.
7. N/A
8. N/A

##### Secondary Solutions (p.117)

1. Up and down.
2. Walk and talk.
3. Gallery walk critiques.
4. Cross-training simulation
5. Enlist student teams to conduct energizers.
6. Go on a scavenger hunt.
7. Ride my bus.
8. Simon Says.