



## Unit 7 Play Hard: Child Lesson

Hi boys and girls, it's Miss Shanita again.

Today we're going to talk about how physical activity and exercise helps the way we think, learn, and remember.

What are some ways you like to move or exercise?

Riding bikes, playing with a hula hoop, jumping rope, or dancing are all great ways to be active and there so many more ways we can move!

Did you know movement and physical activity helps our brain?

Exercise, even a little bit, can give your brain a break and wake it up. This can help you pay attention and remember what you are learning in school.

We call this a "brain break". Let's give it a try.

Take a moment and stand up!

We're going to move to some music and loosen up our whole body.

I'm going to play the music and I want you to do all the moves along with me. Are you ready?

Okay, here we go!

\*Music playing and Miss Shanita doing the moves for the kids to imitate\*

That was fun. How do you feel now that we have moved and danced?

By standing up and moving around, we are able to wake our brain up!

Well friends I hope you feel more energized now. Remember to take a break when you have been sitting or learning for a long time.

Until next time, see you later!