

TOP 10 REASONS

to have an **Active Classroom**

- 10 Regular breaks improve learning because they give students time to make sense of information.
- 9 It is an effective classroom management strategy.
- 8 Students have short attention spans; physical activity helps them refocus.
- 7 Kids learn by doing; showing kids to incorporate physical activity into a normal day is a lifelong lesson.
- 6 Brain breaks can be short periods of time (3-5 minutes).
- 5 Physical activity breaks throughout the day can contribute to improved cognitive classrooms behaviors.
- 4 Children need breaks for learning to be the most effective.
- 3 Incorporating physical activity breaks can improve classroom behavior.
- 2 Students enjoy them!
- 1 Teachers have fun too!

For more information about Active Classrooms go to:

tinyurl.com/healthyroots

