



'Wake up' work to help with concentration

Children and teens who often find themselves 'drifting off' or daydreaming in the classroom often need to move more but their brain does not tell them to do this.

These are some activities that will help with focus and concentration

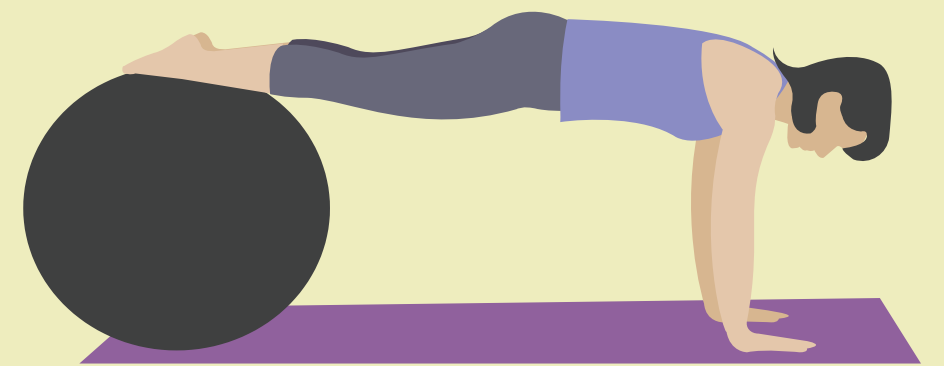
SKIPPING



BOUNCE ON A TRAMPOLINE



GYM BALL WALKOUTS



BOUNCING ON A SPACEHOPPER



JOGGING



STAR JUMPS



PLAYING HOPSCOTCH



RUNNING UP AND DOWN STAIRS



CLIMBING

