

## Classroom Activities



# Air Writing

Suggested Levels: 5-12

Time: Less than 5 minutes

Foundation: Hand/Eye Coordination, Foot/Eye Coordination

Equipment: none needed

Objective: Promotes movement to refocus the brain

Description: Have students “air write” their name, favorite food, vocabulary word etc. using their non-dominant hand or foot. Try having them write with their heads for fun as well.

Source: *Modified from* Kidsfit [www.abllab.com](http://www.abllab.com)