

Classroom Activities



Name & Foot

Suggested Levels: 8-12

Time: Less than 5 minutes

Foundation: Hand/eye Coordination

Equipment: none needed

Objective: Promotes movement to refocus the brain.

Description: Instruct students to pretend to write their names on a desk with their finger while also rotating their foot in a clockwise circle.

Source: Modified from Kidsfit www.abllab.com