

4 Topic-Related Body-Breaks to Engage and Energize Learners!

Body-Breaks are movements that energize the body and flow oxygen to the brain for better learning and retention.

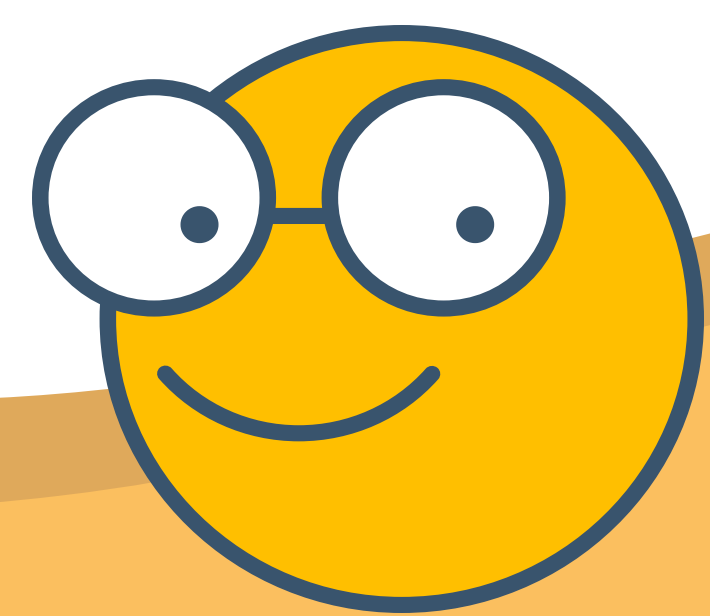
From the "Training from the BACK of the Room" Virtual Edition (TBR-VE) Class

Use these Body-Breaks in your next virtual/remote class with the live-streaming cameras on for smiles and laughter while learning.



1. Chair-Jiggles

While sitting, learners lean side-to-side, front-to-back, and move their bodies in small jiggles/stretches. Then, using the chat box or sticky notes on a whiteboard, they write a topic-related question or comment about what they've learned.



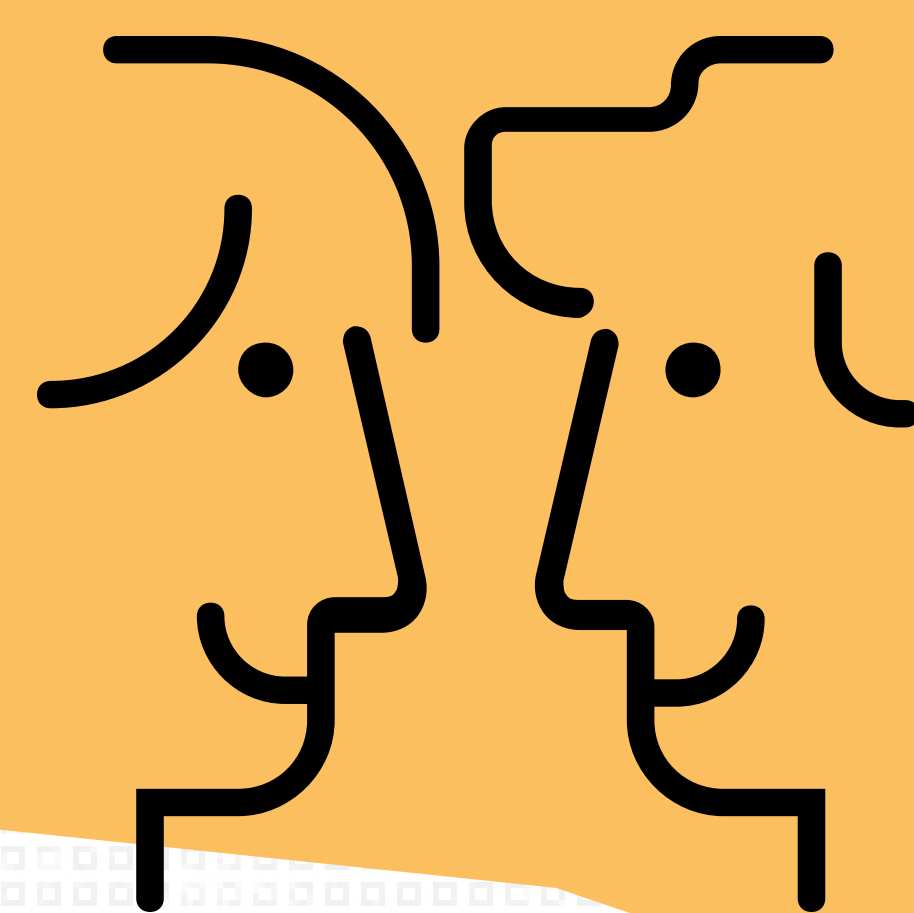
2. Wall-Walks

On paper sticky notes, learners write 1-2 facts that they've learned about the topic that they didn't know before the class. They stand and walk to a wall of the rooms they are in and stick their notes to the wall. Then they return to their seats.



3. Mirror-Me

One learner volunteers to lead a 5-second stretch in front of their live-streaming camera and the other learners mirror the stretch. If time allows, another volunteer leads a new stretch for the class to mirror.



4. Animal Signals

Instead of having learners signal "yes/no" or "agree/disagree" with "thumbs up/down," have them signal with animal motions: elephant (trunk made with hands locked and arms swinging together), monkey (scratching arm pits), rabbit (twitchy nose, hands for ears), dog (panting, hands in front like paws), etc. Have fun with these signals – the sillier, the better.



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Explore www.Bowperson.com for more free infographics and resources. TBR-VE Classes are listed on the website's Public Training Calendar.