

# Welcome to Wonderopolis!

*Can Exercise Make You Smarter?*

Click here for: [Lesson Instructions](#)

Click here to explore [how exercise impacts the brain](#)



## Weekly Activities

Select the activity that is appropriate for your language level

Student Language Level	Levels 1-2	Level 3	Levels 4-5
<b>Activity 1</b> <a href="#">Notes Organizer</a> (Listening, Reading, Writing)	Listen to the text about exercise read aloud to you in your first language and then listen to it in English. Write down three important words.	Listen to the text about exercise in English and follow along with the words as they are read. Identify 5 important words and write their definitions.	Read the text about exercise aloud to yourself. Write 5-10 important words or phrases from the text and their meaning.
<b>Activity 2</b> (Speaking, Writing)	Make a poster showing what you learned about exercise and the brain. Explain it to someone in your family. Put your favorite kind of exercise on the poster.	Make a poster showing what you learned about exercise and the brain. Explain it to someone in your family. Write about your favorite kind of exercise. Is there a kind you do not enjoy? Why?	Make a poster showing what you learned about exercise and the brain. Explain it to someone in your family. Write about your favorite kind of exercise. Is there a kind you do not enjoy? Why? What happens to the brain without exercise?
<b>Activity 3</b> <a href="#">I notice, I wonder</a> (Listening, Speaking, Reading, Writing)	Watch the video about how exercise impacts the brain. Complete the worksheet with words or pictures. Write in the language you are most comfortable writing in. Explain your work to someone in your family.	Watch the video about how exercise impacts the brain. Complete the I notice, I wonder worksheet in English. Explain your work to someone in your family.	Watch the video about how exercise impacts the brain. Complete the I notice, I wonder worksheet in English. Explain your work to someone in your family. Talk to someone in your family about what exercise you do.
<b>Activity 4</b> (Speaking)	Pick a form of exercise (jumping jacks, running in place, sit ups, etc) and have someone in your family time you exercising for 1 min. Explain in English how you feel after you exercised.	Pick a form of exercise (jumping jacks, running in place, sit ups, etc) and have someone in your family time you exercising for 1 min. Explain in English how you feel after you exercised. Explain what happened to your brain.	Pick a form of exercise (jumping jacks, running in place, sit ups, etc) and have someone in your family time you exercising for 1 min. Explain in English how you feel after you exercised. Explain what happened to your brain. Why is exercise important?