

Movement Ideas

Technique	Description	Application				
1. Blanket the Table	<p>Students work in small groups around a table. All stand up, take a piece of paper, and rip it into 6 pieces. Explain that they will have 1 ½ minutes to blanket the table with ideas. Direct them to “Say it, Write it, Drop it” so they don’t end up with duplicates. Then pose the topic or question and start the timer. After brainstorming, students can be asked to sort or prioritize their ideas and share.</p>					
2. QR Choice	<p>Create QR codes for web sites, video clips or documents. Print them and hang them on the walls. Direct students to go to the QR code of their choice, scan and engage with the material.</p>					
3. 4 Quadrants	<p>Ask students to fold paper into four quadrants and label them as in the image below (or something that suits your learning objectives.) Explain that everyone will move around the room, finding others to provide the information for each quadrant. Clarify that they are the only one writing on their own paper, as this gives them the opportunity to process or summarize the information, however, they will record the person’s name or initials.</p> <table border="1" data-bbox="505 1587 805 1856"> <tbody> <tr> <td data-bbox="505 1587 656 1713"> <p>Definition Name: _____</p> </td> <td data-bbox="660 1587 805 1713"> <p>Example Name: _____</p> </td> </tr> <tr> <td data-bbox="505 1719 656 1856"> <p>Essential Element Name: _____</p> </td> <td data-bbox="660 1719 805 1856"> <p>Non-Example Name: _____</p> </td> </tr> </tbody> </table>	<p>Definition Name: _____</p>	<p>Example Name: _____</p>	<p>Essential Element Name: _____</p>	<p>Non-Example Name: _____</p>	
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4. Stand-Up Game	Ask everyone to stand up. Pose a question or prompt that requires several students to respond. Tell everyone that as soon as they have shared an answer, they get to sit down.	
5. Go-Go-Mo	Each students needs a piece of paper. Direct them to write down one idea, example, etc. to start their list and then stand. Explain that they are to find another person, Give One idea, Get One idea and Move On . Continue until they have five or six ideas on their list.	
6. Board Relay	Divide students into 4 relay teams. Separate 4 sections on the board, or hang 4 pieces of chart paper on the wall. Announce a task, such as "Create a complete sentence using the words perpendicular and angle." Each student does one step of the task, returning to their team to hand over the marker to the next person. Tasks can include brainstorming, doing lengthy math problems, listing synonyms, etc.	
7. High 5 Summary	Ask students to stand up and pair up, facing each other. Each student raises a fist. Pose a question that requires ten (or five) answers, such as "What are examples of literary themes?" As each student tells their partner an example, they raise one finger. After they have shared ten, so all fingers are up, they do a high five before returning to their seats.	
8. Wall Work/Gallery Walk	Have students do any work (problems, brainstorming, illustrations, etc.) on boards or charts on the wall. They can then move around the room doing a gallery walk.	

9. Post-it Graph	Give each student a sticky note. Low, on an accessible wall space, place five sticky notes, labeled 1-5, horizontally. Direct students to reflect on their confidence level (or any other concept that lends itself to a continuum) and place their sticky note above that number. This will build a bar graph to discuss.	
10. Stand Up if...	Direct students to stand in response to statements or questions, rather than raise their hand. For example, you might say "Stand up if you have a connection." Or "Stand up if you agree with his answer." Word the statements in such a way that you will get the most students standing	
11. ABCD Corners	Place signs in four corners of the room. Label them A, B, C, and D. If possible, use 4 different colors. Ask students to respond to questions by going to various corners.	
12. Vote with Your Feet	Create two signs, one marked Strongly Agree and one marked Strongly Disagree. Hang them at opposite ends of the room. Tell students that these represent two ends of a continuum, and they are to stand along the line to show their opinion.	
13. Mad Dash	Gather 10-15 regular envelopes. Place a question or task into each one. These can be different or all the same - students won't know. Stick them on the walls around the room. Ask each group (or pair or trio) to choose a dasher. When you announce "Go!" they dash to which ever envelope they think is best, grab it and return to their group to open it and answer or complete.	

14. Stand to Talk	Ask students to stand up and partner up for whatever brief discussion you want them to have. Experts suggest students move at least every 20 minutes for optimal blood flow to the brain.				
15. Seated Gestures	Add movement while students are still in their seats by having them play Rock Paper Scissors to choose a recorder, facilitator, etc. Ask students for a thumbs up/thumbs down, a hang ten, a peace sign, a drum roll, or to snap their fingers. Get creative about using ASL for academic terms. Use www.handspeak.com to find videos of most ASL terms.				
16. Scavenger Hunt	Ask students to stand and move around the room finding an item they can relate to the topic. Set a visual timer for 30 seconds. When they return to their seats they might share with a small group or the whole class.				
17. Sticky Note Sort	Provide each student with one or more sticky notes. Ask them to silently write an example or concept related to the topic. Direct them to move to spaces around the room to post their notes. Once notes are up, direct students to group them based on their similarities and label each group of ideas.				
18. Appointment Cards	<p>Provide each student with an appointment card as in the image below. Ask everyone to stand and find two people to schedule an appointment with. After they write down those names they return to their seats. When you want students to discuss your content, ask them to stand and find their 9:00 appointment (or 10:00)</p> <table border="1" data-bbox="511 1738 815 1881"> <thead> <tr> <th data-bbox="511 1738 815 1768">Appointments</th> </tr> </thead> <tbody> <tr> <td data-bbox="511 1768 815 1822">9:00</td> </tr> <tr> <td data-bbox="511 1822 815 1881">10:00</td> </tr> </tbody> </table>	Appointments	9:00	10:00	
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