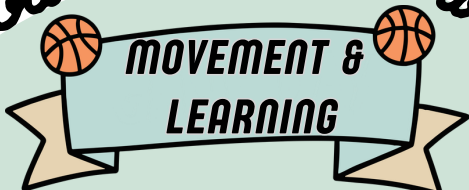


LiftED



Stronger Instruction.
Lifted Learning for All.

What you need to know about:



Why the Movement Madness?

Prime the brain to perform.	Stronger pathways = smoother recall.	Motion boosts "Learn Mode."	Lower stress, sharper thinking.
Increased blood flow can boost speed & accuracy.	BDNF = better learning, memory & retention.	dopamine that supports attention & effort.	Chronic cortisol hurts learning and working memory.

MOVEMENT MYTHS: DEBUNKED & SLAM-DUNKED

Myth: This is only for elementary. Debunked: In adolescents, active lessons & movement are linked to improved mood, boost attention & executive function. **Slam dunk**→ **More quality teachable minutes**

Myth: It steals instructional time. Debunked: 'Active' lessons are linked with (↑oxygen/BDNF/dopamine) & can lead to→ faster encoding + stickier learning. **Slam dunk**→ **Leads to less reteaching**

Myth: My class is too wild. Debunked: Brief, predictable movement routines can lower stress/reduce corrections. Active breaks→ better behavior. **Slam dunk**→ **Smoother transitions with fewer corrections**

Myth: Teens are too sleepy to do this. Debunked: Light to Moderate Activity: ↑ oxygen + catecholamines → more alert focus.

Slam dunk→ **Sharper focus for your first period & beyond**

Myth: We don't have space. Debunked: Even seat-based moves (stand/step/gesture) can support attention: no open floor needed.

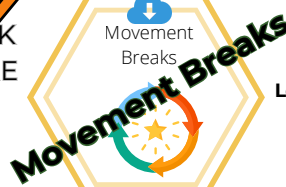
Slam dunk→ **Engagement stays high with no rearranging**

Myth: Older kids won't buy in. Debunked: Choice-based micro-moves (stand/sit, quick gestures) lift engagement & improve concept recall. **Slam dunk**→ **Better first-pass learning** → **less review**



HIGHLIGHTS

CLICK HERE



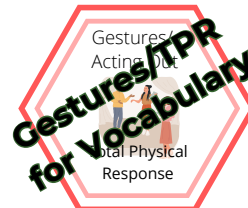
Click on Learning Behavior and Executive Functioning

Print these quick energizers to wake up sleepy high schoolers, reset middle school moods, or refocus squirrely elementary kids. Get blood flowin' & brain primed!



Click on Instructional & Cognitive

Quick video/articles. Producing or even observing gestures boosts comprehension & long-term recall in vocabulary learning.



Click on Vocabulary

Pair each vocab word with a quick gesture or total physical response. Linking body + word/meaning to improve their ability to remember it longer & retrieve it faster.

DON'T BENCH THE BODY DURING TEST REVIEW!



Lead4ward's Rise & Shine:

Students pick their choice from a 1 of 4 from a quick visual, show fingers, rise to find same-choice peers in a duo or triad, then collaborate on the prompt while the teacher circulates to listen and monitor.

Lead4Ward's Positive Pings:

In groups, students bounce ping-pong balls into a cup for 1 minute. Their movement score (0-8, 9-15, 16+) assigns their question/task, then groups collaborate while you circulate.

HANDS ON = MINDS ON!
QUICK "PLAYS" TO UP YOUR GAME

CLICK FOR LEAD4WARD MOVEMENT & DISCOURSE

Neural Reboot Patterns

Cross-lateral moves (crossing midline) engages interhemispheric communication, & coordination. These patterns can help prime the brain for learning & provide an active break reset.

TPR (Total Physical Response)

Micro-Moves

Quick gestures that represent vocabulary, processes, or concepts. Can be done at *any age & from your seat.* Tiny, fast, memorable.

