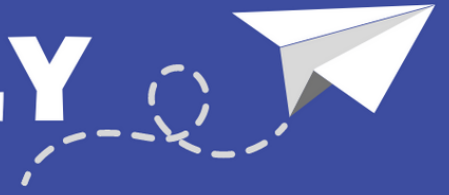




LESSONS ON THE FLY

Curated resources from your friends at WGUV & PBS Learning Media.



Social Emotional Learning Brain Breaks 3rd- 5th

Brain Break 1: Gallon Bucket Workout Work your upper and lower body using a 5 gallon bucket.	to.pbs.org/3Bqqyq8i
Brain Break 2: Jump Rope Get up and get jumping. Whether you have a jump rope at home or you just pretend, you can get a great cardio workout.	to.pbs.org/3zbpqRO
Brain Break 3: Movement Flow Move and flow to get your body stretching and moving.	to.pbs.org/3b9Rihl
Brain Break 4: Dynamic Stretching Get your heart rate up with a series of knee highs, frog jumps, walking lunges and other exercises you can do right in your living room.	to.pbs.org/3zf6sKm
Brain Break 5: Lower Body Exercise Workout your lower body through a series of walking bridges, supermans, ankle hops, and more.	to.pbs.org/3BmhG26

Find more teaching resources at wgvu.org/education-kids