

MINUTE MOVES JOB CARDS

IMPORTANT:

I hope you enjoy these Minute Moves job cards. As a participant in a S'cool Moves workshop or online course, this print file is being made available to you for your own personal clinic or classroom use. It is not meant to be mass produced or shared. These materials are protected by copyright law. Thank for honoring our copyright.

Thanks for all you do for children!

Debra Em Wilson

Dr. Debra Em Wilson
Founder, S'cool Moves, Inc.



MINUTE MOVES JOB CARDS

COMPANION TO MINUTE MOVES FLIP BOOK

Give them a job to do: Read it, then lead it.

**TEN STUDENT LEADER JOB CARDS WITH
ACCOMPANYING MINUTE MOVES ROUTINES.**

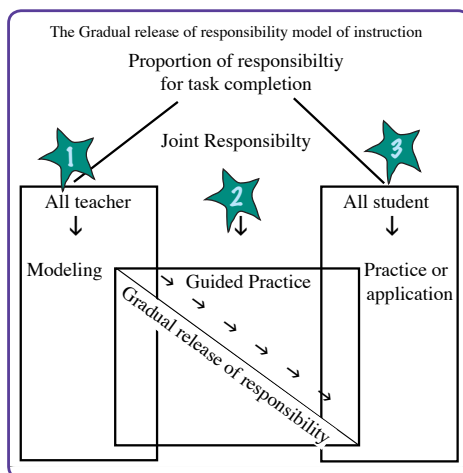
- ★ Recess Refocusing ★ Calming ★ Focus
- ★ Fine Motor ★ Writing Posture ★ Yawn Buster
- ★ Vision ★ Speech & Reading ★ Test Success

MINUTE MOVES JOB CARDS

It is important that children understand why they are participating in the Minute Moves activities. Children love learning about themselves, including how their brains work, how they can learn easier, and why the moves work.

BRAIN WIZARD TEACHABLE MINUTE

Choose daily or weekly leaders to “read, then lead” a job card. Have the leader read the Brain Wizard question and answer found on front of the job card. If time allows, open it up for some discussion. This promotes buy-in from those students who may be reluctant to participate.



SCAFFOLDED SUPPORT

This diagram shows how to scaffold support so students are comfortable leading.

Generally, students love to lead and once you give them their jobs, they don't want to relinquish them.



As one student said, “I like it when the students lead because we get tired of hearing the teachers voice over and over again. It's nice to hear a student's voice instead.” Gotta love the honesty of children!



JOB CARDS

Minute Moves for Calming

BRAIN WIZARD TEACHABLE MINUTE

Question: Is S'cool Moves just for kids or do adults use these activities, too?

Answer: Athletes naturally do many of the S'cool Moves activities. For instance, a famous American wrestler surprised everyone by winning the Olympics. He said that he had a hard time learning in school, but wrestling made learning easier for him. When he wrestled, he got lots of deep pressure like Dots & Squeezies (10/7's). This helped his brain focus for learning.



© S'cool Moves, Inc.



www.schoolmoves.com

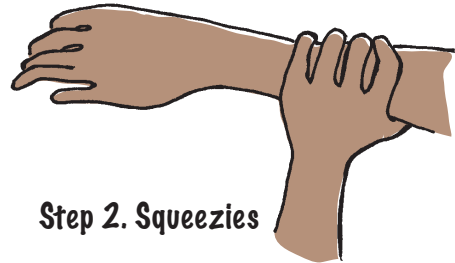
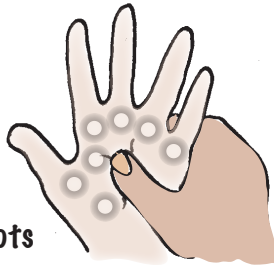


Job: CALMING CONSULTANT

Goes with Minute Moves for Calming Poster



Step 1. Dots



Step 2. Squeezies

Step 3. Pretzels



Step 4. ♥ 2 🏠



Step 5. Listening Ears



© S'cool Moves, Inc.



www.schoolmoves.com





JOB CARDS

Minute Moves for Fine Motor

BRAIN WIZARD TEACHABLE MINUTE

Question: How big is my brain?

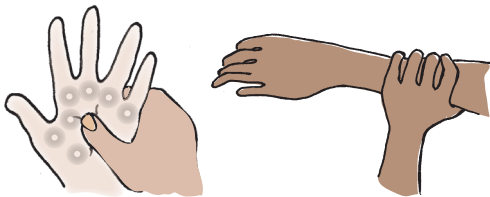
Answer: If you put your fists together, that is the approximate size of your brain. It weighs about three pounds. Your brain will keep making new connections as long as you keep moving. The fine motor routine warms up your fingers and also helps you think better for writing. The motor cortex in the brain is right next to the frontal lobes. The deep pressure makes the muscles and joints in the body talk to the brain. This creates more connections to help you write better.



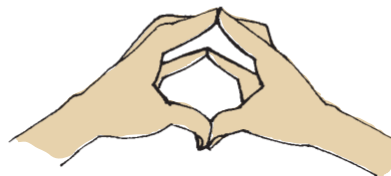
Job: WRITING PRO

Goes with Minute Moves for Fine Motor Poster

Start



Step 1. Dots and Squeezies or 10/7's



Step 2. Finger Push-ups



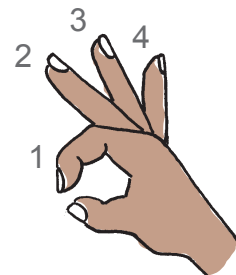
Step 3. Two-handed Pancake Flip



Step 4. "Yes" in sign language



Step 5. Finger Snaps



Step 6. OK Circle Taps





JOB CARDS

Minute Moves for Focus



BRAIN WIZARD TEACHABLE MINUTE

Question: Can doctors tell how my brain is working when I am learning new information?

Answer: Yes! Doctors, called neurologists, put a cap on your head like this one and measure the electrical energy in your brain. The electrodes on your head give information to a computer. It doesn't hurt at all. The doctor can see how well your brain focuses and responds to visual and auditory input. When you do S'cool Moves, the energy in your brain changes to help you learn better.



Job: FOCUS LEADER

Goes with Minute Moves for Focus Poster

Choose one activity



OR



Chair Lifts



Mirror Me Moves





JOB CARDS

Minute Moves for Recess Refocusing

BRAIN WIZARD TEACHABLE MINUTE

Question: Why is it important for me to be physically active?

Answer: When you exercise your body, your brain gets a workout too. Your brain needs to stay fit. When the body is healthy, so is the brain. Exercise makes the cells in your brain communicate with each other. This makes it easier for you to learn new things too! It's important to organize all that new energy, so that is why we do the refocusing routine after recess. Be sure to get lots of activity and eat healthy foods. Your brain will thank you for it!



Job: RECESS TRANSITION TEAM

Goes with Minute Moves for Recess Refocusing Poster

Start



Step 1. Wall Push-ups

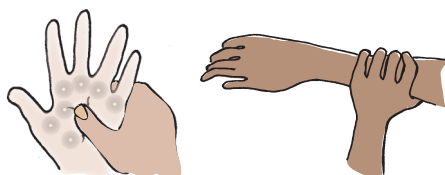


Step 2. Pretzels or Cross Crawl

Choose two leaders



Step 3. Transition Cue

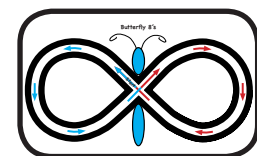


Step 4. Dots and Squeezies or 10/7's



Step 5. Listening Ears

or



Butterfly 8 Cards

Do these sitting.





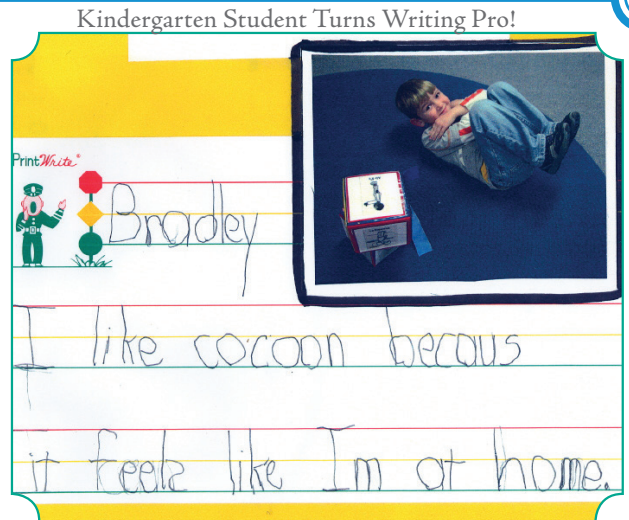
JOB CARDS

Minute Moves for Writing Posture: Core On the Floor

BRAIN WIZARD TEACHABLE MINUTE

Question: How does having strong core muscles help my brain learn better?

Answer: When you have strong core muscles, you can sit up taller in your seat and not wiggle so much. Sitting upright gets more blood flow to the brain and helps your eyes focus easier on your reading materials. If you can move your eyes without moving your head, you will have more brain power available to understand what you read. Your writing will be easier for you, too!



Job: CORE COACH I

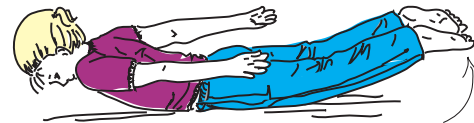
Goes with Minute Moves for Writing Posture - Core on the Floor Poster

Only do these moves if you have a mat and lots of room.

Start



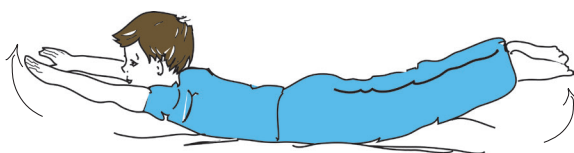
1. Cocoon



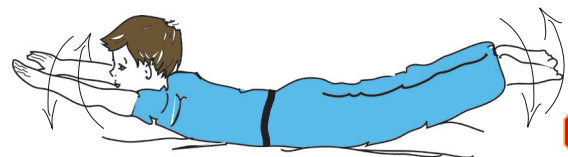
2. Basic Extension



3. Butterfly Extension



4. Boat Extension



5. Rocking Boat

Stop



JOB CARDS

Minute Moves for Writing Posture: Core Out the Door

BRAIN WIZARD TEACHABLE MINUTE

Question: Why should we do our seated core activities at the end of every day?

Answer: When your core muscles are strong, your connections in your brain are strong too. Some children sit on exercise balls while doing their work. Be sure your feet touch the ground when sitting on an exercise ball so you can keep your balance and stay safe. When taking a test or learning a lot of new information, it is best to sit in a chair with your feet on the floor while sitting up tall. This helps you have lots of brain power for learning.

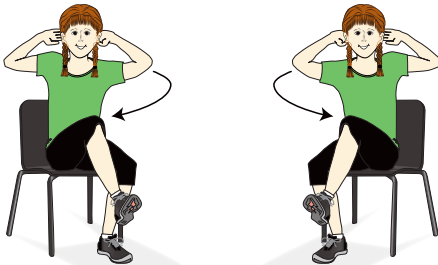


Job: CORE COACH 2

Goes with Minute Moves for Writing Posture - Core Out the Door Poster

Start

Power Sit and Twist



Window Wipers



Clark Core Challenge





JOB CARDS

Minute Moves Yawn Buster

BRAIN WIZARD TEACHABLE MINUTE

Question: Why is heavy work good for my brain?

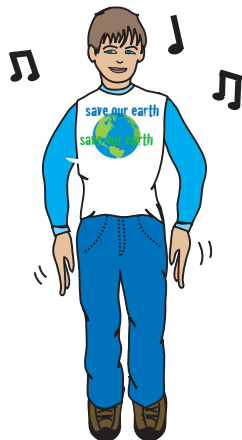
Answer: Heavy work like karate, Wall Push-ups, or Core Work use large muscles in your body. Using large muscles gives your brain the movement break it needs to refocus and get ready to learn more interesting stuff. The brain learns in spurts and then needs to take a break. Taking a movement break is like drinking lemonade on a hot day. It's oh, so refreshing to the brain!



Job: MOVE-IT MANAGER

Goes with Minute Moves Yawn Buster Poster

Choose one activity



Rhythm Tapping



Grand Stand



Cross Patterns



JOB CARDS

Minute Moves for Vision



BRAIN WIZARD TEACHABLE MINUTE

Question: How do my eyes track across a page in my book?

Answer: Saccadic eye movements are super fast movements that help your eyes recognize letters as you read. Your eye movements can be measured by hooking you up to a machine like this one. To read faster, you need fast saccadic eye movement. You can improve your saccadic eye movement speed by doing your vision warm-ups every day for one minute.



Job: CHIEF VISION OFFICER (CVO)

Goes with Minute Moves for Vision Poster

Start

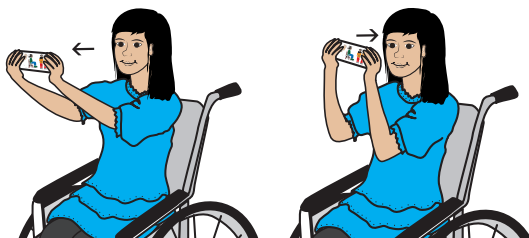


1. Look At Me 👁️ 👁️ look at ■, 👁️ 👁️ look at ★, 👁️ 👁️ look at ♥, 👁️ 👁️ look at me

2. Tic Toc

👁️ 👁️ → ★, ♥ ← 👁️ 👁️, 👁️ 👁️ → ★, ♥ ← 👁️ 👁️

3. Eye Push-ups





JOB CARDS

Minute Moves for Test Success

BRAIN WIZARD TEACHABLE MINUTE

Question: What is the best way to get my brain ready for a test?

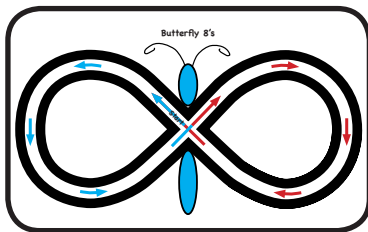
Answer: To get ready for a test, be sure to keep all areas of the brain talking to one another by doing things that keep you calm and focused. Playing calming music and doing Mirror Me Moves is one way to get more blood flow to the brain and keep it focused so you can do the best on your test. Good luck! Go forth and conquer!



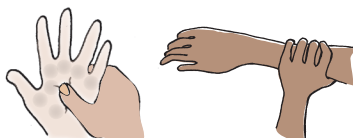
Job: TESTING DIRECTOR

Goes with Minute Moves for Test Success Poster

Minute Moves for Vision



Butterfly 8 Cards

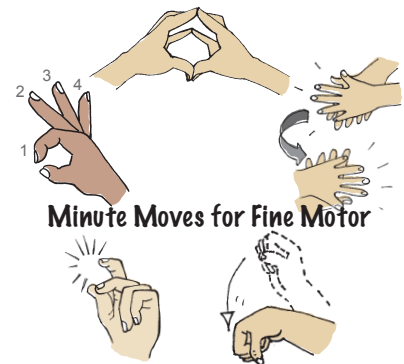


Dots and Squeezies or 10/7's

Choose some
or all
activities



Mirror Me Moves for Focus



Minute Moves for Fine Motor



Minute Moves Yawn Buster





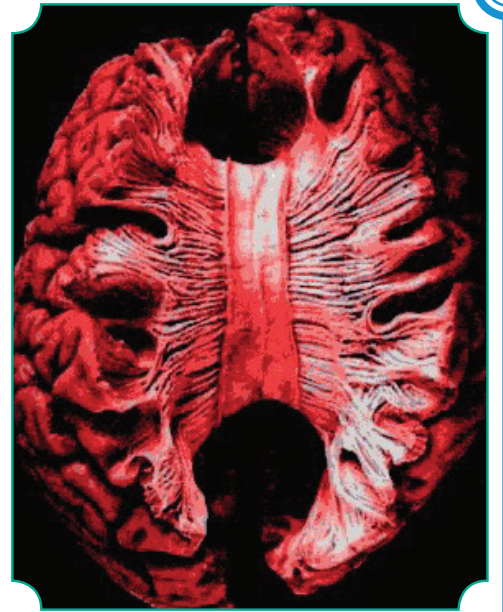
JOB CARDS

Minute Moves for Speech & Reading

BRAIN WIZARD TEACHABLE MINUTE

Question: The brain has two separate halves. How do they talk to each other?

Answer: There is a band that connects the two hemispheres called the corpus callosum (cal-lo-sum). There are millions and millions of neurons with tree like branches talking to one another to form a bridge between the two sides. Though we use many parts of our brain at the same time, the two sides do different things. Focus Moves posters help create more connections in the brain.



Job: BRAIN TRAINER

Goes with Minute Moves Speech & Reading Poster

Choose one activity

Power Up! Brain Spark Reading Flips or Quadrant Word Taps Activities

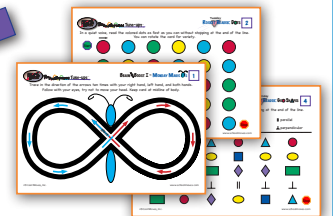


Deep Pressure Activities

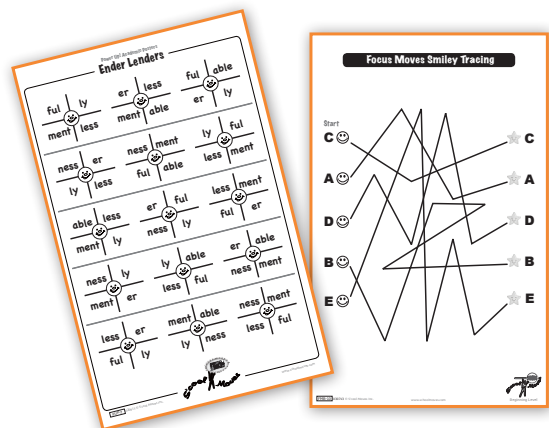


Minute Moves for Vision

OR



Power Up! Transition Tune-ups Activities



Power Up! Academic or Focus Moves Posters

