



Action-Packed Classrooms, K-5: Using Movement to Educate and Invigorate Learners

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Use movement and music to stimulate children's ability to absorb and retain new information!

Focusing on using movement and music to energize young students and boost their learning, this research-based book offers strategies for basic energizers, clear objectives for standards-aligned instruction, and a student/teacher/principal agreement to commit to active learning. Showing how exciting and fun learning can be, this new edition:

- Includes new chapters on planning and organizing lessons
- Offers sample activities in math, social studies, science, language arts, health, and physical education
- Provides tools for assessing the effectiveness of activities
- Presents updated brain research



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