

10

Easy Ways to Build Stamina, Joyfully, in Any Learning Space



1 Breath Work

Add belly breathing; 4-7-8 mindful breathing; 5-5-5 breath work; box breathing and more!

2 Functional Fitness Moves

Students will enjoy strength training moves that simultaneously help build stamina: *Step Ups*, *Crab Walks*, *Inchworms*, and *Planks*.

3 Add Joyful Reading!

Immerse students in daily enjoyable, participatory, & motivating joyful reading experiences!

4 Add Rhythm

Use rhythm to regulate. Dance to music, add action songs & rhymes; echo patterns, clapping syllables

5 Book Exploration Time

Build reading stamina through hands on discovery time with different texts: recipe books, song symbols, trading cards, & family photo albums

6 Integrate SEL

Build social stamina: mindful moments, calming corners, and other SEL activities that teach focus and perseverance

7 Partner With an OT

Occupational therapists can help with activities: psychosocial, physical, cognitive, and sensory: Air 8s, body taps & squeezes

8 Sensory Walk/Paths

Include interactive learning spaces for relaxation stretches and gross motor tasks.

9 Midline Cross

Helps strength able to use both side of the body at the same time: elbow to knee, opposite toe touches, self hugs.

10 Vision Work

Activities that evoke senses & build stamina: memory trays, trace letters in the air, flashlight tag - build visual perception.

LET'S TALK, TEACHER ^{TO} TEACHER



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