



# Energizers! 88 Quick Movement Activities That Refresh and Refocus, K-6

*Susan Lattanzi Roser*

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**To learn well, children need to move!** A few minutes of playful moving, laughing, chanting, or singing promote more—and more productive—learning. The energizers in this book are easy to teach and learn. You can use them:

**Anywhere:** Inside or outside the classroom, with children circled up, at their desks or tables, or waiting in line energizers work everywhere!

**Anytime:** Between long instructional blocks, as Morning Meeting activities, when children need to calm down, and when they need to perk up energizers work throughout the school day!

**With any grade level, K-6:** For quick selection, the energizers in this book are labeled by grade level but we've included variations and suggestions to help you adapt them to fit your group.

**Please note:** we have published 7 Kindle books of energizers, grades K-6. Each one contains 12 energizers. Available in the Kindle store for \$3.98 each.

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