



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

By 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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Editorial Review

About the Author

Susan Lattanzi Roser taught elementary school students for fifteen years and is currently a *Responsive Classroom* consulting teacher. Susan is also the author of *80 Morning Meeting Ideas for Grades K-2*.

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