

move your body

Here are ideas and curated resources for further exploration of the “Move Your Body” theme. These can be integrated into home, school, virtual or core-curriculum-based lesson planning.

They are intended to amplify the themes from the videos, facilitating experiential curriculum customizable to any grade, subject or level.

The learning objectives in the “Move Your Body” series include: to discover and create new ways to move and be active; to express ourselves culturally, communally, and individually through movement; to discover new information about our mind and body and overall well-being related to movement and being active; to identify and explore facets of our emotional well-being, and how it can change in response and in relation to our activity and movement.

prompts for further exploration

“Move Your Body” videos are meant to stimulate reflection and discussion about how the ways we move our body are connected to our story, what it says about us and what it “does” for us.

- What are the ways we move our body? Why do we choose these ways?
- How is how we move tied to our culture?
- How does the way we move make us healthier?
- How do we feel when we move our body?



Resources for Further Exploration

WholeHealthED

Compilation of best practice resources for whole health education

[learn more](#)

“Get kids moving” (fun, character-themed ideas)

[learn more](#)

“Just Dance” videos for kids of all ages

[learn more](#)

“Cosmic Yoga,” interactive yoga and Brain Breaks for younger kids

[learn more](#)

Project Little Warriors (yoga for kids YouTube channel)

[learn more](#)

UNICEF Best Apps for Keeping Kids Active

[learn more](#)

Common Sense Media Apps Inspiring Kids to Play Outside

[learn more](#)



Resources for Further Exploration

“All Trails” outdoor hiking site to find trails near you

[learn more](#)

Playworks Game Library - variety of play activities for every age

[learn more](#)

Customizable stretching, movement, workouts for tweens/teens/families

[learn more](#)

“Go Noodle” resources to “be active and have fun”

[learn more](#)

Physical activity breaks for the classroom (created by teachers)

[learn more](#)

Kaiser Permanente Healthy Kids and Schools Resources (activity/SEL, lots of variety)

[learn more](#)



Resources for Further Exploration

**“Back to School: Safe & Healthy in an Uncharted Landscape”
activities geared to current school challenges**

[learn more](#)

**Educator resource to add interactive ideas to slides and
presentations**

[learn more](#)

