

VIRTUAL LEARNING BRAIN BOOST CALENDAR

- AMBRAIN BOOST
- PM BRAIN BOOST

DO THESE EVERYDAY TO HELP YOU LEARN!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>15 Windmills</p> <p>20 Opposite Elbow-to-Knee</p>	<p>20 Step-Step-Clap</p> <p>10 Strong Jumping Jacks</p>	<p>March & Count by 10s to 200</p> <p>10 Burpees</p>	<p>Invisible Jump Rope for 1 minute</p> <p>Arm Circles: 10 forward, 10 backward</p>
<p>March & Count by 2s to 50</p> <p>15 Push-Ups</p>	<p>20 curl ups</p> <p>Standing Leg Extensions: 10 left leg, 10 right leg</p>	<p>20 Claps Under Alternate Knees</p> <p>15 Squats</p>	<p>Step-Touch, Arms Press Up for 1 minute</p> <p>Run in Place, 1 minute</p>
<p>Shoulder Rolls: 10 backward, 10 forward</p> <p>15 push ups</p>	<p>Write last name in the air: left hand, then right</p> <p>Invisible Hula Hoop: 1 minute right, then left</p>	<p>15 Sit and Reach</p> <p>Standing Leg Curls: 10 left leg, 10 right leg</p>	<p>March & Count by 5s to 100</p> <p>10 Opposite Hand-to-Foot in Front</p>
<p>Step-Touch, Arms Press Out to Side for 1 minute</p> <p>Run in Place, 1 minute</p>	<p>March & Count by 10s from 200 to 0</p> <p>15 Stand on Tip-Toes and Reach Up</p>	<p>Invisible Jump Rope for 2 minutes</p> <p>30 Step-Step-Clap</p>	<p>Write first name in the air: left leg, then right</p> <p>20 Claps Under Alternate Knees</p>
<p>15 Triceps Dips</p> <p>Standing Leg Extensions: 10 left leg, 10 right leg</p>	<p>Invisible Hula Hoop: 1 minute left, then right</p> <p>Shoulder Rolls: 10 backward, 10 forward</p>	<p>10 Burpees</p> <p>20 Curl Ups</p>	<p>March & Count by 50s to 500</p> <p>Write last name in the air: left leg, then right</p>

WHAT HAPPENS WHEN WE MOVE?

The brain is naturally ready to learn when we exercise!

All memory centers are firing at an optimal level

Decision making, focus, attention is enhanced!

Dopamine – increases motivation and learning

New cells are born!



Exercise makes the brain ready to learn!

If you would like a free Move2Learn at home kit, fill out this survey! No strings attached!

<https://www.surveymonkey.com/r/M2LToolkit>