Research has demonstrated that movement in the classroom facilitates learning and knowledge retention. Teachers can get students engaged in learning by providing 1-2 minute brain energizers every 20-30 minutes. To make this easier, the D6 Student Wellness Program and Healthy Kids Club, University of Colorado Health are providing ‘Minds in Motion Fit Sticks’ to all teachers who complete this form.

“Minds in Motion Fit Sticks” are tongue depressors with ideas for movements that can easily be integrated into lessons. Examples of movements include: elephant stomps, side bends, and cat stretches. The sticks come packaged in a fun and convenient cup.

For more resources and ideas for implementing brain energizers in the classroom, visit: www.greeleyschools.org/studentwellness.

School Name: _______________________________________
Contact Name: _______________________________________
Grade: ______________________________________________
Number of Students in Class: ___________________________
Email Address: _______________________________________
Phone Number: _______________________________________

Please return to:
D6 Nutrition Services
Attn: Wellness Specialist
Email: District6-Wellness@greeleyschools.org
Phone: (970)348-6622
Fax: (970)348-6630