



Grades: 2-6

Physical play facilitates healthy brain development, including cognitive skills. Such skills are essential to learning. It's therefore no surprise that physical play helps kids focus and learn better. Vocabulary jumping jacks, math scavenger hunts, and body motions to represent science concepts are all fun ways to integrate movement and play with learning.

Goal: Students will work together to solve math problems and explain their thinking to others.

Time: 30 minutes

Materials: set of math problems and answers on index cards

Instructions:

1. Before class, write a series of review questions and answers on index cards based on what your class is currently studying. Place the questions and answers around the classroom. The answer to Clue 1 should be placed with Clue 2, the answer to Clue 2 should be placed with Clue 3, and so on.
2. Divide students into teams, and explain that they will need to work together to find and solve all of the problems in the classroom.
3. To start the scavenger hunt, give each team one of the clues. (It is helpful to have each team start on a different clue to avoid crowding.)
4. Have students work their way through each of the questions and answers. Which team could solve all of the problems most quickly and accurately?



Toy Tip!

Research shows that physical activity breaks can help students focus better in class. Throughout the day, stop and ask the class to do 10 jumping jacks, do a yoga pose, or have a 60-second dance party.