



Frequently Asked Questions: Classroom Management

Although many teachers find physical activity breaks useful, some have expressed concerns about their students' behavior getting out of control. Listed below are answers to frequently asked questions about classroom management.

Q.) My kindergartners get disinterested or distracted while doing Take Time! activities – what are some things I can do to minimize this?

A.)

- 1.) You may try to shorten the time frames in which you do activity. When dealing with young children it's better to do multiple breaks of two minutes than one break of 10 minutes.
- 2.) As soon as the children's attention starts to wane, redirect your class by doing another activity.

Q.) Things get a little out of control during activities which involve tossing and tagging – what should I do?

A.) Setting up some ground rules before each activity often helps. For example, during a tossing activity you might use the following the ground rules:

- 1.) Throw the object to your partner using an underhand toss
- 2.) Don't throw the object at your partner's head -- aim for the chest area
- 3.) Don't throw the object hard.

Q.) One of my students is not interested in participating, what should I do?

A.) Provide an “opt-out” activity for you class. If a student does not want to participate in the activity, provide them with an alternate activity they could choose to do (such as chair squats), while the rest of the class does the main activity.

Q.) While my class has more energy after taking a physical activity break, I find that it can be hard at times to get my students back on task immediately after a physical activity break. What are some tips I can use to get them to refocus their energies?

A.) Sometimes it can be difficult for children to move directly from a state of high arousal (i.e. physical activity break) to a state of low arousal. Ending each physical activity break with a deep breathing activity like “hug the earth” (see tab 5 in the Take Time! packet) can be a helpful activity to transition children from a high energy physical activity break to an academic lesson that requires them to focus their energy. During the “hug the earth” activity, it may be helpful to use the following cues:

- 1.) “Concentrate on your breathing. Take a deep breath in and out - with each breath you can feel your muscles getting more relaxed.”
- 2.) Conclude the activity with, “concentrate on how your body feels, you are now energized, focused and ready to learn.”