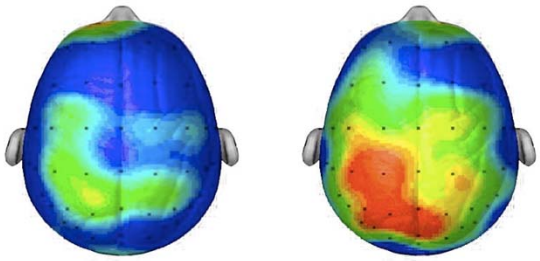
Move and Learn

- Why?
- What?

Why? And Prizes are Involved?

Composite of 20 student brains taking the same test



After sitting quietly After 20 minute walk

Research/Scan compliments of Dr. Chuck Hillman University of Illinois

My Bonnie Lies Over the Ocean

- Everyone Stand up
- Each time a word starts with the letter “B,” switch between standing or sitting…
- Everybody ready???

Everyone stand up with easy access to their seat. Be able to sit down and stand up easily.
Each time a word starts with the letter “B,” switch between standing or sitting.

My Bonnie lies over the ocean
My Bonnie lies over the sea
My Bonnie lies over the ocean
Oh, bring back my Bonnie to me

Bring back, bring back
Bring back my Bonnie to me, to me
Bring back, bring back
Bring back my Bonnie to me