

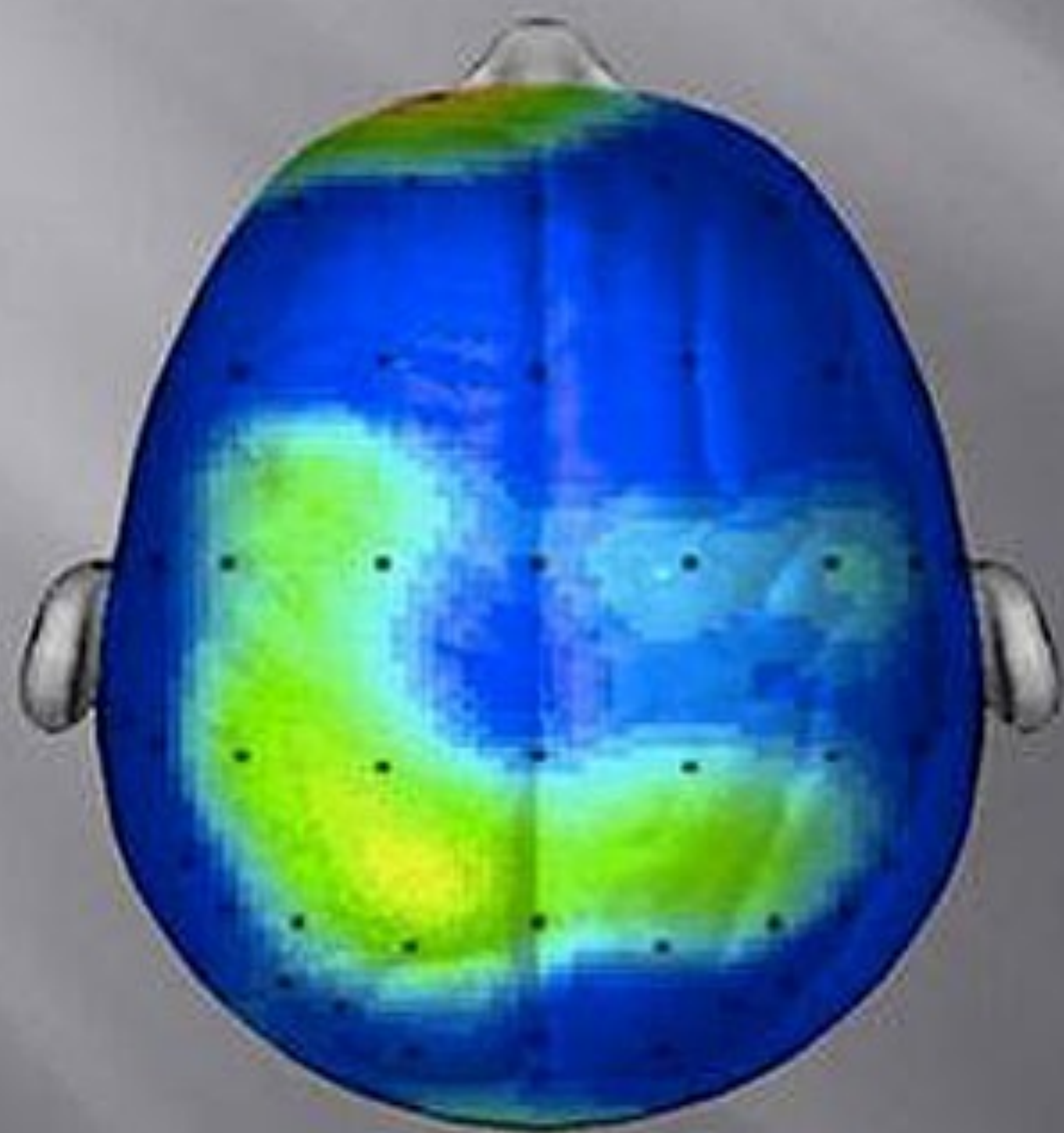
#GAETC/9

**ENERGON FOR
YOUR BRAIN
(AND BODY)**

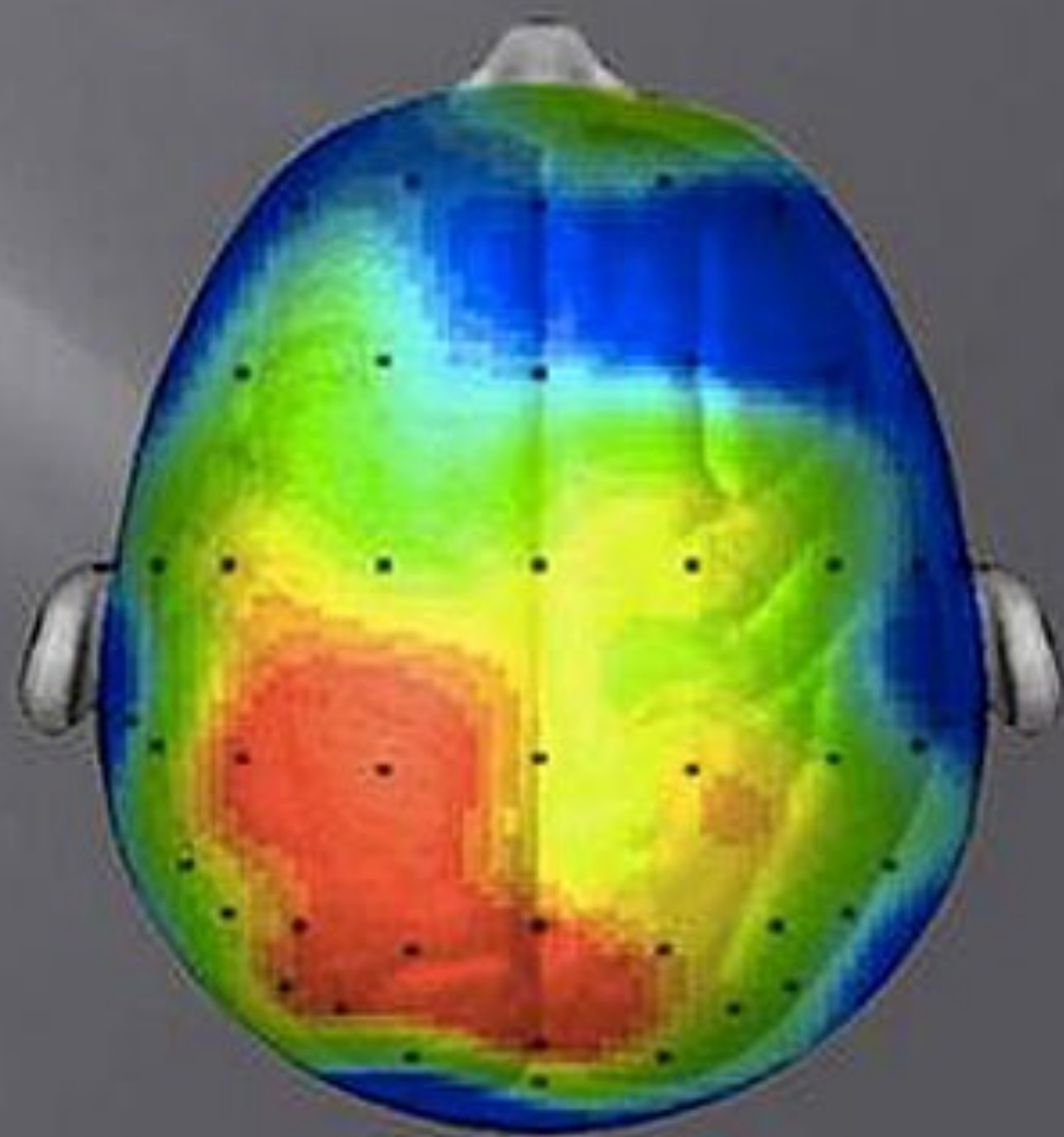
<http://mrhook.it/brain>

@MRHOOKER

BRAIN AFTER SITTING
QUIETLY



BRAIN AFTER 20 MINUTE
WALK



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



**Sitting is the
new smoking.**



Inactivity is putting your bones at risk.



You get a Hokki Stool



Everyone gets a Hokki Stool!





REFLECTION

What are some ways you incorporate movement in your classroom?

#GAETC/9

I'M
HAVING
A PARTY

LATERAL THINKING EXERCISE

@MRHOOKER



#GAEYC / 9

EMOTIONAL SYMPHONY

@MIRHOOKER

FRUSTRATION

RELIEF

Sadness

JOY

#GAEYC / 9

DUO DISRUPTION

@MIRHOOKER



FIND A PARTNER
IN THE NEXT 5 SECONDS

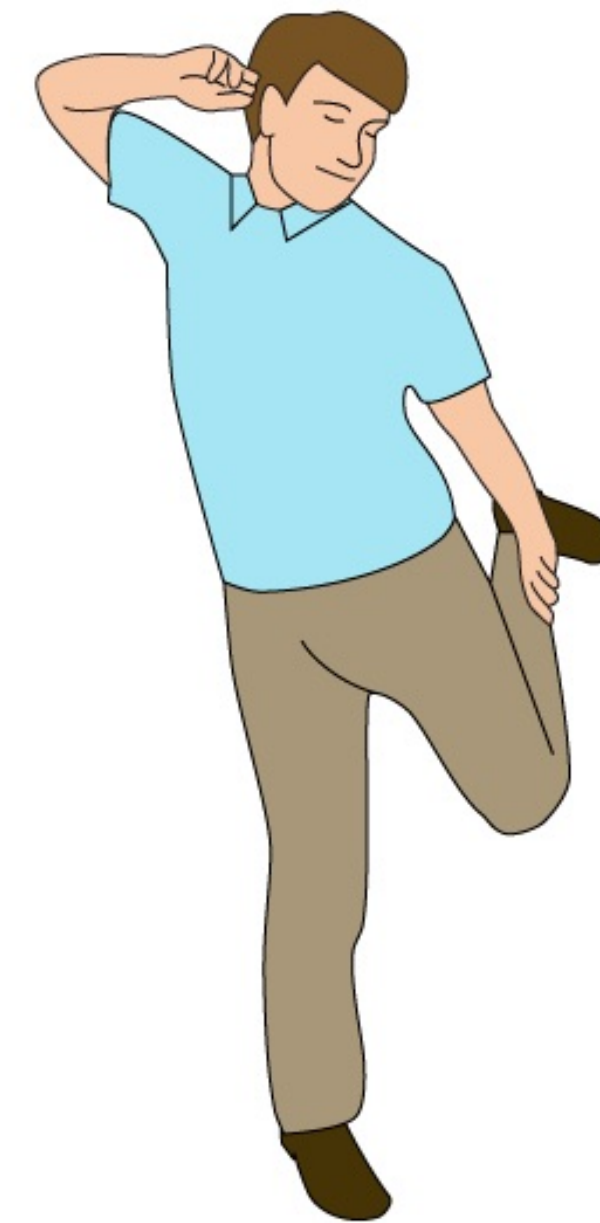
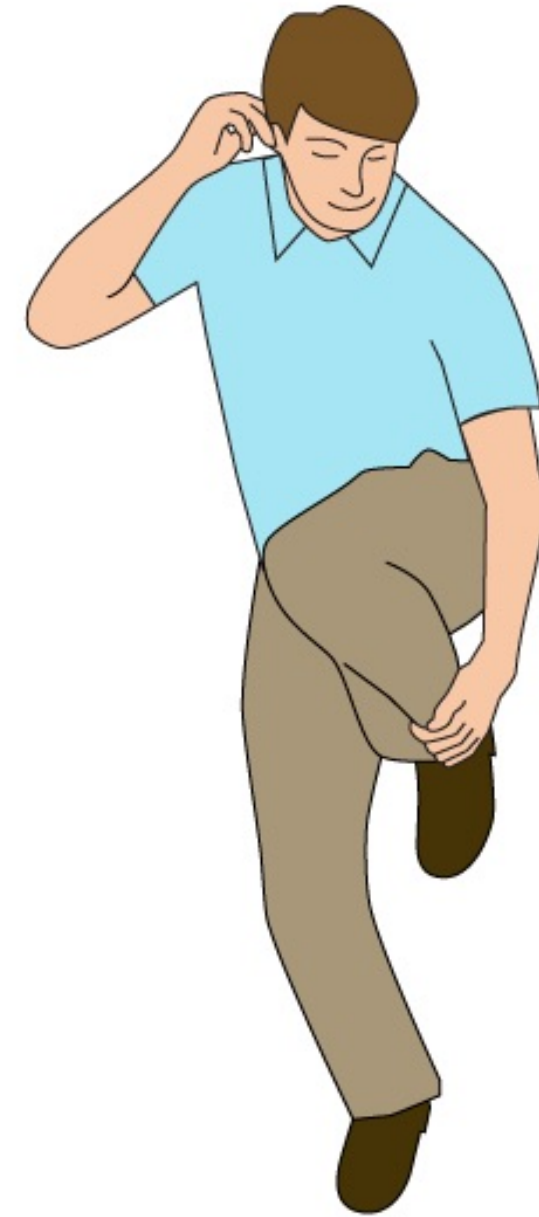
CREATE A UNIQUE HANDSHAKE





**FIND A PARTNER
IN THE NEXT 5 SECONDS**

CREATE A DANCE MOVE





**FIND A PARTNER
IN THE NEXT 5 SECONDS**

STAND BACK TO BACK

SHOUT OUT A NUMBER BETWEEN 1 AND 5

ADD UP THE TWO NUMBERS

LOCK ARMS AND JUMP THAT MANY

TIMES



FIND A PARTNER
IN THE NEXT 5 SECONDS

A woman with long dark hair, wearing a light-colored dress, is singing into a microphone on a stage. The background is dark with some blurred lights. The text is overlaid on the image.

**SING A LINE FROM A SONG FROM A
FAMOUS FEMALE SINGER**



FIND A PARTNER
IN THE NEXT 5 SECONDS

ACT LIKE A SEAL.





FIND A PARTNER
IN THE NEXT 5 SECONDS

GIVE YOUR PARTNER A NICKNAME

HELLO

My nickname is....



FIND A PARTNER
IN THE NEXT 5 SECONDS

CREATE A TWO-LINE POEM

PERSON A SAYS ONE LINE

PERSON B RHYMES IT





FIND A PARTNER
IN THE NEXT 5 SECONDS



GIVE A HIGH-FIVE AND SAY

"YOU ARE AWESOME!"



FIND A PARTNER
IN THE NEXT 5 SECONDS



**MAKE THE SOUND OF THE SAME
ANIMAL LOUDLY**

#GAETC / 9

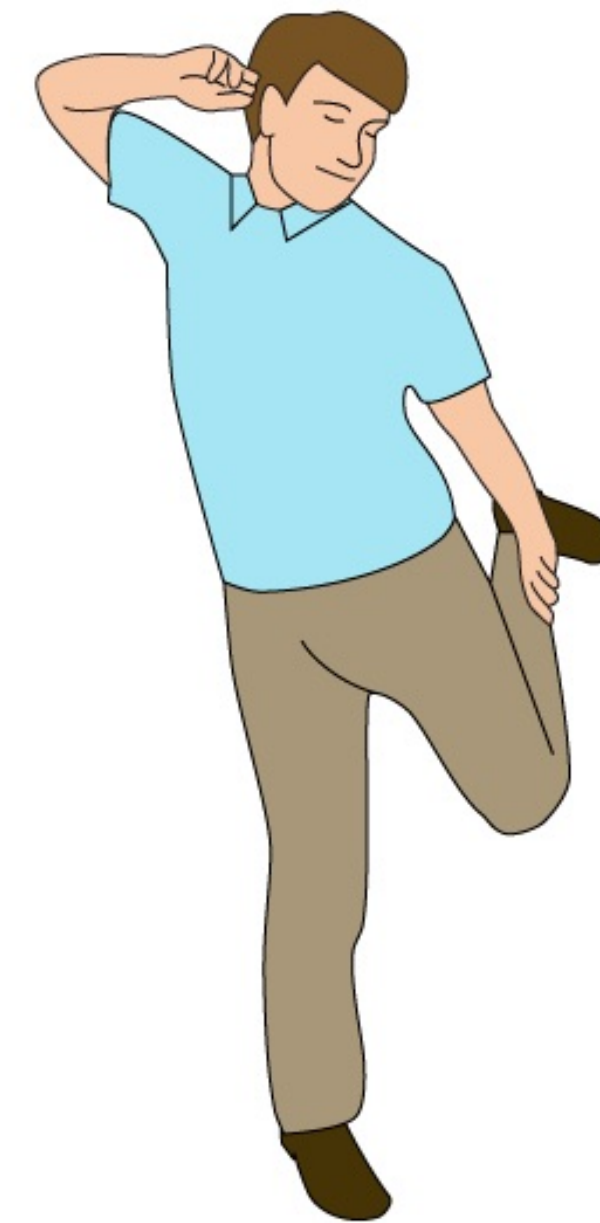
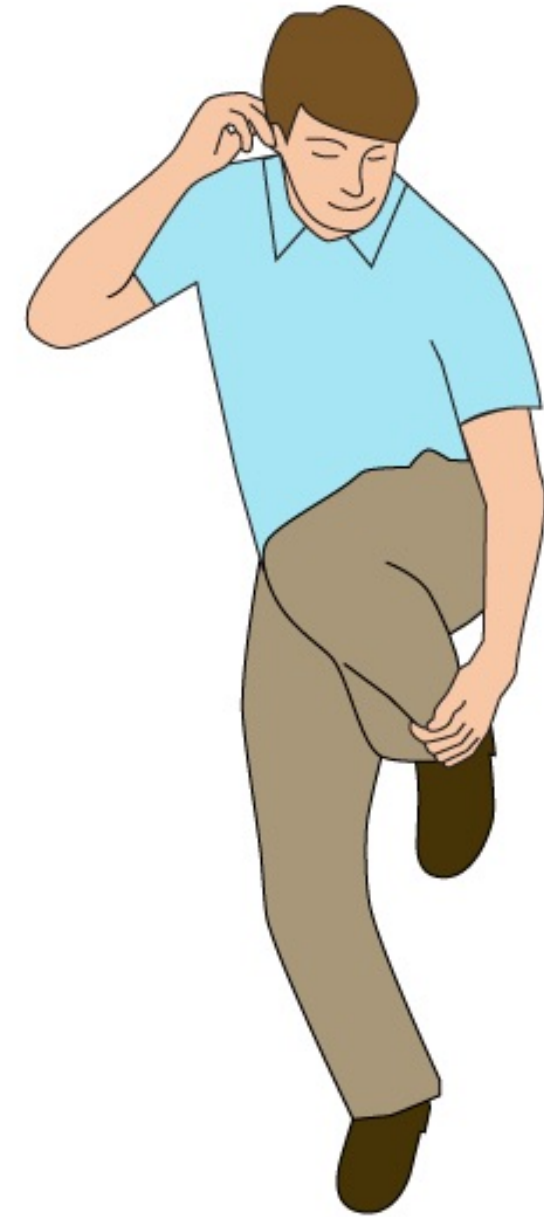
**DUO
DISRUPTION
REWIND!**

@MIRHOOKER

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#GAEYC / 9

**DUO
DISRUPTION
REFLECTION**

@MRHOOKER

ENDLESS HANDSHAKE



#GAEYC / 9

WHAT'S BEHIND ME?

@MIRHOOKER





Two people with
PUMPKIN
HEADS dancing
the **SALSA** at
the **GRAND**
CANYON

#GAEYC / 9

WHAT'S BEHIND ME?

@MIRHOOKER

SANTA CLAUS
holding a **BEER**
at the **BEACH**



#GAEYC / 9

WHAT'S
BEHIND ME?
REFLECTION

@MRHOOKER

ENDLESS HANDSHAKE

NGEMBOY.COM

PO

#GAEYC / 9

**MIND
MELO**

@MIRHOOKER

Player A

“One”

“THREE”

“Paris”

Player B

“Two”

“Monument”

Player A

“One”

“THREE”

“Eiffel Tower”

Player B

“Two”

“Eiffel Tower”

#GASTC / 9

**MIND
MELO
REFLECTION**

@MRHOOKER

ENDLESS HANDSHAKE

NGSMOOV.COM

#GAEYC/9

SHOUTING CHARADES

@MIRHOOKER

00

SECONDS

"THE LION KING



00

SECONDS

THE BREAKFAST

CLUB

ENDLESS HANDSHAKE

NGSMOOV.COM

#GAEYC / 9

**SHOUTING
CHARADES
REFLECTION**

@MRHOOKER

#GAEYC / 9

**BOMB /
SHIELD**

@MIRHOOKER

ENDLESS HANDSHAKE

NGSMOOV.COM

#GAEYC/9

TEAM CHARADES

@MIRHOOKER

$$1 + 1 = 2$$

HANNIVIER & MAIL.

TABLET & STYLIUS

RUMI & COKE

$$2 + 2 = 4$$

CADDYSHACK

AMY

HARRY POTTER

MOVIE

WIZARD OF OZ

$$4 + 4 = 8$$

CRUISE SHIP

ERUPTING

VOLCANO

$$8 + 8 = 16$$

A ROLLER COASTER

A FOOTBALL GAME

#GAEYC/9

TEAM CHARADES

@MIRHOOKER

#GAEYC / 9

LIVING MACHINE

@MIRHOOKER

#GAETC / 9

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YOUR BRAIN
(AND BODY)**

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