

Doing physical exercise in the classroom might be new for you and your students. Setting clear expectations will help you create a respectful, nurturing environment for movement and ensure physical safety.

About the exercises

Each WORD Workout lesson begins with a 3-minute video that makes a connection between a word and a physical exercise. Intentional movement grounds students in their own bodies and helps them get present in the moment.

The physical exercises are a mix of cardio, breathing, strength, and stretch exercises. While none of the exercises require formal exercise equipment such as yoga mats or weights, sometimes a student's desk and/or chair may be used. A host will lead students in proper form while encouraging students to focus on:

- The word associated with each exercise
- Posture
- Breathing

Set clear expectations for movement in the classroom

- Establish a norm from the start of the lesson that the physical workout is judgment-free. All students must treat themselves and one another with respect.
- Students should focus on their own progress rather than compare themselves with classmates.
- Students should complete physical exercises at their own pace, utilizing modifications when needed.
- Remind students that it's okay to take a break—just make a quick comeback!
- Encourage students to wear comfortable clothing and sneakers on days when you will be completing the workouts.

Before playing the videos

- Practice the physical exercises for yourself first, so you are familiar with which muscles each exercise targets and have a good understanding of the purpose of each exercise.
- Make sure each student has enough space to exercise.
- Project the video on a large screen and ensure the volume is loud enough so that students can hear the instructions in the video.
- Remind students to listen for the host's cues about posture, form, and breathing.

Promote a growth mindset

- WORD Workouts provide an opportunity for students to practice being in a growth mindset.
- Many of the exercises will be challenging for students, so be sure to encourage progress.
- Remember: progress looks different on all students and all progress should be celebrated.
- Correct students' form during the workouts. Learning from feedback is an important aspect of a growth mindset.
- We encourage you to do the videos alongside your students. This is a superb opportunity for you to model a growth mindset for your students.

Be mindful of these considerations in your classroom

- Students may have varying physical abilities and/or injuries. Be sure to utilize modifications as needed.
- Students may be struggling with body image issues. Allow students to complete the workout in the back of the room if they are more comfortable.
- Take care not to foster an environment of unhealthy competition.