

The WORD Workouts resource was designed to be flexible to meet your teaching needs. Whether you're an elementary classroom teacher, a secondary school subject teacher, a school counselor, or a health/physical education teacher, you can help students create healthy habits of physical movement + emotional reflection and establish a more connected learning community.

Here are some implementation ideas!

Classroom Applications

- **Daily habit:** establish a consistent daily routine by incorporating a WORD Workout into morning meeting or after lunch. Choose a word, do the physical movement, and choose 1-2 reflection prompts (or more if time allows!)
- **Release and reset:** help students express and release their emotions during times of stress, such as before a test, or use as a brain break with intention.
- **Advisory:** turn collections into unit studies for secondary students, with topics such as Bullying, Community, and Identity (leverage the "Collections" filter below the grade level filter).
- **Academic support:** create deeper connections to planned academic lessons in ELA, Social Studies and STEM subjects using the "Academic Connections" prompts in each lesson.

Community Applications

- **WORD-of-the-Week:** build a positive and connected school culture by establishing a school-wide word-of-the-week. Repeat the same physical workout throughout the week, allowing students to practice a growth mindset. Pair that physical workout with unique reflection prompts each day. Get creative with extension activities across classrooms and grade levels.
- **School-wide gatherings:** use a WORD Workout to kick off assemblies, celebrations, and family engagement events. Students love seeing family members get up and move with them.
- **Staff gatherings:** focus, energize, and connect with fellow educators by incorporating WORD Workouts into professional development. Teachers who make time to move + reflect together show up better for their students and each other.

Quick Tips for Getting Started

- Do a WORD Workout yourself or with a peer. Connecting to the content and the format yourself will increase your comfort level and investment with your students.
- Set clear expectations for physical and emotional safety and respect before beginning. Reference our guidelines for teaching [movement](#) and [reflection](#) for additional detail.
- Do the exercises alongside your students to model a growth mindset. Be vulnerable and show your willingness to struggle through a challenge. As an added bonus, you'll form a unique bond with your students as you share a common experience.
- Appeal to different learning styles and decide whether you'd like students to write down their reflection responses and/or share verbally with their peers. Sharing should always be optional.

**For additional tips and insights on how to use
WORD Workouts, [sign up for our newsletter!](#)**