

Let's Get Active!

Set up a Walk-Tracking Sneaker Wall

Walking is easy exercise that anyone can do. Learning on the move gets brains working as well as bodies!

To get started, students each choose one of the sneakers on the pages that follow to color and decorate as they wish. Then each day that they complete a walk, they get a sticker for their “sneaker” on the Sneaker Wall. You can award additional stickers for extra walks.



Where to Walk?

1. Walk in nature whenever possible!
2. Walk around the school, playground, or track.
3. Bad weather? Walk the hallways.

Review Any Topic While Walking!

(Use a topic you're currently discussing.)

1. Create 3x5 cards with one “thick” review question per card.
2. Have each student pick 2 questions from a hat.
3. Let students pair up and walk (preferably outside).
4. While students walk, they discuss answers.
5. After 5 minutes, students trade cards with another group.
6. They continue trading until time to come in.
7. Review questions as a group when students return to class.

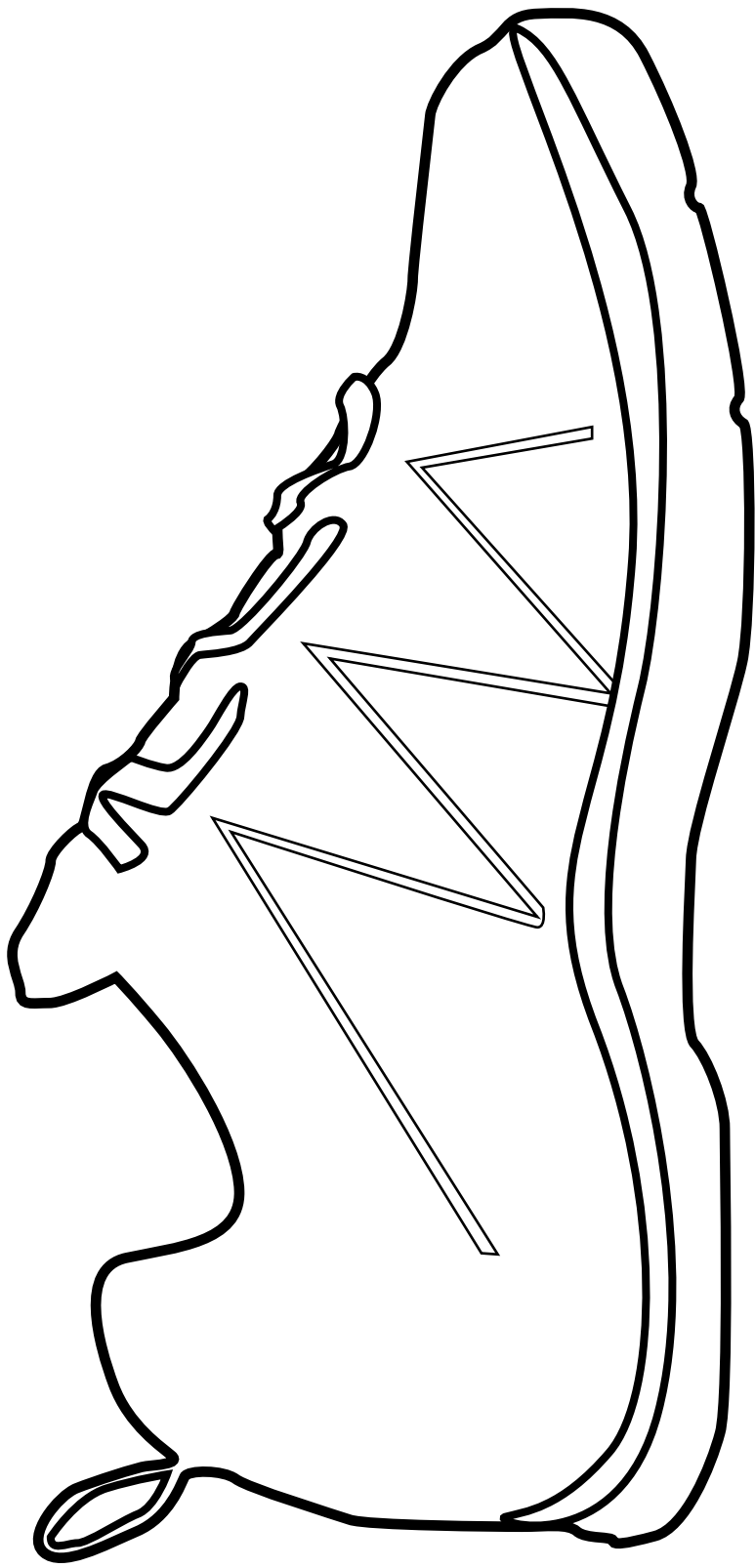
Book Share While Walking

(A great alternative to traditional book reports.)

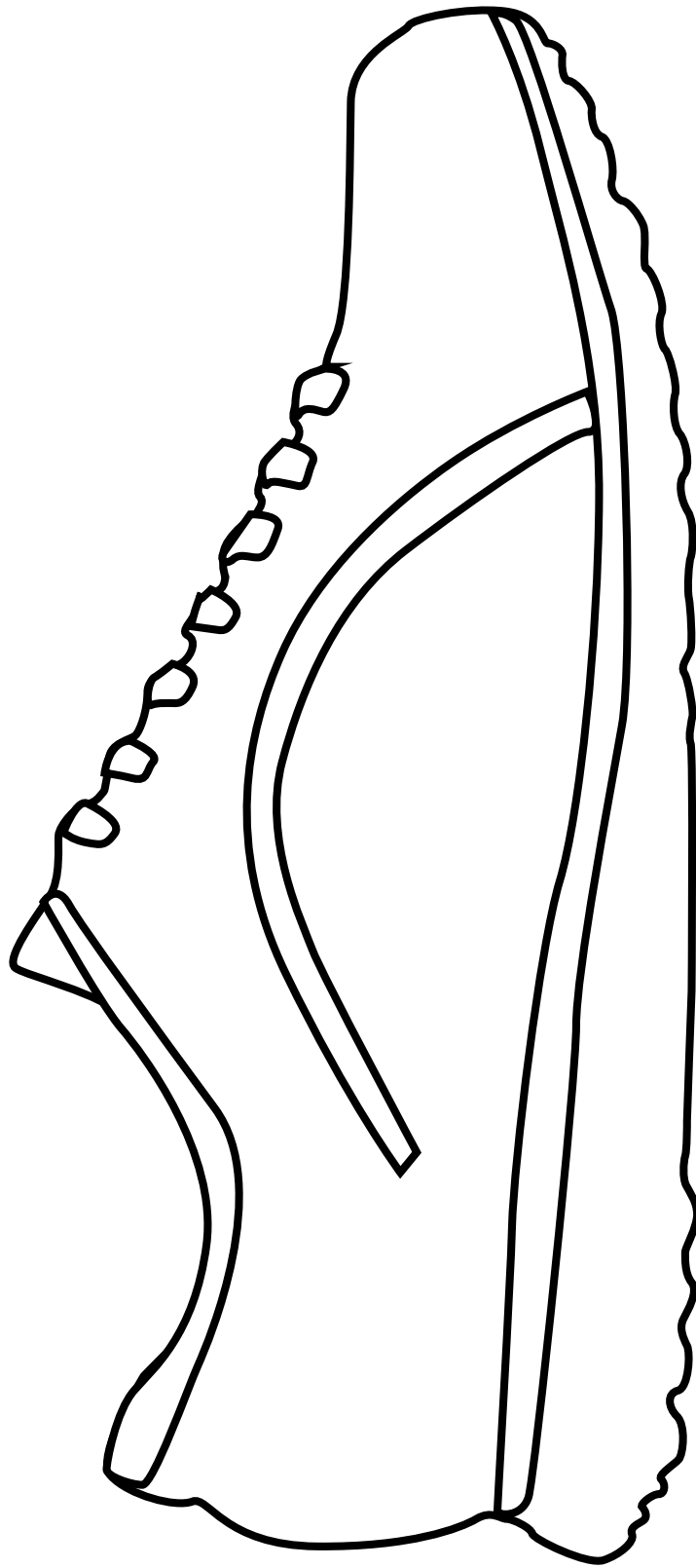
1. Have students partner up.
2. Student 1 gives a detailed summary of his/her book.
3. Student 2 asks “thick” questions about the plot, characters, themes, etc.
4. Students switch roles: Student 2 gives summary and Student 1 asks questions.
5. When they return to class, students present a brief summary of each others' books.
6. Teachers can also extend the lesson by:
 - Asking about the best “thick” questions that students heard during the walk.
 - Asking classmates for suggestions on how to turn thin questions into thicker questions.

Click here for our *Guide to Having Meaningful Discussions Using “THICK” Questions!*

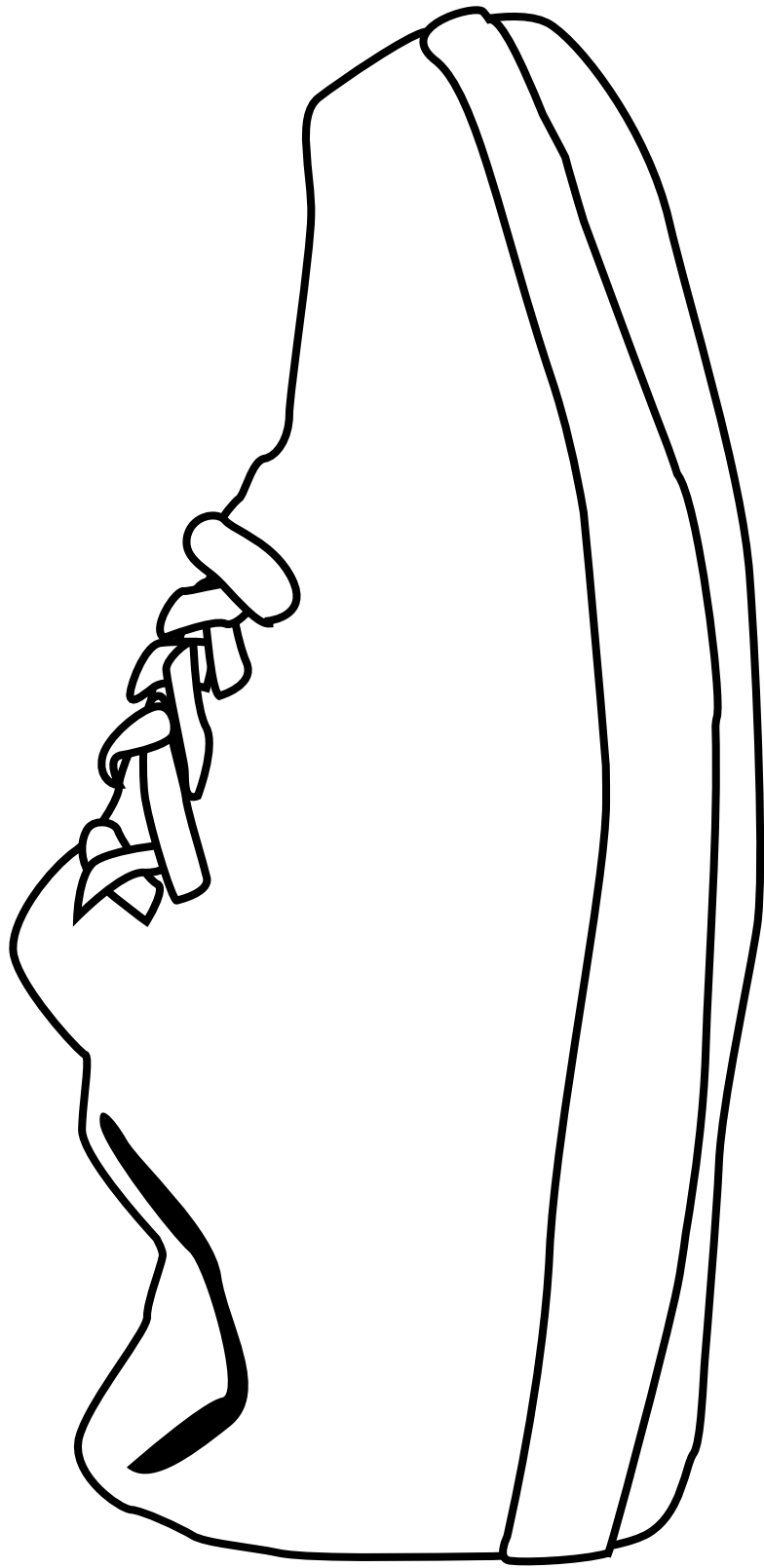
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