

Healthy Kids Club Classroom Resources

Minds in Motion Fit Sticks – Fourth Edition – 80 Fit Sticks!

Great for classroom brain energizers and transitions.



Brain Booster Tracking Calendar

Track your daily brain energizers!

Classroom Brain Booster Challenge							Healthy Kids Learn Better!
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	5 2 1 0 +
Aim for 5-8 Brain Boosters each day!							<p>Engage Bodies and Brains!</p> <ul style="list-style-type: none"> • Movement increases blood and oxygen flow, which positively affects learning, mood, attention and behavior. • Brain Boosters don't have to be fancy or scheduled. Kids (and adults) just need to move! Aim for 1-5 minute boosters 2-3 times per day. • Be a role model and participate with your students. You'll re-energize too! <p>Brain boosters make you go from to </p> <p>TIPS</p> <ul style="list-style-type: none"> • Take "walk and talk" breaks and discuss a lesson along the way. • Use music! • Let students pick and lead the activity. • Use brain boosters as a reward! <p>Healthy Kids Club A program of UCHearl healthykidsclub.org</p>
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Teacher's name: _____	School: _____	Grade: _____	Total # of Brain Boosters: _____				

5210+ Poster

11 X 17 poster



Minds in Motion Math and Literacy Activities

Activities to teach or reinforce math and literacy concepts in the classroom.



Healthy Kids Club Classroom Resources Price List / Order Form

Please send us:

_____ (qty) **5210+ Poster** - 11x17 \$ _____
\$8 each

_____ (qty) **"Minds in Motion" Fit Sticks**, set of 80 sticks and cup \$ _____
\$18 each (10 or more: \$16 each)

_____ (qty) **"Minds in Motion" Math & Literacy Activity Cards** \$ _____
\$18 each (10 or more: \$15 each)

_____ (qty) **Brain Booster Tracking Calendar** \$ _____
\$2 each

SUBTOTAL \$ _____

SALES TAX (if applicable) \$ _____

SALES TAX EXEMPT # _____

SHIPPING \$ _____

\$1 - \$50: \$7.00

\$51 - \$150: \$13.00

\$151 - \$250: \$17.00

Over \$250, please email laurie.zenner@uchealth.org for shipping costs.

TOTAL \$ _____

Your Name: _____ Phone: _____

Email: _____

School / Organization Name: _____

Mailing Address: _____

City State ZIP

Total Amount Enclosed: \$ _____ I prefer to pay with a credit card.

Card # _____ Exp. date _____ CW _____

Name on Credit Card: _____

Please call me for my credit card information. Phone: _____

Please Make Checks payable to:

Healthy Kids Club / UCHealth

Mail/Scan Completed Order Form and Payment to:

Laurie Zenner • laurie.zenner@uchealth.org
UCHealth / Healthy Kids Club
3855 Precision Dr., Suite 150
Loveland, CO 80538



Healthy Kids Club

A program of UCHealth

Healthy Kids Club is a community health program sponsored by UCHealth. For more information: healthykidsclub.org

Questions? Contact Laurie Zenner at laurie.zenner@uchealth.org