



1

musical pairs

Udvari-Solner & Kluth (2018). *Joyful Learning*. Corwin Press.



- Move when you hear music
- When the music stops, find a partner.
- Answer the question.

1. What is a poster you had hanging in your bedroom as a child or teenager?
2. What is one way you bring joy into the classroom (e.g., music, humor, relationships)?

2

- international study
- 42 studies
- adding movement without reducing academic teaching time

Norris, E., Steen, T.V., Direito, A., & Stamatakis, E. (2019). Physically active lessons in schools and their impact on physical activity, educational, health and cognition outcomes: a systematic review and meta-analysis. *British Journal of Sports Medicine*, 54, 826 - 838.



3

exercise is a research-based practice for students on the autism spectrum



- It can be used effectively to address behavior, school-readiness, academic and motor skills.
- It has been effective for preschoolers to middle school-age learners.
- Decreases in "stereotypy, aggression, off-task behavior and elopement" ...

Lang, Koegel, Ashbaugh, Regester, Ence, & Smith (2010). Physical exercise and individuals with autism spectrum disorders.

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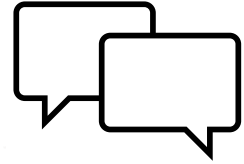


6

When do I use a brain break?

- before a big assessment
- before a challenging lesson or after presenting complex content
- when you see low energy/lack of engagement in your students
- when you see restless, fidgety or uncomfortable students
- before or during a review
- as a transition
- after any long period of lecture or whole-class work

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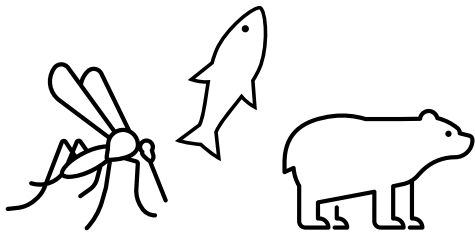


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stand & deliver

Udvari-Solner & Kluth (2008). *Joyful Learning*. Corwin Press.

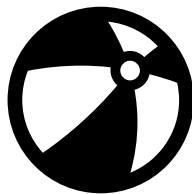
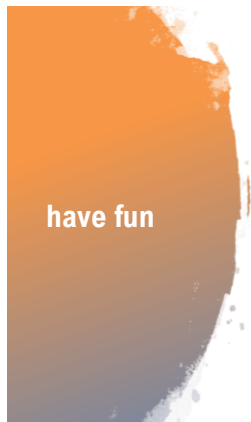
- Have students stand & ask a question.
- Ask individual learners to share an answer.
- When an answer has been shared, everyone with that same answer sits down. Keep going until the entire class is sitting.



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- what it means to be a community member
- vertebrates
- fraction equivalent to $\frac{1}{2}$
- example of symbolism from chapter
- how to help a friend
- causes of the American Revolution

10



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human billboard

Udvari-Solner, A. & Kluth, P. (2018). *Joyful Learning*. Corwin Press.

- Use to remind students of important images, facts, vocabulary words, ideas, quotes, etc.
- Find regular times to wear your billboard (e.g., every morning, an hour a day, on Mondays).

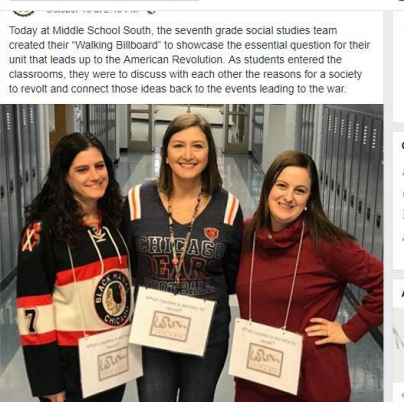


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Hawthorn School District 73

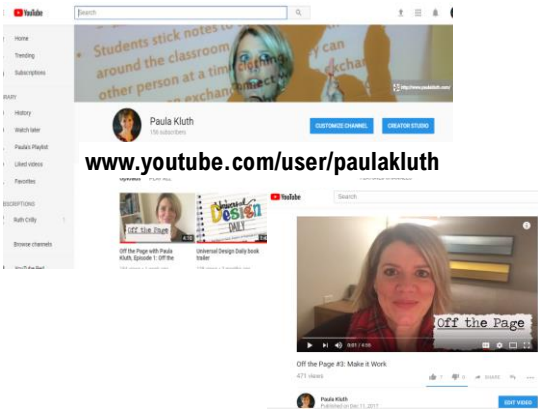
- Home
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- Videos
- Posts
- Events
- About
- Community
- Info and Ads



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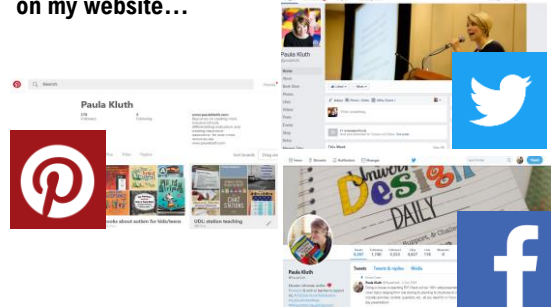
resources

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Want to learn more about inclusion, collaboration & differentiation/UDL? Visit me on social media or on my website...



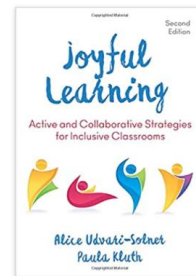
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www.inclusionrules.com



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The content from this workshop comes from this resource:



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