

## How to bring a Movement Break into your Virtual Classroom

Are you teaching an early morning or longer synchronous class? A movement break is a great way to both wake up your students mid-way through the lecture and bring well-being into the classroom. Research shows that immediately following exercise, problem solving, memory and attention improve<sup>1</sup>. The hippocampus, which is the core of the brain's learning and memory systems, responds strongly to aerobic exercise.

### Here's a few tips for success:

1. Prior to class, plan when you're going to add in your movement break. The videos take about 5 minutes each.
2. Choose what [specific video](#) you want to show (some are seated exercises, and some are standing), and open the video up in your browser.
3. When you're ready to start the movement break, share your screen to the browser tab with the YouTube video. **Make sure you also select share computer sound (screenshots attached at the bottom of document).**
4. Before playing the video through, double check with your class that they can see and hear the video.
5. Invite students to do what they need to during the break- join in with camera on or off, alter the activity based on their ability levels, etc. (There is also a disclaimer for this in the videos).
6. Play the video and have fun!

### More tips:

- Short on time? You can always stop the video before the stretches at the end.
- Try adding the links to the videos (or other CapU Rec programs) on your eLearn site or at the bottom of emails.
- Ask your students for feedback on what they liked so you can make improvements for next time.

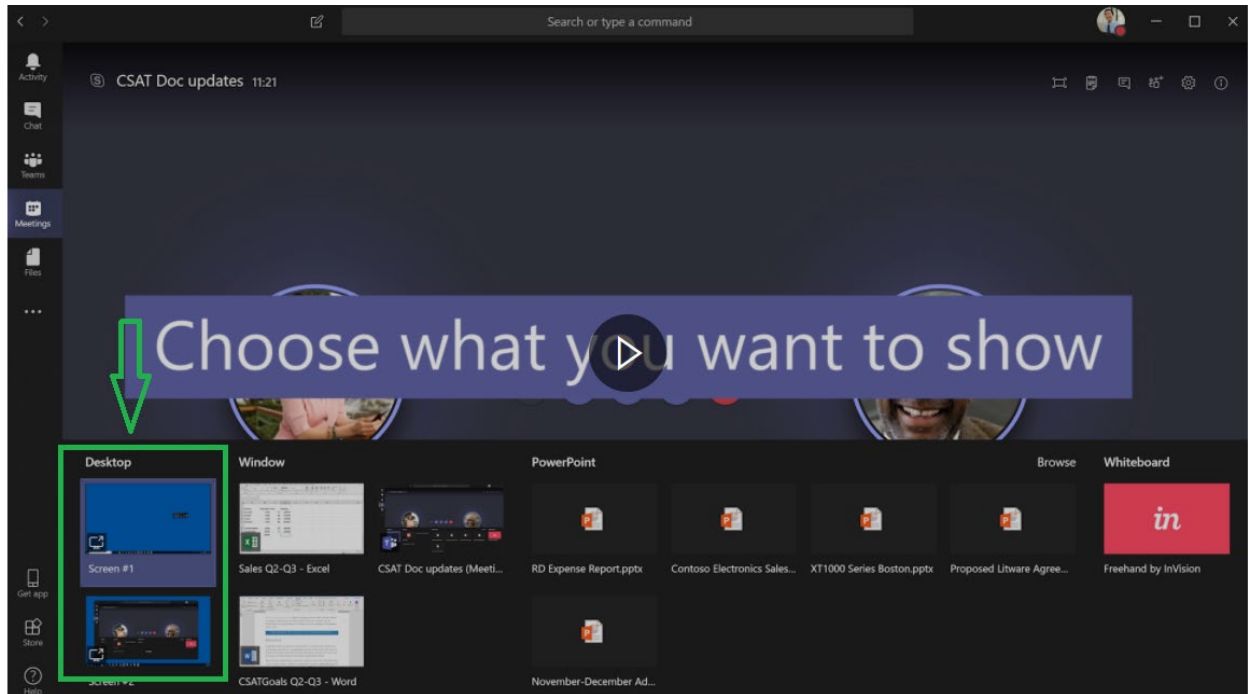
### Testimonial:

**Heather MacLeod Williams, Instructor in the School of Kinesiology, recently tried the classes:**

"Activity breaks are a welcome addition to any class and easy to use. The students loved moving as did I! We came back to class content refreshed and ready to go."

<sup>1</sup> 1. POSTAL, K. (2014). THINK BETTER: EXERCISE. [RETRIEVED FROM HTTP://WWW.KARENPOSTAL.COM/EXERCISE-THINK-BETTER/](http://www.karenpostal.com/exercise-think-better/)

## How to share computer sound (Teams, then Zoom)



Choose what you want to show

Select a window or an application that you want to share

- Desktop
- Window
  - Sales Q2-Q3 - Excel
  - CSAT Doc updates (Meeti...
  - RD Expense Report.pptx
  - Contoso Electronics Sales...
  - XT1000 Series Boston.pptx
  - Proposed Litware Agree...
  - CSATGoals Q2-Q3 - Word
  - November-December Ad...
- PowerPoint
  - RD Expense Report.pptx
  - Contoso Electronics Sales...
  - XT1000 Series Boston.pptx
  - Proposed Litware Agree...
  - November-December Ad...
- Browse
  - Freehand by InVision
- Whiteboard
  - Freehand by InVision

Desktop 1

iPhone/iPad 1

Google Chrome - Sharing Co...

Share computer sound    Optimize for full-screen video clip   [Share Screen](#)