

MOVE MORE



LEARN MORE

October is National Physical Therapy Month

Happy PT Month to all! PT Month is an opportunity to celebrate our profession, and highlight our contributions in the school. This October, let us promote **MOVE MORE LEARN MORE!**

MOVE MORE LEARN MORE focuses on using “brain activators.” A brain activator has 2 components: (1) a natural cue from the daily routine as a reminder that it is time to move and activate the brain, and (2) a structured movement routine. Like an alarm that wakes you up in the morning, an activator will help teachers remember that it is time for movement.

Throughout October, you will receive weekly newsletters. The newsletter will tackle issues that affect student performance and a brain activator to get the class moving. Every student is different, so we challenge you to modify the activity to fit the student’s abilities.

We start PT Month with back pack safety. Our students have been back in school for a month now, and their backpacks are already loaded down with textbooks, homework, and supplies. Over time, carrying a heavy backpack can lead to neck, shoulder, and back pain. Below are some tips you can share with your students, parents, and teachers to help lighten their load.

Back Pack Checklist



- Weigh your backpack! It should be no more than 10 to 15% of your body weight.
- If the pack is too heavy, remove everything and decide what you really need to carry. If you only use something at school and don't need it at home, you could leave it in your desk, cubby, or locker.
- When you pack your bag, put the heaviest items in first, so they are closest to your back. This makes your bag easier to carry.
- Wear both shoulder straps.
- Adjust the straps so your backpack rests on the middle of your back.

Activator of the Week

*After morning arrival,
students perform the Wiggles!*

Wake up the body and brain first thing in the morning with a modified version of the Wiggles from [Energizers](#).

1. Students jog in place at their desks while performing the following activities:
 - On the teacher’s signal, students begin wiggling their fingers.
 - Then their fingers and wrists.
 - Then their fingers, wrists and elbows.
 - Then their fingers, wrists, elbows and shoulders.
 - Now just fingers, wrists and elbows.
 - Now just fingers and wrists.
 - Now just fingers.
2. Students continue jogging in place without moving their arms.
3. Cool down by quietly marching in place.
4. Stop!
5. Perform deep breathing with one hand on the chest and the other on the tummy.