



USE WITH:

Small group or whole class



GRADE LEVEL:

Upper elementary, middle school, or high school



CONTEXT:

Remote friendly

CLASSROOM ACTIVITY

# Boost Energy Through Physical Movement

Help students increase their energy and release stress through movement.

Created by [Stanford Design School](#)

## Description:

Use The Shake Down (activity #8 on p. 27) from the [Stoke Deck](#) to help your students regulate their energy levels at the beginning of class or during breaks. Physical movement is a fun, effective way for students to manage stress and regain focus.

Prep time needed:  
**5 minutes**

Est. time to complete:  
**5 minutes**

## Steps:

1. Choose whether to perform this activity with your students at the beginning of class or during a lesson.
2. Ask your students to stand up and first shake out their right arm 8 times. If needed, use more inclusive language, like "Shake a part of your body 8 times."
3. Next, ask them to shake out their left arm 8 times.
4. Have your students shake their right leg 8 times. Make sure to do this activity with them!
5. Finally, shake out the left leg 8 times.
6. Repeat the exercise for 7, 6, 5, 4, 3, 2, and 1 shakes each round.

## Tips for Educators:

- Review the [Stoke Deck](#) for other group energizers, warm openers, activities, and activators.
- As you introduce the exercises, remember to use inclusive language when needed to ensure all students can participate. Ex: “Shake or wiggle a part of your body.”

### Inspired by:

1. Andermo, S., Hallgren, M., Jonsson, S., Petersen, S., Friberg, M., Romqvist, A., ... & Elinder, L. S. (2020). School-related physical activity interventions and mental health among children: a systematic review and meta-analysis. *Sports Medicine - Open*, 6(1), 1-27.

### Related Materials:

Stoke Deck  
<https://drive.google.com/file/d/1vT6GCWZz8CsqpHp-6zzFzbvEDwIUK4oJ/view>