

Bouncing Back Forward in Remote Learning

Our world has faced (and is still facing) a significant challenge. With a return to remote learning, many of us are understandably hopeful that things will eventually 'go back to normal' – that life and work can resume as they were before. It is important, however, that this process not be about *going back* but rather about *moving forward* into remote learning. The goal is to transition forward into the remote learning with the lessons from our first experience as our guide.

This series of quick and easy steps that can be taken to spark the mind and body into readiness for **TAKING OWNERSHIP** of the day. Try all of these things – they work!

3. MOVE!

Exercise is the catalyst to learning and high brain function. Children and young people that regularly MOVE! find the following benefits:



- IMPROVED MEMORY
- LENGTHENED ATTENTION SPAN
- IMPROVED MULTI TASKING AND PLANNING
- IMPROVED DECISION MAKING SKILLS
- MORE EFFICIENT BRAIN CELL REPAIR
- INCREASED GROWTH OF NEW NERVE CELLS AND BLOOD VESSELS



BEING

COURAGEOUS