



## RESOURCES

# Active Classroom, Active School: Energizers

Energizers for Nutrition Education for download:

<https://extension.umn.edu/nutrition-education/energizers-nutrition-education>

Classroom Energizers for download:

<https://www.eatsmartmovemorenc.com/resource/energizers-for-schools/>

Healthy & Fit on the Go for download:

<https://extension.umn.edu/physical-activity/healthy-fit-go>

Healthy Kids Healthy Future (formerly Let's Move): <https://healthykidshealthyfuture.org/>

Active Schools (formerly Let's Move): <https://www.activeschoolsus.org/>

MN Department of Education Moving Matters for download:

<http://www.health.state.mn.us/divs/hpcd/chp/cdrp/physicalactivity/docs/MovingMattersImplementationToolkit.pdf>

MN Department of Education Active Recess: <https://education.mn.gov/MDE/dse/health/act/>

Video Series: <http://www.health.state.mn.us/activerecess>

Jammin' Minute (search on YouTube)

<https://www.youtube.com/watch?v=X6Uyru4fAoc>

Go Noodle (free resource, registration required to access)

<https://www.gonoodle.com/>

Adventures to Fitness (Health and Fitness Videos for Kids)

<https://www.adventure2learning.com/>

### Suggested equipment:

General	Inexpensive	Specialty
Stability balls (Witt Fitt)	Cardboard boxes	Ribbon sticks (or 5' ribbon)
Masking tape	Paper bags	Resistance bands (4-5' long)
Paper straws	Empty (clean) milk jugs	Pedometers
Dice	Foam balls	Music
Cones	Bean Bags	Playground balls
Koosh or stress balls	Pom Pons	Stop watch/timer
Thinking [Silly] putty	Colored paper	Music CDs
Activity Bingo	Ribbons	Vinyl floor dots
Rubber chickens	Decks of cards, regular & Uno	Thumb balls (trainerswarehouse.com)