

kanduu

minute moves

Active Learning in Under 10 Minutes!

Introduction to Minute Moves

PreK | Kindergarten | Grade 1



FREE Resource



Featuring
The Kinetic Scope™



minute moves

Active Learning in Under 10 Minutes!

As you know, for young children everything begins with me. And for them, me = my body. That's because **in the early years, nature uses movement to develop both the body AND THE BRAIN simultaneously.**

Minutes Moves are based on The Kinetic Scope™, the "food pyramid" for movement. **The Kinetic Scope is a quick guide to the kinds of movement children need each day for good health, well-being, AND LEARNING, while shaping positive learning dispositions** for all the classrooms to come.



The Kinetic Scope™

Think Physical First

Movement is the starting point for physical confidence, cognitive capabilities, and critical life skills. To guide that natural growth, The Kinetic Scope breaks movement down into seven essential physicalities -- The Senses, Balance, Intuition, Power, Coordination, Control, and Language -- all the ingredients they need for **a well-balanced PHYSICAL "diet" each day.**

You can learn more about The Kinetic Scope at lookwhatikandu.com. But in the meantime, here's a quick snapshot to get you started.

The Kinetic Scope™



THE SENSES
The Senses (sight, sound, smell, taste, and touch) provide the raw material the brain needs to learn how to process information. In other words, to think.



BALANCE
Balance gives little ones the steady start they need for independent exploration and learning.



INTUITION
Intuition is our internal GPS system, guiding us through our physical and social worlds.



POWER
Physical strength, stamina and endurance are where perseverance and resilience begin.



COORDINATION
As the body and brain sync up, coordinated movement becomes easier and easier while more complex thinking comes into focus.



CONTROL
As kids develop more control over their body, they're learning important concepts of self-control... anticipation, prediction, nuance and adaptability.



LANGUAGE
When you narrate their active day, you are putting language in personal context -- the most impactful (and easiest) approach to language acquisition.



About KANDU

Kandu was co-founded by Gill Connell, author, educator, and global lecturer with a unique focus on the critical role movement plays in learning.

Lookwhatikandu.com has **one simple goal: to get children up and moving.** After all, what a child can do with their body determines just how much control they have over their own learning. And isn't that exactly what we want? **Strong, healthy, curious, courageous, can-do learners!**



Set Up

1. CUT

Cut along the dotted, horizontal line.



2. FOLD & TAPE

Fold along the solid, vertical line. Tape the edges.



OPTIONAL FOR ADDED DURABILITY

- Reinforce with card stock before taping along the edges.
- Laminate.
- Glue a popsicle stick inside.



How to Use

TEACHER-LEAD. Match Minute Moves to your curriculum goals to reinforce learning. (See our Curriculum Guide.)

CHILD-CHOICE. Lay out the Minute Moves cards to have the children decide which activity they want to try. Allow them to debate and vote amongst themselves to develop negotiation skills.

SURPRISE! Hide Minute Moves cards in a bag or jar for a surprise.

When to Use

ACTIVE LEARNING BREAKS. When kids need to move, don't fight it. Minute Moves require little to no set-up so they're ready to go any time you need them.

TRANSITIONS. Use Minute Moves in between activities to make transitioning more fun.

TIME OF DAY. Use Minute Moves to kickstart the day or as a cool-down activity at the end of the day.



Learning Never Sits Still

Powered by



Join us
@LookWhatKandu

Curriculum Guide

MINUTE MOVES		Kinetic Scope	Classroom Readiness	Literacy & Language	Numeracy & STEM	Social & Emotional	Cognition & Critical Thinking
1	Jump the River	Control		X	X		X
2	Roll Over Reading	Balance	X	X		X	X

Additional Resources

Movement is the foundation for all learning. That is the guiding insight behind Kandu, a new program for teachers and parents based on the work of co-founders and co-authors Gill Connell and Cheryl McCarthy.



On each card you'll see a QR Code that will take you to lookwhatikandu.com for further information, insights, and free activities to help you leverage movement for learning in the classroom. And please note, Kandu articles are great for sharing with parents too!



Available on Amazon

ROLL OVER READING



ROLL OVER READING

1
Listening

Time: 5-10 mins
Equipment: Story Book

How to Play. At story time, have children lie on the floor on their backs. Each time they hear you turn the page, they roll over (from back to tummy or tummy to back). Before you start, decide which way they roll first.

Learning Benefits

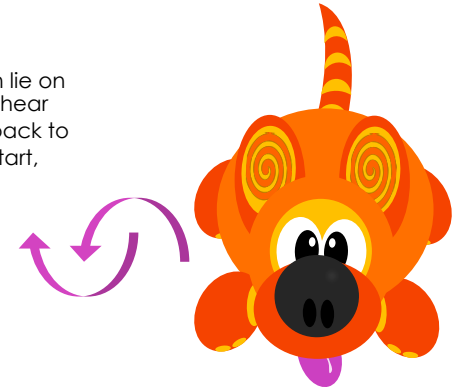


Balance

- ✓ Listening
- ✓ Balance
- ✓ Focus and Concentration
- ✓ Concepts of Print

Here's Why...

Movements like rolling underpin a child's ability to focus and concentrate on cognitive tasks like listening.

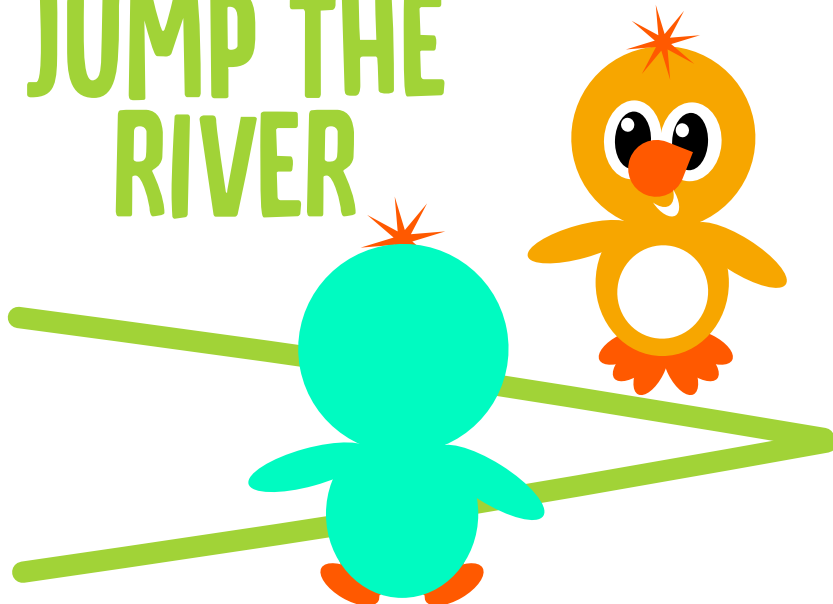


Scan to go to
lookwhatikandu.com
for more information
and free activities.

Powered by



JUMP THE RIVER



JUMP THE RIVER

2
Adaptability

Time: 5-10 minutes
Equipment: Long Ropes

How to Play. Lay out 2 long ropes on the floor in a narrow V shape. Starting at the pointed end of the V have children jump over the river to the other side and continue jumping up the river to the wide end. Repeat jumping from wide to narrow. Talk about narrow and wide.

Learning Benefits

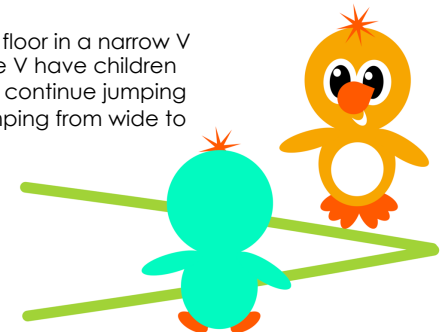


Control

- ✓ Math Concepts
- ✓ Directionality
- ✓ Nuance

Here's Why...

Make all learning physical. When children experience complex concepts using their body, it super-charges the learning through visual, auditory and kinesthetic feedback. Jump the River delivers the pre-math concept of less/more through shorter/longer jumping.



Scan to go to
lookwhatikandu.com
for more information
and free activities.

Powered by

