



# TAKE 10!® Tips

When should I use the TAKE 10! activity cards?

Use TAKE 10! whenever it works for you, but particularly to break up long, seated lesson blocks. Teachers often use it as a "wake-up" first thing in the morning, after lunch, before or after a break, or right before afternoon dismissal.

Where do I do the TAKE 10! activities?

All activities can be done in the classroom. On nice days you may want to go outside.

How do I keep the students involved and interested?

Initially, students will be learning the TAKE 10! Crew names: Jordan, Junji, Minda, Reina, and Raven. As the students become familiar with the activity at the beginner level, they can progress to the next level. The activities are designed to be flexible and dynamic.

Can I use some of my own ideas?

TAKE 10! materials are very flexible and can be adapted to meet a variety of teaching objectives, so add your own creative flair. Be sure to use the blank lesson template to create your own activities and add your ideas to the website ([www.take10.net](http://www.take10.net)) for others to benefit. Anytime you have your class physically active for at least 10 minutes (whether it's an "official" TAKE 10! lesson or one of your own) it counts as a TAKE 10!

How does a TAKE 10! activity help meet the students' academic goals?

Each TAKE 10! activity card is linked to a specific grade level learning objective. TAKE 10! can be used to review previously introduced academic concepts and to introduce new concepts in a fun way.

How can I use TAKE 10! student worksheets?

Student worksheets can be used on their own or, ideally, to reinforce concepts taught during TAKE 10! activities. Linking adds impact to the lesson, addresses visual learners and enhances learning objectives.

Is it difficult to get the children back on task?

TAKE 10! is a fun way to learn. Use the "Cool Down" card suggestions to transition the students back to seated activities. (Soft music is also very effective for calming students down.)

How do I engage students?

Children respond well to positive reinforcement and rewards. Included in the TAKE 10! materials are the following items to enhance student participation: a welcome letter, student certificate, posters and stickers. Encouraging students, individually or in pairs, to lead the TAKE 10! activities can also encourage participation.

Should I participate with the students?

Absolutely, TAKE 10! is a concept for students of all ages! It's a way for you to relate to students in a more relaxed manner, which helps in creating that important bond between you and them. TAKE 10! also helps you get more daily activity!