



Tick-Tock

Adapted from the work of Susan Kaiser Greenland

Why we like it: We like it because our younger students LOVE it! Also, this exercise is an excellent introduction to finding your focus and center. It is a great way for young children to learn how to control their body. This exercise can be done sitting or standing.

Duration: 1-3 minutes

Materials: Mindful coloring sheet of the grandfather clock

FocusedKids Lesson Video:

VOCABULARY

Tick-tock
Clock
Focus
Movement

MAKE IT A HABIT

Take a picture of the class doing tick-tock. Put it on a card and laminate. Do the same thing with other short movement breaks such as 16 chimes and elephant shower. When you notice students are needing a quick movement break, ask a student to pick an exercise out for the class to participate in.

PRACTICE IT

Incorporate this short break each day when you notice young students are needing a short movement and refocus break. It is great to do when students are sitting for a longer period of time. They can do this exercise and then get right back on track with the lesson.

SEND IT HOME

Encourage students to teach their family tick-tock!

CORE LESSON

What to Say

Ask if anyone knows what a Grandfather clock is. What sound does it make? What is the thing hanging in the clock? It's called a pendulum and it goes back and forth with each tick and tock. Show a picture of a grandfather clock, and what motion and sound it makes. Let's see if we can do that with our bodies. Ask students to sit up straight, legs crossed, and muscles relaxed. Then, ask them to rock to one side placing their hand on the floor as they do. Then push off with your hand and rock through the center to the other side. Can you feel your body moving from right to left? Now we are going to say a rhyme: Sway





	side-to-side and chant “tick tock, like a clock, until we find our center.” Repeat three times. Now have the kids put their hands on their bellies and take three deep breaths. Ask how did it feel to move side to side? Was it easy or hard to match your movement with the rhyme?
	After an introduction to this exercise, it will become a short daily favorite for refocusing and movement!

LESSON EXTENSIONS	
Brain Science	<input type="checkbox"/> When we connect the brain and the body as we do in this exercise, student’s brains (especially their prefrontal cortex) become wired for better focus and retaining what they are learning.
Websites	<input type="checkbox"/> Great read on movement <input type="checkbox"/>

MAKE IT YOUR OWN!



