

## Tame Spring Fever

From Christy Crawford

Spring has sprung, the weather has warmed up, and your students' minds and attention might be wandering just a little more than usual. Follow these tips to get them back on track.



### Breathe

Use deep breathing exercises when needed during the day to calm students and help them refocus on their work. This works well on



### Create a Relaxation Zone

Fill a classroom corner with sensory items (bean bags, pillows, relaxation bottles full of sparkly goo, textured balls, or squeeze toys) and books on feelings that will calm ruffled souls.



### Make a Magic Potion

Watch behavior shift when you spray the air with one of these "magic" sprays.

- Quiet as a Mouse Bubbles (bubble solution, bubble wand)
- Speedy Clean-Up Spritzer (spray bottle, Alka-Seltzer)
- Pay Attention Mist (mister, water, peppermint extract)



### Go Outside

A little recess goes a long way for students who seem a bit antsy. Consider holding lessons outdoors, too. Writing poetry in the grass or doing a math mini-lesson outside may be just what the doctor ordered for this spring fever.