



# SUIT UP FOR FITNESS

BRAIN BOOST STRATEGIES

## CLASSROOM APPLICATION

*"Having something to pass out to the kids helped make this one a big success! The kids liked having the playing cards in their hands."*

### Recommendations

- Teachers can assign more than one exercise per suit to keep the strategy from getting too repetitive.
- Keeping the cards close by makes this strategy easy to implement quickly when students need a redirect or when transitioning between activities/lessons.
- Take out higher cards if more repetitions are too challenging or lower cards if students want a challenge.
- Keep a short stack of cards at table groups and use this strategy if students are becoming restless or off task.



VIRGINIA  
Chief Movement Officer

  
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