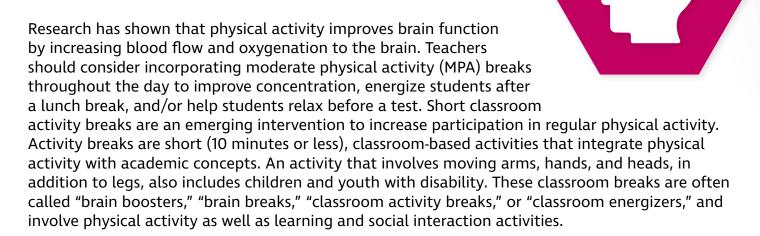
Top Tips for Inclusive Brain Boosters



- Involve students with disability and an adapted physical education teacher when selecting activities.
- Incorporate activity breaks into a routine.
- Be strategic about when to incorporate activity breaks. Use activity breaks before an exam, after a lunch break, or to break up a tedious topic.
- Looks for cues, such as anxiety patterns or lack of focus, from the students.
- Be familiar with students' abilities. If you are not sure about their abilities, do not be afraid to ask.
- Activities might be done from a seated position. Allow the use of mobility devices and ensure there is plenty room to move around.
- Use pair, groups, or "follow the leader" activities.
- Use rhythmic or musical activities.
- Be patient and provide enough time to complete the task.
- Ensure the environment is safe and free of clutter. Reorganize the room if necessary, but make sure that children with visual impairments are aware of the changes made.
- Use verbal and visual cues.
- Use demonstrations or modeling of movements before and during the activity.
- Select activities that are simple and do not require a lot of instruction.