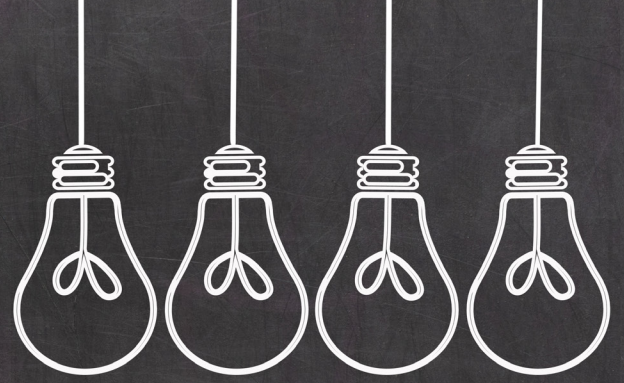
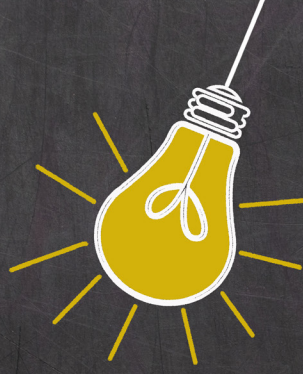


Idea in ACTION



FOR STUDENTS IN MIDDLE SCHOOL

Interruptions

Directions for Students

- ▶ Pre-read the text aloud to yourself.
- ▶ Read the text aloud again and this time “interrupt” your reading every time you come across any of the text elements below by doing the following movements:

! = Jump in the air

. = Sit down

, = Breathe in deeply, exhale slowly

: = Hold both hands above your head

? = Spin in a circle

CAPITAL LETTER = Stand up

- ▶ Take a few slow, deep breaths and return to your work refreshed and energized!

Variations:

- Associate movements with various types of speech instead of punctuation.
- Create a fun video of yourself “interrupting” text and post it to the class feed.

Tips for Success

- ▶ Provide nonlinguistic models for students:
 - Video examples
 - Pictures
 - Chart of movements and associated text elements
- ▶ Assign students a specific text to begin. As they become more familiar with the strategy, offer choices and suggestions for how they might incorporate Interruptions into their learning to enhance their engagement and focus.

Possible text sources:

- Assignment directions
- Interesting passages
- Opening paragraphs
- Poetry
- Feedback on classwork
- Peers’ posts in the class feed or page
- Last paragraph in a chapter

When to use Interruptions:

- First thing in the morning
- To begin a new assignment
- After lunch
- To re-engage with an assignment that has been started but not finished
- To kick off a brainstorming session
- Before a creative task
- When students are feeling bored, tired, or agitated

- ▶ Use open-ended questions to help students reflect on how incorporating brief, playful movement into their day impacted their thinking and engagement:

“What are some things you notice about your focus or energy levels after using Interruptions?”

“What might be some times of your day when a boost of energy and focus would be especially helpful to you in achieving your goals?”

“How might incorporating movement into your work help with your time management?”