

Tips for more active teaching

Promote **taking breaks from sitting**

- Teacher-led break exercise
- Tell the students to grab a coffee, go to the bathroom or get some other kind of movement during longer breaks

You can use ready to go Powerpoint slides for instruction: insert a couple different moves after every tenth teaching slide
everymovecounts.fi/en/materiaalipankki

Encourage the students to **follow the teaching while standing up**

Get the students up from their chairs

- Voting, speaking in class and applause standing up
- Standing or walking small group discussions
- Everyone stands up during every other teaching slide

Let the **students to fetch the teaching materials** instead of handing them out

Show an example by standing up when teaching

The tips can be applied into distance learning too!

During distance learning, the students can be encouraged to follow the teaching while taking a walk when possible

- Online lessons
- Recorded lessons
- Audio books and podcasts