



Energizers! Musical Brain Breaks to Focus and Engage

Presented by Matthew Stensrud

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Let's conquer both tired and wiggly students using speech, song, movement, improvisation, and more. Participants will take away transition tools and focusing strategies for wayward students - all with musical Orff-inspired activities!

Energizer Time!

- Drum Roll
- Laughing Objects
- Dum Dum Dah Dah
- Breathing & Mirroring with *Demi Lune* by Rene Aubry

What is Responsive Classroom?

- Responsive Classroom is an approach to elementary education that engages students in academic and social learning, inspires positive interactions, ensures effective classroom management and inclusive learning environments, encourages playfulness and student choice, and incorporates clear and concise teacher language to reinforce, remind, and redirect student behavior.

What is an Energizer?

- An energizer is a brief and exciting activity that engages the entire class simultaneously. They allow for fun, build community, and instill safety and comfort in the classroom.
- Energizers can:
 - Re-focus and re-engage
 - Aid transitions
 - Offer mental and physical breaks
 - Increase the energy in a class or bring down the energy in the space
 - Also teach content!

Alphabet People

- When you hear the cue, turn your body into a letter
 - Uppercase? Lowercase?
- Spelling
 - First name? Favorite food?
 - What if you could spell to the beat? Fast? Slow? Rhythms?

Special Thanks to...



...for inviting and sponsoring me today!

- Adding Partners
 - With a partner, what if you could spell a two-letter word? How might that look?
 - With another pair, what if you could spell a four-letter word? An *appropriate* word of course!
 - What if you could spell an 8-letter word? A 16-letter word? *I'll give some examples* 😊

Yoga Pretzels

- Using *Yoga Pretzels, 50 Fun Yoga Activities for Kids & Grownups* by Tara Guber and Leah Kalish
- Teacher scatters cards of various shapes and levels around the room
- Find and explore cards individually
 - Metallophone improvisation accompaniment (varying modes)
 - Do you feel a glide? Or a press?
 - How can you move into, hold, and out of each pose in a sustained fashion?
- Instead of simply walking between each card, how can each pose turn into the next?
- Choose two cards to remember
- How can you grow from Rock → First Card → Rock (ABA)
- How can you grow from Rock → First Card → Second Card → Rock (elemental form abca)
- Partner Composition
 - Discuss card choices with your partner
 - How can you create an elemental form incorporating something from each partner?
 - Partner movement sentence could mirror each other or create contrast
 - How do you begin?
 - How does the movement happen? Simultaneously? Opposite?
 - How do you end?
 - How does the music accompaniment change your movement?
- Small Groups
 - Show partner movement sentence to another pair
 - How could you use parts of both pieces to create something new?
 - Think about: mirroring/shadowing, symmetry/asymmetry, unison/canon, opposites, relationships
- Instrumentation
 - Dorian mode is a good place to start
 - What if each pair shared in a different mode? Another idea to consider!

Soy Una Taza

- A Spanish children's song first introduced to me by Sofia Lopez-Ibor, this song is a hit, breaks a sweat, and allows for student creation!
- Motions for each, can explore with song or start without and with teacher sound effects
- With music, add this pattern in between words: pat, clap, snap, clap
- What are these? *Kitchen utensils!*
- Soy una → I am a...
- What else could we be? What if you could create new kitchen utensils? Or what about musical instruments?

My Bio and Contact Info

Matthew Stensrud is an award-winning Elementary Music and Movement Teacher and currently teaching PK-4 music and movement at Sidwell Friends Lower School in Washington, DC. He received his Master of Music Education from George Mason University and Bachelor of Music Education from the University of Cincinnati College-Conservatory of Music, is an Orff Schulwerk approved Teacher Educator of Movement, and teaches Movement Levels in South Carolina and Oregon. Matthew is also on *The Orff Echo* Editorial Board and was a key content contributor to the book *Responsive Classroom for Music, Art, PE and Other Special Areas*. He is available for workshops for music chapters, districts, schools, specials teachers, and more. He lives in Alexandria, Virginia. Visit his website: www.mistersorff.com to sign up for his newsletter with lesson plans, articles, and more, or contact him via email at mistersorff@gmail.com or phone/text at 513-703-8012. He is also well-known on social media as @MisterSORff on Instagram, Facebook, and YouTube.