



The Four Agreements

Tribes Part 4 by Mrs. Hanson

Notre Dame Elementary Getting By or Getting Better?

Last month, I gave a brief overview of how community circle is used as part of the Tribes Process. This month I will share with you the role of energizers. View all the Tribes articles at: www.lcsd150.ab.ca/nde

"Charging Up The Batteries"

During class time, students, and even teachers, will from time to time experience a feeling of lethargy and this will often lead to lower levels of concentration ; tiredness and a lack of focus is an impediment to learning . The Tribes answer is a quick physical activity to revitalize students. This activity is called an "energizer." Below is an example of a quick energizer that many of our teachers use:

I Love My Neighbour

Students sit on chairs or stand in a circle with one student standing in the middle. The middle student makes a statement such as "I love my neighbours who wear black shorts" or are over 8 years old or who walk to school etc. All children wearing black shorts get up from their seats and try to find a new chair. The student in the middle finds a chair and the student who can't becomes the new "it".



Energizers As Part Of Learning

Energizers are used for more than "brain breaks" at Notre Dame Elementary. Teachers also incorporate energizers into their lessons to increase student learning. Below is an example of how movement and learning can go together:

Milling To Music

The teacher poses a curriculum related question to students and asks them to think about their answer. While music is playing, students move around the classroom. When the music stops, they turn to the person closest to them and share their thoughts. Both persons share. When the music starts again, the resume milling around the classroom. The teacher may have them share their thoughts with another classmate about the same question or the teacher may pose a different question.



Six Outcomes That Are Achieved Through The Use Of Energizers:

1. The energy of students is revitalized
2. Student concentration can be refocused on learning activities after time away (recess, lunch time etc.).
3. As a transition between different subject areas, helping to revitalize and focus energy.
4. Helps to create a feeling of connectedness between individuals and within the group.
5. Multiple intelligences are catered to and this helps student engagement.
6. They add to the fun of learning and emphasize a sense of the community.

Energizers are refreshing to students and teachers alike. They do take some time out of class, but the efficiency of our students goes up when we incorporate them.

Next Month: Tribes in Kindergarten