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MRS. FORST'S PRE-KINDERGARTEN BLOG



Your brain wants you to exercise.

May 9, 2013 by Marie Forst | 1 Comment

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This past weekend, I had the pleasure of attending Learning and the Brain: Executive Functions in Education in Washington, D.C. I've returned energized and excited to share all of the new connections I've made to our grey matter and learning. One of the most unexpected ah-ha moments came when [Dr. John Ratey](#) began speaking about

[YoWindow.com](#)

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IMPORTANT DATES

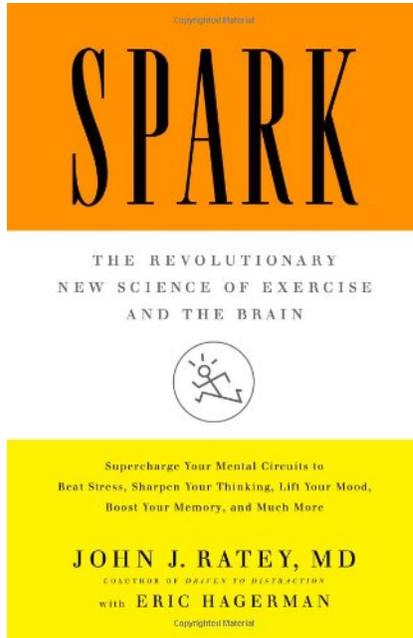
April 5 - Literacy Round-Up Night 6-8

April 4-5 - Scholastic Bookfair 8-6

April 8 - Spring Picture Day

April 10 - Field Trip: Carnegie Museum: Egypt, leave campus at 9:30, return around 11:30

April 12 - WT (T-Shirt) Spirit Day



Not being a rather athletic person (ok, I'm a couch potato) I wasn't especially excited about the premise. I settled in to listen to a speaker that I thought I wouldn't have any connections with. Oh, how wrong I was. Dr. Ratey explained with panache and humor how our brains are physically effected by exercise. He showed us results from numerous studies pointing to lower behavioral difficulties and raised academic scores for children when frequent, heart-rate rising exercise was part of the day.

For those of you who are already in love with a heart-pumping past-time, this may not necessarily be news. Yet, in the education community, this is monumental. Imagine being able to help children with mild attention troubles or anxiety simply by setting a routine that adds more activity to their day. Think about the revolution this could cause in states that have disbanded PE in favor of more prep time for high stakes testing.

Luckily, we already move a lot during the day in Pre-K, but I bet we could do more. The best part about this research is that it simply gives us a very concrete reason to do something we've already decided was important. Many people exercise for their health, for the summer swimsuit they want to fit into, for the joy of it. Now, they can sweat with

WT T-shirt
May 17 - Pre-K
Performance 10:00 am

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These ideas inspired even [this](#) couch potato to get up and get movin'.

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Author: Marie Forst

An early childhood advocate and teacher for over seventeen years, I'm finally getting my courage together to lead others in the study of how young children truly learn.

ONE THOUGHT ON "YOUR BRAIN WANTS YOU TO EXERCISE."

[Leave a comment](#) →



Robin Rishel

May 10, 2013 at 11:53 am

Love this !!! I am a huge believer in exercise for mood regulation in adults and children. A exercised kiddo is like an exercised puppy.... More manageable!!!!

Happy Mothers Day!!!!

ayons... 1 week ago

@[michaelschurr1](#) hey, that's us! Thanks for the learning, guys!

3 weeks ago

They just moved tthe fire trucks to my corner for hydrant. RT @[nautegryl](#): Apt bldg on fire in Bellevue; looks bad.

<http://t.co/X98VJIVNMi>

1 month ago

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