



GET MOVING FALL CHALLENGE

THE 5-MINUTE ROUTINE TO IMPROVE STUDENT FOCUS

Watch FREE MS Department of Education-approved videos on [youtube.com/movetolearnms](https://www.youtube.com/movetolearnms). Each time you complete a video with your class, fill a space on the thermometer.

When you complete a sheet, send a picture of it to movetolearnms@gmail.com. If it's okay for us to share, you can also send a picture of your class!



**COMPLETE
1 SHEET**

Coach will send your classroom a customized congratulatory video within 3 weeks.



**COMPLETE
2 SHEETS**

**Custom video
PLUS**
We'll send a M2L coloring sheet customized to your school!



**COMPLETE
3 SHEETS**

**Custom video and
coloring sheet
PLUS**
Enter a drawing to win an in-person visit from Coach for your school!

Send your photos in to movetolearnms@gmail.com by **Friday, October 7, 2022.**

Get moving and have fun!

[movetolearnms.org](https://www.movetolearnms.org)

START