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Active Corner

The Active Corner is an innovative classroom tool designed specifically for kindergarten to third graders. It serves as the dynamic counterpart to the quiet corner. It is strongly recommended that teachers provide a clear explanation of how to use this space effectively.

Setting up the Active Corner: The Active Corner is a designated area within the classroom, marked off by tape on the floor, a rug, or another visible boundary. This is where specific activities to channel energy and movement can occur. Ideally, place it in a corner against one of the walls. A traffic light on the wall signals three stages: STOP, THINK, and GO.

Using the Active Corner:

STOP: When a student enters the Active Corner, they stop all movement.

THINK: The student takes a moment to think about what they want to do or how they can redirect their energy in a positive way.

GO: Once ready, the student participates in a chosen activity without moving around the classroom.

Active Corner Activities: Place 6–8 exercises inside the Active Corner, such as jumping jacks, squats, balancing on one foot, lunges, twists and stretches, arm circles, or running in place.

Time and Use: Initially, students may access the Active Corner frequently. Ideally, there is no strict time limit, but if excessive use is observed, consider introducing a timer. Time intervals will help manage the duration that a student spends in the Active Corner. Use timers sparingly, especially if the tool becomes an escape from other activities. Adjustments may include limiting use or closing and reopening the Active Corner.

Promoting Self-Regulation: The goal is for students to develop self-regulation skills. While there may be high initial use, the goal is for students to become less reliant on the Active Corner over time. If it becomes an escape, timers can be strategically introduced.

By incorporating the Active Corner, we create a supportive environment where students can learn to manage their energy and focus effectively.



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Ideas de actividades para Rincón Activo



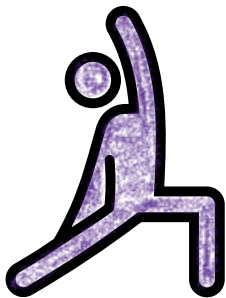
I can balance



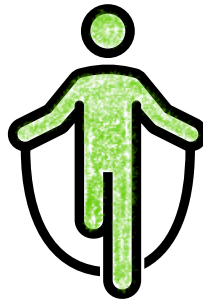
Move arms in a circle



Run in place



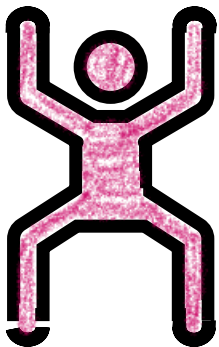
Stretch my arms



Jump imaginary rope



Squats

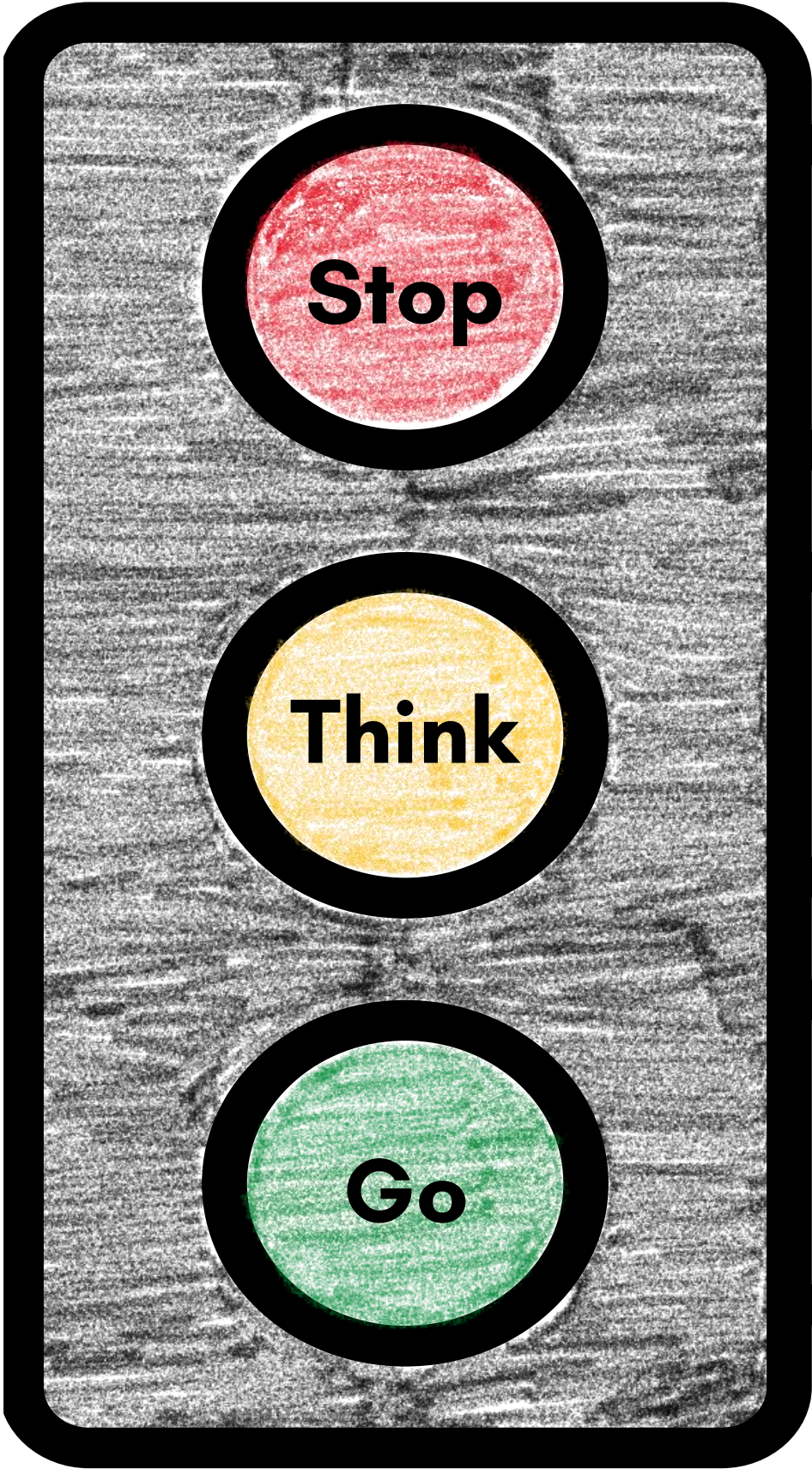


Jump imaginary rope



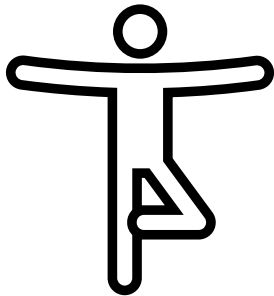
Stretch my legs



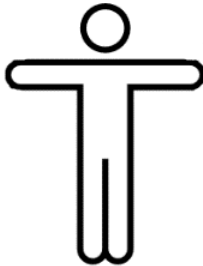


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Ideas de actividades para Rincón Activo



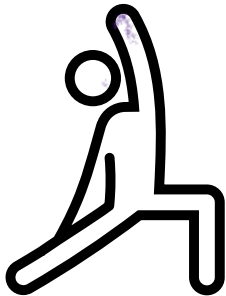
I can balance



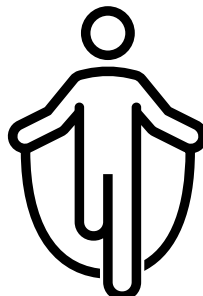
Move arms in a circle



Run in place



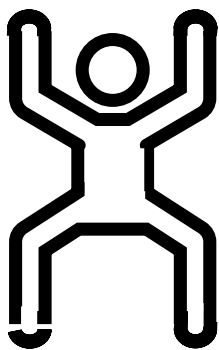
Stretch my arms



Jump imaginary rope



Squats



Jump imaginary rope



Stretch my legs



Stop

Think

Go





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