



Best Practices

Title: Increasing the Impact of Healthy Habit Activities!

- **Equipment:** Music Source, Music (see below in description)
- **Grade Level(s):** K- 5th
- **Description:**

Use music with all healthy habits activities (search for titles on iTunes, Spotify or your favorite site for music!) Appropriate, popular songs keep students engaged and energetic longer and reach a different level of the senses for good memory retention!

A few suggestions (from 2013) for songs matching the theme and activity may include:

Healthy Habit/ "Matching" Song

1. Energy/Veggie Tales
 2. Safety/Safety Dance (Glee version is good for kids)
 3. Play/William Tell Overture, Summon the Heros by John Williams
 4. Vision/Jump In and Moves Like Jagger by Maroon 5
 5. Community/Firework by Katy Perry
 6. Family/I Like to Move It (Madagascar 5)
 7. Mind/Life is a Highway by Rascal Flatts, Tonight's Gonna Be a Good Night by Black-eyed Peas
 8. Friends/Keep Your Head Up or Singing in the Rain (Glee version is great for kids), or Stronger by Kelly Clarkson
 9. School/Just the Way You Are by Bruno Mars
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