



# GET MOVING SPRING 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](mailto:movetolearnms@gmail.com). If it's okay for us to share, you can also send a picture of your class!



### COMPLETE 1 SHEET

We'll send a M2L coloring sheet customized to your school!



### COMPLETE 2 SHEETS

Custom coloring sheet

**PLUS**

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



### 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](mailto:movetolearnms@gmail.com) by

**Friday, March 17, 2023.**

*Get moving and have fun!*

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

**START**