



Inspirational Season Resources

- [PupilScreen aims to allow parents, coaches, medics to detect concussion, brain injuries with a smartphone | National Science Foundation](#)
- [Smart underwear prevents back stress with just a tap - Science360 News Service | National Science Foundation](#)
- [Game changing technology could be an important safeguard - Science360 News Service | National Science Foundation](#)
- [Creating a buzz: Future wearables could tell us how we power human movement - College of Engineering - University of Wisconsin-Madison](#)
- [Novel approach advances home and health sensors - Science360 News Service | National Science Foundation](#)
- [07.16.18 - Science360 News Service | National Science Foundation](#)
- [Are You Doing Recess Right? A New Tool Can Help | Edutopia](#)
- [The Genius of Play | It's More Than Play!](#)
- [Finnish Schools Are on the Move—and America's Need to Catch Up - The Atlantic](#)
- [Give Children a Break by Anthony D. Pellegrini - Project Syndicate](#)
- [All Stories by Timothy D. Walker - The Atlantic](#)
- [How Finland Keeps Kids Focused Through Free Play - The Atlantic](#)
- [Taught by Finland - Finnish Education Lessons from an American Teacher](#)
- [College esports is set to explode, starting with the Fiesta Bowl](#)
- [Is Recess Important for Kids? Here's What the Research Says | Time](#)
- [Here's How Much Exercise You Need to Keep Your Brain Healthy | Time](#)
- [A Fit Body Means a Fit Mind | Edutopia](#)
- [2014 Healthy School Hero: Paul Zientarski - Action for Healthy Kids](#)
- [Dell BrandVoice: Never Mind Your Abs -- Tone Your Brain](#)
- [Studies Show Link Between Exercise and Academic Success - EDCOR](#)
- [UMass Amherst study finds benefit from 'pedal desks' - The Boston Globe](#)
- [New Federal Exercise Guidelines Emphasize Moving More Throughout The Day : Shots - Health News : NPR](#)
- [Mobile playground brings exercise to low-income kids who aren't getting it.](#)
- [Edutopia | SEL Skill Development During Recess and PE](#)
- [Can A School Built On Brain Science Alter The Learning Landscape? | CPR](#)
- [Birdwatching for peace of mind and better health - CNN](#)
- [Kit of Parks - Play Everywhere Gallery](#)

- [Agriculture Students Harness Innovation | Edutopia](#)
- [Sport and Active Society](#)
- [Letting young kids play is the best way to prepare them for school — Quartz](#)
- [People who understand the benefits of exercise may spend more time being active | Reuters](#)
- [Adrienne Young on Twitter: "Great Icebreaker Games"](#)
- [IOC actively promoting health and physical activity through the new international Global Active City programme - Olympic News](#)
- [Kids Sports Facts — The Aspen Institute Project Play](#)
- [Right To Play - Right To Play](#)
- [People are happier in states that spend more money on public places like parks and libraries](#)
- [Alternatives to Crisscross-Applesauce - YouTube](#)
- [Active Play](#)
- [gug-hw22.pdf](#)
- [16 Characteristics of Kinesthetic and Tactile Learners - Child1st Publications](#)
- [Accessible or Inclusive? Playgrounds for Everyone Go Beyond ADA – No Fault](#)
- [Science on the Playground for Grades 1 & 2 . Science Activities . Education | PBS Parents](#)
- [Physics on the Playground | Scholastic](#)
- [FitBit devices from your employer can be used in workplace wellness programs – but how much information is too much? - The Washington Post](#)
- ['Pandemic' of inactivity increases disease risk worldwide, WHO study says - CNN](#)
- [How You Felt About Gym Class May Impact Your Exercise Habits Today - The New York Times](#)
- [A Glimpse Inside a Handmade Amusement Park, 40 Years in the Making | Colossal](#)
- [Workout recovery tech: These gadgets can help with soreness, injuries](#)
- [Futurous](#)
- [UNICEF Kid Power](#)
- <https://www.healthykids.nsw.gov.au/kids-teens/get-active-each-day>
- <https://kidshealth.org/en/parents/active-kids.html>
- <https://healthyforgood.heart.org/move-more/articles/why-is-physical-activity-so-important-for-health-and-wellbeing>
- <https://www.choosemyplate.gov/physical-activity-why>
- https://activelivingresearch.org/sites/default/files/ALR_Brief_ActiveEducation_Jan_2015.pdf
- <https://news.northeastern.edu/2017/04/13/daily-exercise-reduces-fat-improves-cognitive-function-in-kids/>
- <https://news.northeastern.edu/2016/10/12/new-psychology-professor-studies-link-between-physical-activity-cognitive-health/>
- <https://www.acefitness.org/education-and-resources/lifestyle/blog/6441/top-10-reasons-children-should-exercise>