

**GO**

TEACH CONTENT  
REVIEW CONTENT

UNITE ACADEMICS  
& MOVEMENT

**SET**

FITNESS CHALLENGES  
BRAIN BREAKS  
PREPARE BRAIN

ENERGIZE THE BRAIN &  
MAKE CONNECTIONS

**READY**

CREATE COHESION  
DEVISE A PLAN

DEVELOP STRATEGIES  
& BUILD COMFORT

**TAKE YOUR  
POSITION**

RECOGNIZE BENEFITS  
KNOW RESEARCH  
GAIN KNOWLEDGE

BECOME A SUCCESSFUL  
KINESTHETIC EDUCATOR