

# State Changer Ideas

- Ball Toss
- Cheer
- Dance
- Deep Breathing
- Game
- Group Work
- Hi Five
- Humor
- Joke
- Journal Entry
- Magic
- Meditation
- Mind Mapping
- Music
- Pair/Share
- Riddle
- Stretching
- Verbal Repetition
- Yoga



Movement facilitates the flow of energy and emotion necessary to activate the attentional center of the brain. This change of state is recommended every 10-15 minutes. It can be a simple change such as a change in voice or position or larger movements as suggested above. The greater the activity, the greater there is the opportunity for attention. State Changers are especially beneficial for ADHD students.

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