We asked visitors to our NEA Today Facebook page whether students are required to sit still for too long, and how to deal with the situation. Here, lightly edited, are their responses.

I use GoNoodle.com for amazing video brain breaks and movement. I can’t say enough good things about how it has transformed my classroom! One of my toughest kiddos even asked if he could write that he was thankful for “Máximo” (the purple monkey that guides them through yoga and breathing) on one of the feathers of his “I’m thankful for...” turkey. GoNoodle is a lifesaver!

AMY BE

Sometimes you have to pause in the middle of things, make kids get up to touch all four walls, then let them sit again. It’s worth two to four minutes. I do it with a freshmen class of Algebra 1 kids during the last period of the day.

ADAM KARP

All of the desk chairs in my room are “rocking” seats. That has made a huge difference for some students. It doesn’t distract the students or me during instruction and it does provide some allowable movement for all students during the class.

JAMEY ‘BARNES’ SEMRAD

Break assignments into small bites. Give time for group talk or work. Allow students to get drinks if they ask. Two minutes and a walk across the hall to get a drink is not going to keep them from finishing.

JILL HERSHBERGER

Over the nine years I did elementary classroom teaching, I let the classes stand and do stretching exercises and “jumping jacks” every 40 to 45 minutes. They loved doing it, and so did I!

CONNIE LOUISE ELDER

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