



# Boomerboard

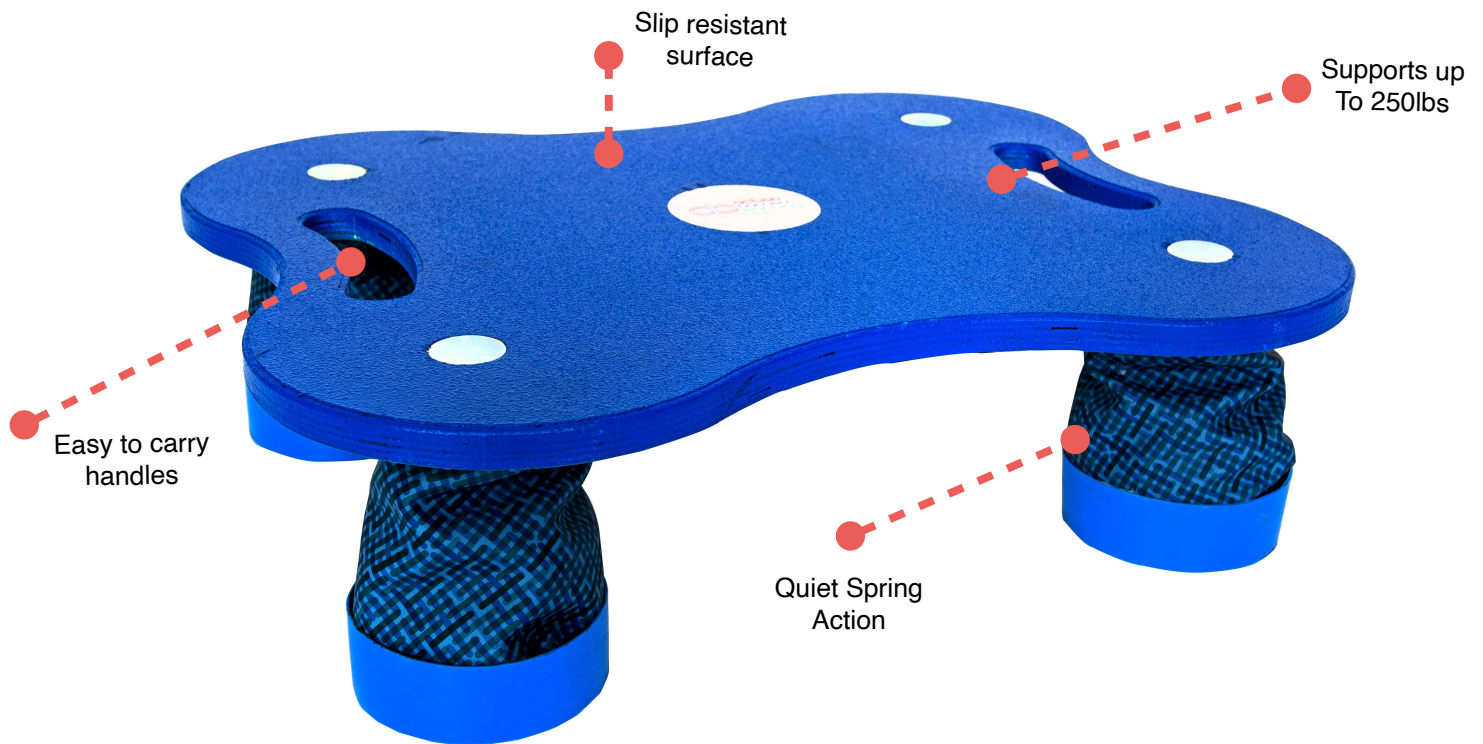
QUICK ENERGY RELEASE FOR RESTLESS STUDENTS

- ★ INCREASED FOCUS
- ★ CALM AND REGULATE YOUR STUDENTS
- ★ OPTIMIZED LEARNING
- ★ ALLOWS OXYGEN TO FLOW FREELY
- ★ SUPPLYING FUEL TO THE BRAIN
- ★ ASSISTS IN DECODING AND COMPREHENSION



## 865 Boomerboard

Action Based Learning strategies are based on brain research that supports the link between movement and learning to improved academic performance and behavior. All ABL stations are designed to give your students an advantage to learn, and support active, healthy, happy, academically engaged students!



The Boomerboard is an active learning tool for students to experience both the physical and neurological benefits of jumping. Allows students to work on all 12 foundations of learning readiness, with a strong focus on aiding in the improvement of endurance, rhythm, core strength and body awareness. Ideal for all ages, all students - especially the restless students, test taking anxiety, fidgeters, and students who have trouble listening and paying attention in class.



## Crossing the Midline

Cross Lateralization

- ✓ Aids in placing words on a page
- ✓ Reading from left to right
- ✓ Writing patterns in a sequence
- ✓ Assists in decoding and comprehension
- ✓ Crossing the motor cortex helps to get ideas to the paper.



## Balance

Spatial Orientation

- ✓ Integrating both hemispheres of the brain is imperative to learning.
- ✓ Balance activities aid the brain in anchoring information, improved memory retention and retrieval, and combining many skills for higher level learning.



## Cardiovascular

Heart Health

- ✓ Aids the body in delivering fuel to the brain
- ✓ The brain is dependent on the heart to supply its fuel through our blood supply
- ✓ Oxygen and glucose are fuel for the brain, when we get the blood pumping we are feeding our brains.



## Physical Fitness

Strength & Flexibility

- ✓ Strength and endurance concepts put the brain and body into balance for optimal learning.
- ✓ Allows oxygen to flow freely, supplying fuel to the brain.
- ✓ Muscular strength in the legs encourages the flow of BDNF, the “miracle gro” for the brain.



# Quick energy release for restless students in the classroom!



A quick and efficient way for classrooms to work on all 12 Foundations of Learning Readiness, by practicing activities to enhance both cognitive and physical skills, and make learning fun.



Infuse academics into boomerboard activities, use during lecture, or use individually as an energy release for restless or anxious learners



Jumping, push-ups, balancing, stretching, yoga poses. Great for individual students, partner/group work, or use an entire classroom set to infuse movement into the school day



- ✓ Silent
- ✓ Non-distracting motion
- ✓ Allows for a quick reprieve from the traditional classroom.

Equipment Specifications	
Category	Kinesthetic Classroom Model 865 Boomerboard
Product Weight	7lbs
Product Dims	22.25 x 18.25 x 6.25
Target Age Group	K-12th Grade / Adult
User Weight Limit	250 lbs
Shipping	Ships UPS approx 15lbs 24 x 20 x 10
Warranty Infomation	1 year manufacturers warranty - Includes pre-assembly

## WHAT ARE THE BENEFITS OF THE BOOMER BOARD?

An added benefit of the Boomerboard is the increased focus students will experience after they engage in this jumping motion. Activities done on the Boomerboard also help to calm and regulate students, which prepares the student for optimized learning.

### MATHLETE JUMP

Instruct students to pair up. One student begins controlled jumping on the boomer board while the partner stands approximately 2-5ft away with a foam ball. As the students toss the ball back and forth have them practice their (addition, subtraction, multiplication, etc)



### PUSH UP POWER

With both hands gripping either handle bar while the board is securely positioned on the floor, extend the body in a plank position. Instruct the student to verbalize each letter of their vocabulary word as they perform a push up.

