

# THE TEACHER TIMES

VOL 3 NO. 3

MAY 2007

## FOR THE CLASSROOM

### Spring Fever Cures

#### Part One: Sunny Lessons -- Tips and Tricks for Teaching Lessons Outside the Classroom

Teaching a lesson outside can be an invigorating change for both you and your students. The fresh air, however, can cause young minds to wander. Use SPRING to ensure the academics of your lesson will weather well when taken outdoors.

**Specific:** Be sure your lesson has a specific focus and/or purpose. Teaching outdoors is often more enjoyable and memorable for students but don't expect to get as much done as you would when you are inside. A lesson narrowed to one specific goal is more likely to be successful when conducted outdoors.

**Perimeter:** Students are more comfortable and less anxious when the learning area is clearly defined. Use natural and artificial landmarks to create the "walls" of your outdoor classroom. Identify the perimeter of these walls to your students before going outside and then a second time once you are outside.

**Rules:** Remind students that the same inside classroom rules such as raising your hand and not talking out of turn apply to the outside classroom as well.

**Integrate:** Integrate the elements and landscape of the outside area into your lesson.



**Notify:** It is important to notify your building administrator where you will be taking students, what they will be doing, and when they will be doing it.

**Grade:** Inform students that they will receive a grade for their participation in the outdoor lesson. This will reinforce the lesson's academic value and help students view it as more than just an extended recess.

#### Bring the Outside Inside

Sometimes taking your students outside is out of the question. The simple solution? Bring the outside inside! Organize your classroom units around the theme of the four elements: earth, water, fire, and air.

**Earth:** Gather sand, dirt, and gravel and integrate them into your lessons. Use the samples in math to help students practice estimation skills and determine weight. Use them in science to explore the different layers of the earth or to illustrate the life cycle of a rock.

**Water:** Address all of the subject areas by challenging your class to use their math, science, and language arts skills to develop a written proposal for filling a classroom aquarium with a viable population of fish that can be purchased within a specified budget.

**Fire:** Build a campfire in your classroom using real logs, a flashlight, and orange tissue paper for the flames. Use the fire as a "town hall" gathering place where you and your students can discuss ideas related to concepts from your curriculum.

**Air:** Bring in a variety of fragrant plants and flowers and let the winds of the classroom fill the room with the smell of spring. Use the smells in language arts as a prompt for students to write original examples of simile, metaphor, and personification.

### Updating Pencils with ... Denim?



Did you know that the average person owns eight pairs of jeans?\*

Denim continues to be a hot trend every year – and represents the casually cool! Not wanting to miss the fun, BIC has refreshed the Round Stic Grip™ Mechanical Pencil with shades of "blue jeans." The barrel of the pencil comes in two

### PRODUCT SPOTLIGHT

new, semi-translucent shades of blue jeans – dark blue and light blue – and the clip, grip and nosecone now contain shiny, metallic flecks.



And, just like blue jeans, the Round Stic Grip™ Mechanical Pencil Denims® not only look good, but are functional as well. Like all BIC® Mechanical Pencils, the denim pencil comes with three #2 leads, making it perfect for those standardized tests!

\* Cotton Incorporate Lifestyle Monitor, Fall 2005.


**FEATURE STORY**

# Spring Fever Cures

## Part Two: Using Breathing Exercises To Improve Student Performance

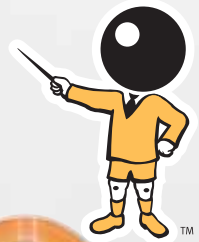
Just breathe! It sounds so easy, yet many of us could use some practice. Research has shown that improper breathing technique can cause inefficient oxygen delivery to all the body cells, including the brain. This lack of oxygen can trigger tension, anxiety, irritability and depression ([www.breathe.org](http://www.breathe.org)). Here are three simple breathing exercises that will help both you and your students breathe better in the classroom.

**Nose Breathing:** The most effective way to breathe is in and out of the nose. This not only filters the air, but also maintains the proper CO<sub>2</sub>/O<sub>2</sub> balance.

**Long, Slow Exhale:** Count silently while inhaling, perhaps to four. Now exhale twice as slowly, counting to eight. This relaxes the mind and body.

**Three Part Breath:** Imagine that your torso is a pitcher, from abdomen to collar bones. Slowly fill the pitcher with air, first filling the belly, then the chest, then the space behind the collar bones. Let the air out from collar bones to belly. You may place a hand on your abdomen and upper chest to feel the movement of air.

## Teacher's White Board



From time to time, we like to highlight some of the events taking place within our other BIC businesses. This month, we're excited to bring you news on BIC's first entry into system shaving!

Beginning in the spring of 2007, women will experience a whole new shaving experience from BIC with the launch of BIC® Soleil® with cartridge refills. This exciting launch is an important milestone in the history of BIC Shavers as it enters into a new segment within Shaving.

"We have designed this new product specifically for women who define themselves through the products they purchase," said Susan Lanzarotto, Director, Shaver Marketing, BIC Consumer Products USA. "In the world of shaving products, BIC Soleil is the fun, fashionable brand that lets women express their individual style with confidence."



The new BIC Soleil features a quick-change, replaceable triple-blade cartridge refill, a soothing moisture strip with aloe and shea butter, a rounded pivot head, rubber guard bar, long, curvy, comfortable handle, and an enhanced rubber grip for greater control and a flawless shave every time. Visit [www.feelthesoleil.com](http://www.feelthesoleil.com) to learn more about this exciting new launch from BIC!

*Feel The Soleil®*



The Teacher's White Board section is the area of the BIC Teacher Times dedicated just to you and your opinions. This is your chance to tell us what you think about BIC® products, ask BIC questions, or share some advice with other teachers. All submissions become the property of BIC and we may publish your entry. Remember to include your name, the grade you teach, school and state.

Send your comments and feedback to: [Teachers@bicworld.com](mailto:Teachers@bicworld.com)