

5. Children need ample opportunities to move their bodies and use their voices.

Resources

Books

- ["Balanced and Barefoot: How Unrestricted Outdoor Play Makes for Strong, Confident, and Capable Children"](#) by Angela Hanscom
- ["Let Them Move: Why It's Essential Students Get More Movement in Schools & How to Integrate More Movement into the Classroom for Greater Learning Outcomes"](#) by Rebecca Kramer Fiscal
- ["A Moving Child Is a Learning Child: How the Body Teaches the Brain to Think \(Birth to Age 7\)"](#) by Cheryl McCarthy, Gill Connell
- ["Art of Roughhousing: Good Old-Fashioned Horseplay and Why Every Kid Needs It"](#) by Anthony T. DeBenedet, M.D., Lawrence J. Cohen, Ph.D

Articles

- ["The Power of Movement in Teaching and Learning"](#) by Susan Griss
- ["Why Kids Need to Move, Touch and Experience to Learn"](#) by Katrina Schwartz
- ["More Than a Dozen Ways to Build Movement Into Learning"](#) by Stephen Merrill and Sarah Gonser
- ["The Benefits of Movement for Little Learners"](#) - The Good to Know Network

Organizations

- [Active Schools](#)
- [The LiINK Project® \(Let's inspire innovation 'N Kids\)](#)
- [Anji Play](#)
- [Successful Healthy Children](#)

People, Podcasts, Social Media

- [Anna Beresin, PhD](#)
- [Rebecca London](#)
- [Heather Von Bank](#)
- [The Occuplaytional Therapist](#) (Facebook)
- [@playworksrecess](#) (Instagram)