

# Handy Handouts®

Free informational handouts for educators, parents, and students

## Get Ready... Spring Fever is On the Way!

by Summer Stanley

**The symptoms:** Bouncing off the walls, trouble concentrating, fits of giggling. **The diagnosis:** Spring fever!

We may joke about it, but research shows that spring fever is a legitimate phenomenon. As the days get longer and the weather gets warmer, we often experience increased energy levels and changes in behavior.

As adults, we may decide to “spring clean” our home, getting the dust and pet hair out of corners that haven’t seen sunlight in months. We may spend more time outdoors and get more physical activity. We might even start planting a garden.

Similarly, children often have extra energy that they struggle to contain. This can lead to hyperactivity, breaking the rules, avoiding homework and chores, and difficulty focusing.



**So how can we keep students on track through the last few months of the school year?**



- Make your classroom rules clear and easy to see.
- Give clear, concise directions.
- Avoid power struggles and empty threats.



- Create engaging lessons.
- Break up long lessons into shorter segments.
- Focus more on interactive lessons rather than lectures.



- Post clear learning goals.
- Offer music and video “brain breaks.”
- Consider teaching outside when the weather is nice.



- Cover the hardest work near the start of the semester and plan creative activities near the end.
- Use the outdoors in your curriculum.
- End the year with a fun project.

Educators can suffer from spring fever too! Take better care of yourself by eating healthier, exercising, and planning fun weekend activities so you have something to look forward to during those long days in the classroom.

Resources:

- “Do Your Kids Have Spring Fever?” accessed Dec. 31, 2019, from <https://therapychanges.com/blog/2017/05/kids-spring-fever/>
- “14 Ways to Manage Spring Fever in Your Classroom,” accessed Dec. 31, 2019, from <https://mydesignedly.com/14-ways-to-manage-spring-fever-in-your-classroom/>
- “Spring Fever! 6 Ways to Settle Kids Down,” accessed Dec. 31, 2019, from <https://www.education.com/magazine/article/spring-fever/>
- “Spring Fever: Teachers, Take Care of Yourselves,” accessed Dec. 31, 2019, from <https://theeducatorsroom.com/spring-fever-teachers-take-care-of-yourself/>
- “Try This – Curing Spring Fever,” accessed Dec. 31, 2019, from <http://www.nea.org/springfever>

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