



# Building Healthy Communities

## PHYSICAL ACTIVITY BREAKS

# May

### CALMING ACTIVITIES

#### Mindfulness

##### Volcano Breath

Start in a squat position with your hands on the ground between your legs. Deeply inhale as you rise to a standing position with your arms above you as if you are an exploding volcano. Pause briefly at the top of the inhale, and then exhale slowly as you come back to a squat position.

Repeat this a few times.



#### Calming and Stretching

##### Relieving Anxiety

This 4-minute video guides students through breathing and stretching exercises to help them relieve anxiety. This video requires no equipment but does require space to stretch the arms!

View the video [here!](#)



### ENERGIZING ACTIVITIES

#### Manipulatives

##### Empowering Cards for Kids

Invest in this fun card set to teach students about mindfulness and affirmations. The game is less than \$15 and can be used for many school years to come. This easy game describes fun mindfulness activities for the whole class to practice. Click the link below to find the card set on amazon.

[Click here to purchase!](#)

#### Energizers

[Level Up!](#)

[Left- Right Dance](#)

[5-Minute Move](#)

[Release Your Warrior](#)

