



# Building Healthy Communities

## PHYSICAL ACTIVITY BREAKS

# April

### CALMING ACTIVITIES

#### Mindfulness

##### Positive Affirmation

Saying positive affirmations can help build students' self-esteem and gain self-confidence. View this [video](#) for kids to practice repeating positive affirmations to themselves. Try having students write these affirmations down in a journal.

Also, practice **Power Breathing** by clenching your hands into fists above the head then exhaling vigorously through your mouth, saying "Ha!" At the same time, bring fists quickly to your chest and tuck elbows against your body.

BELIEVE IN YOURSELF

#### Calming and Stretching

##### Stationary Stretch

This 3-minute video is a very quick brain break to stretch the body. It is fun and easy to do wherever you are in the classroom!

View the [video here!](#)



### ENERGIZING ACTIVITIES

#### Manipulatives

##### Expanding Breathing Ball

Breathing balls are fun ways to practice deep breathing in the classroom. Students can breathe along with the rise and fall of the ball. These balls can be found on Amazon and Walmart for less than \$15. Below are links to a few that are on sale. There is also a link to a demonstration video on how to use the ball.

[Amazon Expandable Breathing Ball](#)

[Walmart Expandable Breathing Ball](#)

[Demonstration Video](#)



#### Energizers

[Partner Sit and Stand](#)

[Chair Triathlon](#)

[Ultimate Locomotor Bop](#)

[Super Fun 8-Minute HIIT](#)

