



Building Healthy Communities PHYSICAL ACTIVITY BREAKS

November

CALMING ACTIVITIES

Mindfulness

The "54321" Technique

This easy mindfulness technique gives students a chance to get in touch with all 5 of their senses. Simply have students find or describe:

- 5 objects they can see right now
- 4 objects they can feel or touch right now
- 3 things they can hear right now
- 2 things they can smell right now
- 1 thing they can taste right now



Calming and Stretching

Energizing Yoga for Kids

Use this Energizing Yoga for Kids worksheet to practice a faster yoga flow that is easy to do in the classroom. This flow will get students moving and allow them to stretch their bodies. All poses are standing and do not require equipment.

View the worksheet [here!](#)



ENERGIZING ACTIVITIES

Manipulatives

Mindful Glitter Jar

It is important for students to learn that thoughts, feelings, and emotions can be confusing sometimes. This glitter jar helps students to visualize this and gives the class time to reflect. Use the worksheet below to create a mindful glitter jar for your class.

[Click here](#)



Energizers



Videos:

[Troll's Song Dance Video](#)

[Zumba Kids Video](#)

[Encanto Yoga Freeze Dance](#)



Worksheet:

[No Equipment Worksheet](#)