



Building Healthy Communities

PHYSICAL ACTIVITY BREAKS

December

CALMING ACTIVITIES

Mindfulness

Body Scan

Body scans are used in a variety of meditation practices and are a great way to get in touch with yourself. Practice doing body scans with the class and remember that it is a practice, so the more you do it, the better you will become. There are many great videos or audios that you can follow. Below is a link to a video that is great for kids and a link to a read along body scan script.

[2-minute Body Scan Video](#)
[Guided Body Scan Script](#)

Calming and Stretching

Sensory Walk

Go on a sensory walk with the students to take time to move and recenter. This walk can be done around the classroom, school, or even outside. Have students tune into all 5 senses while they walk, such as noticing what they see, feel, hear, smell, and even taste if permitted. Change up the movements to add a little fun, such as skipping, hopping on one leg, or walking in slow motion.



ENERGIZING ACTIVITIES

Manipulatives

UNO Cards

Use an UNO card deck to bring some fun into the classroom. Have the students decided which activity or action they would like each color to be. The number represents the number of times to do that action. The wild card can be a free card for a student to choose what he/she wants to do.

Feel free to be creative and create rules for the skip, reverse, and trade cards, or simply remove them from the deck.



Energizers

[Fitness Fun](#)

[Brain-ercise](#)

[Lulu's Shake Break](#)

[Backpack Workout](#)

