



Building Healthy Communities PHYSICAL ACTIVITY BREAKS

January

CALMING ACTIVITIES

Mindfulness

Finding Heart Rate

Watch this video to teach students about their heart rate and have them try to find their pulse! Add extra movement to this activity by having the students do jumping jacks or run in place for 20 seconds. After they had their bodies moving, ask them to feel the rise in their heart rate! It is important to be mindful and know more about one's body.

View the video [here!](#)



Calming and Stretching

Stretching Dance

This quick 3-minute stretching dance will give students time to move their bodies and relax their minds. The activities are easy to do in the classroom and do not require equipment.

View the video [here!](#)



ENERGIZING ACTIVITIES

Manipulatives

BHC Mindful Moment Cards

Use the cards linked below to practice mindfulness with the class. These cards are useful for taking time to recharge the mind and body. Practice mindfulness by taking time to pay attention to each of the senses.

View cards [here!](#)



Energizers

[Jumping Jacks Workout](#)

[Blast Off](#)

[Zumba Fun](#)

[Bop It Challenge](#)

