



Building Healthy Communities PHYSICAL ACTIVITY BREAKS

October

CALMING ACTIVITIES

Mindfulness

Mandala Drawing

Drawing mandalas can be a great mindfulness exercise for students to work on throughout the school day or week. All you need is a scrap piece of paper and coloring utensils. You can follow along to a video or website that teaches how to draw mandalas for beginners.

Also practice **Deep Belly Breathing** by placing your right hand on your belly and left hand on your chest. Deeply inhale and exhale to counts of 4. Repeat and focus on the rise and fall of your belly.



Calming and Stretching

Calming Yoga for Kids

Use this Calming Yoga for Kids worksheet to practice a slow yoga flow that is easy to do in the classroom. This flow helps students to recenter and stretch their bodies. The poses are all standing and do not require equipment.

View the worksheet [here!](#)



ENERGIZING ACTIVITIES

Manipulatives

Fun with Popsicle Sticks!

Use popsicle sticks for a fun and inexpensive way to add physical activity into the classroom. Simply write different physical activities onto the sticks and put them in a cup to pull whenever the class needs a break! Include students by letting them pull the sticks one at a time. Some physical activity ideas are listed below:

High Knees
Jumping Jacks
No-Rope Jump Rope
Dance Break
Skip in place

Lunges
Squats
Standing Crunches
Jog in place
Move in Slo-mo



Energizers

Banana Banana Meatball

Repeat the Beat

Mental Energizer

5-Minute Superhero Workout

