



Building Healthy Communities

PHYSICAL ACTIVITY BREAKS

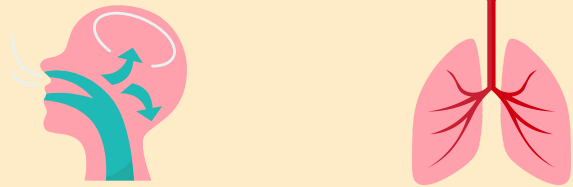
February

CALMING ACTIVITIES

Mindfulness

Square Breathing

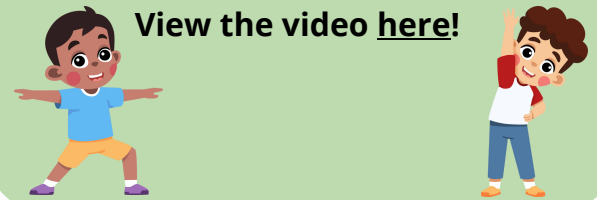
Practice square breathing as a good way to calm down and relieve overwhelming emotions. To do this, deeply breathe in for a count of 4, hold the breath for a count of 4, exhale slowly for a count of 4, and hold the emptied lungs for a count of 4. Repeat as many times as needed.



Calming and Stretching

Brain Break: Stretching

This 4-minute guided stretching video gives students a chance to get out of their seat and refocus their attention. This activity requires no equipment and can easily be done anywhere in the classroom. Give students time to stretch!



View the video [here!](#)

ENERGIZING ACTIVITIES

Manipulatives

Physical Activity Dice

Use dice for an interactive physical activity break that allows students to practice leadership skills. Start by writing out physical activity actions onto a notecard with a number 1 through 5. Have two students lead the classroom by one picking a notecard and the other rolling the dice. Have the classroom add the dice together, and then multiple that sum by the number on physical activity card. Perform the chosen physical activity by the total number.



Energizers

[Yoga Freeze Dance](#)

[5-Minute Move](#)

[Cha Cha Slide Dance](#)

[ABC Kids Workout](#)

