



# Building Healthy Communities

## PHYSICAL ACTIVITY BREAKS

### March

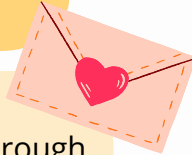
#### CALMING ACTIVITIES

##### Mindfulness

###### Self-Compassion

Teach students self-compassion through this exercise: Write a letter to a friend who may be struggling. The friend could be struggling in school, in a sport, etc. Then read that letter as if it was written to *you*. Reflect on how the letter made you feel and write a promise to yourself for next time you make a mistake.

Practice **Loving-Kindness Breathing** by imagining yourself filling up with love as you exhale and then the color red enveloping you as you inhale. On the next exhale, send that love to someone who needs it.



##### Calming and Stretching

###### Sit and Stretch

This 6-minute stretch only requires a chair, so it is easy to do in the classroom. Give students time to stretch their upper body, which can hold a lot of stress and tension.

View the video [here!](#)



#### ENERGIZING ACTIVITIES

##### Manipulatives

###### Yoga Spinner

This yoga spinner is a fun way to add some movement into the classroom. Have students take turns leading the class in different poses or pass the spinner around. Below is a link to a yoga spinner under \$20.

###### Walmart Yoga Spinner Game

You can also make a yoga spinner using a paper plate, paper arrow, and a split paper pin.



##### Energizers

[Bring Down Stress](#)

[Kids Yoga Break](#)

[Salamander Yoga](#)

[Fly Like a Butterfly](#)

