# SQUARE BREATHING

This is a deep breathing activity that involves breathing while following the shape of a square. Breath in for 4, hold for 4, exhale for 4, hold for 4. Repeat this process for 8-10 repetitions.

# BREATH YOUR NAME

Take a deep breath in. Then, blow out slowly, while moving your head, to draw the letters of your name in the air with your breath.

# BUBBLES

Try to blow the biggest bubble you can, or blow smaller bubbles and try catching them on your fingers without popping them.

# BODY SCAN

Students all close their eyes and the teacher/parent leads this activity.

Starting from the toes, direct kids to squeeze as tight as they can, and then release. Move up to the legs, buttocks, abdomen, hands, arms, neck, and face.

Finish by getting them to squeeze everything at the same time.

# CAREFUL LISTENING

Set a timer for 1 minute. During the minute, everyone must sit with their eyes closed and stay completely quiet and listen for different sounds.

When the timer beeps, go around the room and take turns sharing what you heard.

# RING THE GONG

Everyone closes their eyes and sits quietly to listen. Ring the gong and wait. Everyone must listen carefully with their eyes closed. When you can no longer hear the gong - open your eyes.

# CRISS-CROSS APPLE SAUCE

This activity requires partners. Take turns reciting the rhyme while doing the actions on your partners back.

**Criss-cross**
Draw an X with your fingers
**Apple Sauce**
Gently tap your fingers down their back
**Spiders crawling up your arms**
Walk your fingers up their arms
**Light breeze**
Blow on the nape of your partner's neck
**Tight Squeeze**
Hug or put pressure on their shoulders
**Now you've got the shiverys**
Light tickle back and forth along their back

# REACH FOR THE SKY REACH FOR YOUR TOES

Stand up straight and reach your arms above your head, stretching as high as they can go. Then bend over and touch your lows, reaching as low as you can.

Repeat this movement/stretch 5 or 6 times.

# FOCUS BALL

I Stand with your feet and legs together.
2. Bring your fingertips together in front of your chest.
3. Bend your finger joints to form a ball shape with your hands.
4. Press your fingertips together firmly until you feel the muscles in your arms working.
5. See if you can hold that shape while you squeeze your legs together as tight as you can, too.

# YOGA CHALLENGE

Choose a yoga pose and have a yoga challenge, who can hold the pose for the longest?

Chair pose is a great choice for this brain break activity.

# WALL PUSH-UPS

Set your timer.

Do push-ups against the wall until the time is up.

# 'X' MARKS THE SPOT

Use tape to make an X on the floor for each child (or just use a sticker).

Call out different body parts and have everyone touch that body part to their X.

# READ IT DO IT

While reading a book to the group, every time you read a verb, have them act it out while standing in place.

# FREEZE DANCE

Play some upbeat music and have everyone dance like crazy!

But when you hit pause, they all need to freeze and hold their pose until the music starts again

# BURPEES

Tell everyone to get up and do 10 burpees.

# MIMING

Get in partners and mime or mirror the actions of each other.

There is no talking at all during this activity.

After a minute or two, switch roles so both people get a chance to be the leader.

# INCH WORMS

Start in plank position.

Jump your feet in towards your hands, so your body makes a "V" shape, then walk your hands forward until you're back to the plank position.

Continue moving like this (go back and forth if there isn't a lot of room) until the time is up.

# ANIMAL WALKS

Direct your children to walk like different animals around the room.

Crab walk to the left
Bear walk to the right
Kangaroo hop forward
Elephant stomp backward

# SHAKE YOUR SILLIES OUT

SING & COMPLETE THE ACTIONS TO THE SONG

We're gonna shake, shake, shake our sillies out
Shake, shake, shake our sillies out
Shake, shake, shake our sillies out
Wiggle our waggles away
We're gonna clap, clap, clap, our crazies out
Clap, clap, clap our crazies out
Clap, clap, clap our crazies out
Wiggle our waggles away
We're gonna jump, jump, jump our jiggles out
Jump, jump, jump our jiggles out
Jump, jump, jump our jiggles out
Wiggle our waggles away
We're gonna jog, jog, jog our jitters out
Jog, jog, jog our jitters out
Jog, jog, jog our jitters out
Wiggle our waggles away
We're gonna stretch, stretch, stretch our stretchies out
Stretch, stretch, stretch our stretchies out
Stretch, stretch, stretch our stretchies out
Wiggle our waggles away
We're gonna yawn, yawn, yawn our yawnies out
Yawn, yawn our yawnies out
Yawn, yawn, yawn our yawnies out
Wiggle our waggles away

# QUICK WORKOUT ROUTINE

Do each of these moves for 30 seconds each

Jumping jacks
Run in place
High knees
Scissor jumps