

Physical Activity Breaks

Designed for activities at desks or round tables where space is limited.



Have a Seat

Stand up and pull your chair away from the table.

Stand in front of your chair.

Sit...Stand...Sit...Stand and repeat 5-6 times.

Sit half way down...Stand...Sit half way down and hold for 10 seconds...Stand.

Sit...Lift 2 inches up...hold 10 seconds...Stand

Barely Sit ("brush" touch)...Stand....Repeat 10-12 times



Apple Picking

Walk (in place) to the imaginary apple orchard, wave to the farmers as you go by.

Climb the imaginary ladder on the tree. Knees up high.

Reach arms to the tallest branches where the best apples are.

Reach high and pick the apples.

Reach low and put them in your basket. Repeat several times to get a lot of apples.

Carrying the imaginary heavy basket full of apples, walk briskly back to the house.

Sit down and eat an apple to help you reach your 5 A Day.



Hugging Earth

Stand and reach both arms in front of you.

Now, alternate pushing one and then the other. Push the imaginary doors open.

Feel your shoulder blades open as you really reach and push.

Now, clasp hands together and hold them far away from your chest

"Bend your elbows slightly as if you are holding a beach ball.

Imagine that your beach ball is planet Earth. Now touch the north pole with your nose, stretching the back of your neck.

Again, open your shoulder blades.



Titanic

Stand at the bow of the ship with your arms out wide to each side. Feel the wind in your hair as you look to the horizon.

Place your hands on your low back squeeze your elbows towards each other.

If you can, interlace hands behind you.

Open your chest and stand tall.

If you choose (not everyone is able)...lift your arms upward and really stretch.

Continue to stand tall as you breathe the salty sea air.



Writing Lesson

Stand and push your chair in towards the table.

Stand away from the table and chair.

Pretend you have a pencil stuck to your waist.

Using your waist, write your name with the imaginary pencil.

Repeat using your arms, hips, head or other body part.

Now, using one leg at a time write your name with the imaginary pencil (requires balance).



Helping Hands

Turn sideways with your left hip against the table.

Place your hands on the shoulders of the person in front of you.

Give them a shoulder massage! Ahhhhhh.....

I hope you did a good job because now turn around.

Switch!

Take Time! Physical Activity and Nutrition Program
Contact: Amy Root, USM/Muskie School www.maine-nutrition.org

