

It's All
About
Kids



Inside Recess
Activities & Games
Volume 1

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It's All About Kids



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Musical Master Piece

Grade: All grade levels

Time: 15-30 minutes

Objectives:

- Students will develop team building, listening, critical thinking and locomotor skills.

Materials: paper, crayons, and access to music, PDF provide

Set Up: Student or teacher led activity

Directions:

- Have each student begin at their desk with a piece of paper and 2 to 4 crayons.
- As the music begins ask them to begin drawing.
- When the music stops the students have to stand up and switch desks.
- The music will begin again and the students will continue the drawing that their classmate already started.
- Continue the rotation until you feel appropriate to stop and have the students share their new drawings.

How to connect to Core Curriculum:

Art and music theory have been shown to be an effective method of providing children with an outlet that can be beneficial for their overall social development. By bringing these concepts into the classroom we allow students to explore and enhance skills while working together as a class. A way to incorporate music and art to other parts of your curriculum is practicing vocabulary words. Place vocabulary words throughout your classroom. Instruct students to dance in front of their first vocabulary word. Once the music stops, they will write out the definition or draw a picture of the word. Start the music again and have your students rotate to the next vocabulary word.

Source: Activity/game modified by IAK Staff

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2804629/>

Tabata

Grade: 1st-5th grade

Time: 5-15 minutes

Objectives:

- Students will develop team building skills accomplishing different challenges as a class, in groups, or individually that build muscular strength, muscular endurance, cardiovascular endurance, and flexibility.

Materials: Tabata music

Set Up: Student led activity

Directions:

- Have students find an open space to perform this activity.
- Have students listen to the Tabata music to complete the physical challenge.
 - Students will work out hard for 20 seconds, rest for 10 seconds, and complete a total of 3 rounds per exercise.
- Physical challenges include, but are not limited to:
 - Planks, squats, push-ups, jumping jacks, mountain climbers, burpees, and frog jumps.

Modification:

You can divide your classroom up into sections, each representing a different physical challenge. Students will rotate to each section once they have completed the 3 rounds for that specific physical challenge.

How to connect to Core Curriculum:

Transforming Tabata into Team Tabata allows for greater development on skills such as team building, classroom cohesion, and incorporation of academics. For example, students can be divided into partners. Player 1 will complete the 20 second physical challenge while Player 2 completes a math problem. The students will switch back and forth as a new physical challenge begins.

Source: Activity/game modified by IAK Staff

YouTube is a great resource for FREE Tabata music. Search Tabata Music for Kids or Tabata Music for the Classroom.

Dot Game Ultra

Grade: 3rd-5th grade

Time: 15-30 minutes

Objectives:

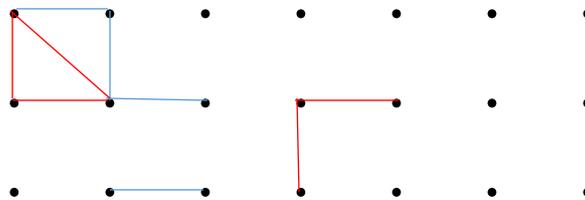
- Students will develop team building and strategizing skills by working together to complete squares made by connecting the dots.

Materials: 20 paper plates to create the board, 31 laminated paper strips per team

Set Up: Student led activity, minimum of 1 person per team

Directions:

- Have students divide up into groups based on class size. Students will sit together with their team.
- Each team will have a different colored set of laminated paper strips to differentiate teams.
- Each team will take turns sending one player to the board at a time to place a strip down between two dots. Once the first player places their strip down, they return to the line for the next person in line to go.
- The team that places the strip that completes the square will win 1 point for that completed square. They will then place a strip diagonally to show they won the square.
- One point is earned per completed square. The team with most points wins.



How to connect to Core Curriculum:

This activity can be used in class based on what currently is being reviewed. Each strip of paper can have a different math, science, reading, or vocabulary question. The students will have to complete the question correctly to get the line. Different points can be assigned per square based on the difficulty of the question. The team with the most points wins.

Source: Activity/game modified by IAK Staff

<https://www.math.ucla.edu/~tom/Games/dots&boxes.html>

Fitness Bingo

Grade: 2nd-5th grade

Time: 15-30 minutes

Objectives:

- Students will learn to match fitness activities called out with what is on their Fitness Bingo card. Students learn different physical fitness activities by performing them before covering the space on their card.

Materials: 5x5 bingo sheets, place markers, PDF provided

Set Up: Student led activity

Directions:

- Have students stand or sit at their desks.
- Either the teacher or one student who is leading the game will call out any of the 25 fitness options provided.
- Students will complete the fitness activity that is called out if it is on their Fitness Bingo card.
- Then students will place a marker on their Fitness Bingo card to cover that fitness activity.
- Connect 5 and you have BINGO!

How to connect to Core Curriculum:

This activity can be used in class based on what currently is being reviewed. Each square could have a different math, science, reading, or vocabulary question.

Source:

<https://www.northalleghey.org/cms/lib/PA01001119/Centricity/Domain/693/Bingo%20Cards%209-16.pdf>

Classroom Scavenger Hunt

Grade: 2nd-5th grade

Time: 15-30 minutes

Objectives:

- Students will work with a partner to locate classroom related items from their Classroom Scavenger Hunt list.

Materials: Classroom Scavenger Hunt PDF provided

Set Up: Student led activity, minimum of 1 student per team

Directions:

- Have items being used for scavenger hunt in clear view for students to find before the game begins.
- Place a number on each item. The number will be put next to the item on the student's list to prove they found the item.
- The person/team that finds all items first, wins!

Modification:

The scavenger hunt can be completed individually. For younger students you could use a picture scavenger hunt list.

How to connect to Core Curriculum:

This activity can be used in class based on what is currently being reviewed. For example, post words around the room. The goal is for students to find as many verbs as they can before time is up. The teacher will then review the words found. Discussion about if the word is a verb or not can be a review for students.

Source: <http://www.enchantedlearning.com/scavengerhunt/classroom/index.shtml>
<https://macaroniandbutter.com/2018/01/11/lazy-day-life-saver/>

Animal Crossing

Grade: K-2nd grade

Time: 5-15 minutes

Objectives:

- Students will develop spatial awareness and locomotor skills by acting out different animal motion sentences.

Materials: animal motion sentences, timer

Set Up: Teacher or student led activity

Directions:

- Have students find an open space to perform this activity.
- The teacher will read the animal motion sentence and students will move around the classroom based on the sentence. Encourage students to use their imagination and creativity. Create sentences that would elicit movement.
- Sentences Suggestions: *I See*
 - Horses galloping around the field
 - Bears climbing up a tree
 - Butterflies flying across a meadow
 - Rabbits jumping up and down
 - Crabs moving sideways on the beach
 - Kangaroos hopping around the outback

Modification:

Students can play this game individually. You could make animal cards for them. They would pick cards one by one. Set a timer for one minute rotations.

How to connect to Core Curriculum:

A great way to connect classroom readings such as *How Do Dinosaurs Eat Their Food?* to classroom activities is to have students act out the different ways dinosaurs eat their food. This can also be used as a transition game during inside recess!

Source: Sparks Physical Education Grades K-2 curriculum

<https://the-color-jinni.me/free-coloring-pictures-of-animals-doing-action-words-that-start-with-t/free-coloring-pictures-of-animals-doing-action-words-that-start-with-t-15149be584e9a39b970fe66a90d34357/>

Pass and Duck

Grade: K-2nd grade

Time: 30 minutes

Objectives:

- Students will develop underhand passing, pattern recognition, hand-eye coordination, and team building skills.

Materials: a soft ball for each line

Set Up: Student led activity

Directions:

- Have students find an open space to perform this activity.
- The object of the game is to get the ball to the end of the line as quickly as possible.
- Each group will form a straight line facing the back of the person in front of them.
- The first member of the group will then turn around and face the second member in line, becoming the “Head Duck.”
- The Head Duck will take four steps away from the group.
- Once the game starts the Head Duck passes the ball to the first person in line using an underhand pass. The first person in line throws it back to the Head Duck and ducks down low.
- The Head Duck passes the ball to the next player in line. The player will throw it back to the Head Duck and duck down low.
- Once the Head Duck has passed it to every person on their team the first player in line becomes the new Head Duck. The previous Head Duck goes to the end of the line to start the next round.

How to connect to Core Curriculum:

Have students say shapes, numbers, or recite the alphabet as they pass the ball back to the Head Duck. This is a great way to incorporate academics and classroom cohesion.

Source: Sparks Physical Education Grades K-2 curriculum

Leader of the Pack

Grade: All grade levels

Time: 30 minutes

Objectives:

- Students will develop strategizing, pattern creation/recognition, and critical thinking skills.

Materials: N/A

Set Up: Student led activity

Directions:

- Have students find an open space to perform this activity.
- Designate one student as the “guesser”, they must not know who the leader is because the goal of the game is to have the guesser figure out who is the leader of the pack.
- Have the guesser step in the hallway while the leader is chosen.
- The leader will establish a rhythm of clapping, snapping, waving, jumping, or any sort of movement and the rest of the pack must do exactly what the leader does trying not to give the leader away.
- When the guesser reenters the middle of the circle and observes the group they, have 3 guesses to choose the leader.
- If the leader isn't found they become the new guesser and the leader is chosen at random.
- If the guesser identifies the leader correctly, they choose the new guesser and leader.

How to connect to Core Curriculum:

This activity can be used in class based on what is currently being reviewed. Place math sequences around the room. Students will have to figure out the pattern for the sequence. Once they have figured out the pattern, they will do an exercise in the amount of the number creating the pattern. For example, using the math sequence 1,4,7,10,13,16,19, the sequence is increasing by adding 3 each time. Students would then do 3 jumping jacks before moving to the next math sequence.

Source: Sparks Physical Education Grades K-2 curriculum

Bean Bag Balance

Grade: All grade levels

Time: 30 minutes

Objectives:

- Students will develop spatial awareness, hand-eye coordination, non-locomotor, and locomotor skills.

Materials: a bean bag for each student, PDF provided

Set Up: Teacher or student led activity

Directions:

- Have students place the bean bag on top of their heads. The object of the game is to complete the challenges without dropping their bean bag on the floor.
- Challenge Suggestions:
 - Walk slowly with good posture: head high, chest out, shoulders back for 5 steps
 - Walk in a zig-zig for 10 steps
 - Squat 3 times
 - Make an L with your hands twice
 - Turn your Left shoulder to face the front of the room 2 times
 - Turn your Right shoulder to face the front of the room 3 times
 - Touch your toes 4 times
 - Circle your head with the bean bag 3 times
 - Have students balance the bean bag on the back of 1 hand then the other

Modification:

If students are leading the game, you could make bean bag challenge cards. Students would draw from the pile and complete the challenge.

How to connect to Core Curriculum:

This activity can be used in class based on what is currently being reviewed. Students will get with a partner to complete a math problem. Have the students stand on one leg tossing the bean bag back and forth. For example, students would say, “ $2 \times 2 = 4$.” If the bean bag is dropped, both students complete a physical challenge before continuing the game.

Source: Sparks Physical Education Grades K-2 curriculum
Bean Bag Balance ABC Cards

Active Connect Four

Grade: 3rd-5th grade

Time: 30 minutes

Objectives:

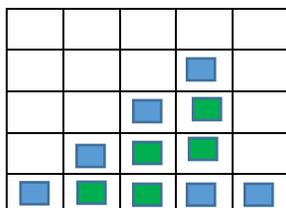
- Students will develop strategizing, pattern creating, and locomotor skills.

Materials: Floor tape and two sets of Active Connect Four pieces in different colors

Set Up: Student led activity

Directions:

- Have students find an open space to perform this activity.
- Using floor tape to make a 5x5 playing board.
- Students will take turns placing the Active Connect Four pieces in a square. Starting at the bottom and working up the board.
- Students will flip over the Active Connect Four piece. All students playing will complete the physical activity on the back together. Then the next player can go.
- The player who connects four pieces in a row wins. A connect four can be vertically, horizontally, or diagonally.



Modification:

Instead of completing a physical activity for every game piece put down, both players could complete only the physical activities on the back of the four pieces that make the Active Connect Four.

How to connect to Core Curriculum:

This activity can be used in class based on what is currently being reviewed. For example, put math problems and physical activities on the game pieces. Before they can place their piece on the board, the problem has to be solved. If the math problem is $2 + 2$ and the physical activity is squats, both students would do 4 squats.

Source: Activity/game modified by IAK Staff

<http://mrsstouffersmusicroom.weebly.com/blog/reading-the-notes-pin-round-up>

True Detective

Grade: 3rd-5th grade

Time: 30 minutes

Objectives:

- Students will develop strategizing, observation, and memory recognition skills.

Materials: timer

Set Up: Student led activity

Directions:

- Divide your students into two equal teams.
- Students on opposite teams should be facing each other.
- Students should be standing shoulder to shoulder with their team members.
- One team will be chosen to be the detective team and will have 30 seconds to closely observe everything about the person across from them. For example, their clothes, jewelry, shoes, etc.
- Once time is up the detective team will turn around and close their eyes while the members of the other team change one thing about their appearance. For example, untie their shoe, untuck their shirt, remove their bracelet, etc. They will have one minute to complete the change.
- Once time is up the detectives will turn around and try to identify one thing that has changed on the person across from them.
- If they answer it correctly, they win a point.
- The teams will switch roles and switch the person they are standing across from to continue the game.

How to connect to Core Curriculum:

This activity can be used in class based on what is currently being reviewed. For example, show students a sentence in the active voice. Then show them another sentence in the passive voice and ask them to identify what has changed. For example, *I directed the award-winning film* (active voice) and *The award-winning film was directed by me* (passive voice). The first sentence was done by the subject. The second sentence was done to the subject.

Source: Indoor Action Games for Elementary Children, David R. Foster and James L. Overholt

Roll Some Brain Breaks

Grade: 3rd-5th grade

Time: 30 minutes

Objectives:

- Students will develop psychomotor, locomotor, and team building skills.

Materials: one dice per student, Roll Some Brain Breaks handout, PDF provided

Set Up: Student led activity

Directions:

- Have students find an open space to perform this activity.
- There are 5 columns available, each student will start with column one and work their way up to column five.
- Once the student rolls they must complete the challenge their dice lands on before the next player can go. Once all players have completed their challenge for column one they can proceed to the second column.
- All activities can be found on the PDF. See a few examples below.

Dice	Column #1	Column #2
1	10 jumping jacks	Wiggle your whole body
2	Squeeze your R hand	5 wall pushups
3	Move the right side of your body	Make 10 small circles with your arms

How to connect to Core Curriculum:

This activity can be used in class based on what is currently being reviewed. For example, when teaching math put the math problem in column one and the activity to perform in column two then have the student roll the dice. Students will first complete the problem in column one then perform the activity in column two.

Source: <https://www.yourtherapysource.com/rollsomefunfree.html>

Level Up

Grade: 3rd-5th grade

Time: 30 minutes

Objectives:

- Students will develop self-management, strategizing, and relationship skills.

Materials: N/A

Set Up: Student led activity

Directions:

- Have students find an open space to perform this activity.
- Superpower Levels:
 1. Clark Kent, hold your hands up as eyeglasses, you are a superhero in disguise.
 2. Super Strength, flex your biceps and say, “Ooh yeah!”
 3. Super Speed, walk with “fire feet”, tiny steps and move your running arms as fast as you can.
 4. Flight, put your fist up in the air as if you’re a superhero flying off.
- Every student starts the game as “Clark Kent”. When the teacher yells “GO!” the students must find another player to play Rock Paper Scissors against.
- The person who wins, Levels Up and must now find someone with their same level of super power to play against.
- The player that lost the match stays as Clark Kent and must now find another player at the Clark Kent level to play against.
- Once the player evolves to the last level they can fly around and find someone who is also at the last level and play them. The winner will continue to fly around while the player that lost starts over as Clark Kent and work their way up again.
- The game is over once time is called or everyone is at a superhero level.

How to connect to Core Curriculum:

This activity can be used in class based on what is currently being reviewed. For example, have students race to answer math problems. Divide your class into two lines. The first person in each line will race to answer or complete the math problem. Whoever answers correctly, levels up for their team. Both students move to the back of the line allowing the next two students to race. The first team to get to the last level wins.

Source: <https://www.playworks.org/game-library/level-up/>

The Fox and the Hound

Grade: K-2nd grade

Time: 30 minutes

Objectives:

- Students will develop cooperation and strategic thinking skills.

Materials: 2 soft balls of different colors

Set Up: Student led activity

Directions:

- The goal of the game is to have the hound catch the fox.
- Both balls, one representing the fox and the other the hound, will be moved by passing them around in a circle direction.
- Balls should start at opposite sides of the circle and should not be held for more than three seconds.
- The student holding the hound should pass the ball to the person who is closest to the fox.
- The person holding the fox should pass the ball to the person who is furthest away from the hound.
- When the hound catches the fox a new round starts.

How to connect to Core Curriculum:

This activity can be used in class based on what is currently being reviewed. Each ball will represent a team. For example, the red team and the blue team. Every other student would be on the red team and the others on the blue team. The teacher could say the red team will spell the word tree while the blue team is trying to spell the word free (each word needs to be the same number of letters). The red team can only pass it to red team members and the same for the blue team. Each person yells one letter of the word then passes it to a team member to continue. Whichever team spells their word first wins. Adding more balls and colors would make it more difficult.

Source: <https://www.playworks.org/game-library/fox-and-the-rabbit/>

Balloon Volleyball

Grade: All grade levels

Time: 30 minutes

Objectives:

- Students will develop spatial awareness, upper body mobility, core strengthening, and team building skills.

Materials: balloons

Set Up: Student led activity, maximum of 12 players

Directions:

- Have students find an open space to perform this activity.
- Put a row of 6-8 chairs to represent the net.
- On each side of the net will be 6 students.
- There is 3 students in the front row and 3 students in the back row.
- Students have to sit on their pockets and volley the ball across the net.
- If the balloon hits the floor, the other team gets a point.
- Play up to 15 points.

How to connect to Core Curriculum:

This activity can be used in class based on what is currently being reviewed. For example, the teacher can give a math problem, $5 + 5$, and students will have to volley the balloon back and forth in the amount of the answer, 10.

Source: Activity/game modified by IAK Staff

https://www.educationworld.com/a_lesson/daily/p/daily/p/daily/p134.shtml

Bean Bag Toss

Grade: 2nd- 5th grade

Time: 30 minutes

Objectives:

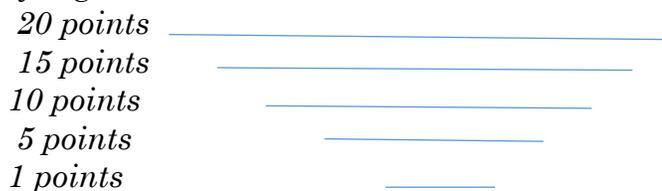
- Students will develop underhand tossing and aiming for a target.

Materials: bean bags

Set Up: Student led activity

Directions:

- Have students find an open space to perform this activity.
- Add floor tape to a section of the room similar to the example shown below.
- Then have students toss beans bags to the target lines.
- Each student on the team gets one chance to toss a bean bag.
- Points are awarded depending on what line your bean bag lands.
- Students can play individually or as a team. They can play to reach 100 points.
- If a bean bag does not land on the line they receive 0 points and the next player gets to throw.



Modification:

For younger students have them throw the same color bean bags on the same color target. For example, red laminated construction paper on the floor would be for red bean bags. The red laminated construction could also be a shape to assist with shape recognition

How to connect to Core Curriculum:

This activity can be used in class based on what is currently being reviewed. For example, the teacher can put words down on each line (verb, noun, pronoun etc.). Students will then be asked to toss their bean bag to a line that has a noun. The student will have to figure out which word is the noun out of the group and explain why.

Source: <https://www.playworks.org/resource/indoor-recess-survival-kit/>

Balloon Tennis

Grade: 2nd- 5th grade

Time: 30 minutes

Objectives:

- Students will develop spatial awareness, upper body mobility, core strengthening, and team building skills.

Materials: balloons, racket material (4 jumbo popsicle sticks, 4 paper plates, hot glue)

Set Up: Student led activity, 1-2 players per team.

Directions:

- Have students find an open space to perform this activity.
- Put a row of 6-8 chairs to represent the net.
- Students will stand to play.
- On each side of the net will be 2 students.
- They will play 3 rounds.
- The team who scores 4 points first wins that round.
- Whoever wins the most rounds of the 3 rounds wins.
- If the balloon hits the floor it is a point for the other team.

How to connect to Core Curriculum:

This activity can be used in class based on what is currently being reviewed. For example, give a spelling word to the students. They have to spell the word hitting the balloon back and forth across the net until the word is complete. Each student will say one letter at a time.

Source: <https://kidscraftroom.com/10-fun-gross-motor-balloon-tennis-games/>

Silent Ball

Grade: All grade levels

Time: 30 minutes

Objectives:

- Have students enhance spatial awareness, non-locomotor and locomotor skills by having them accomplish different challenges as a class.

Materials: soft ball

Set Up: Student led activity

Directions:

- Have students find an open space to perform this activity.
- Have students spread out throughout the classroom.
- The leader counts down, “3, 2, 1, silent” and passes the ball to another person in the play area.
- A player must act like a turtle hiding in their shell if:
 - They drop the ball, make a bad pass, or make any noise.
- Players quiet in their turtle shells can be brought back into the game by another player quietly tapping them on the back.
- If the game is progressing slowly, add a challenge by limiting time to throw, having all players spread out, asking everyone to keep one hand behind their back at all times and so on.
- The game is over when on player is left or time is up.

Modification:

For young students, have them sit or stand in a circle. The challenge will be to see if they can pass the ball around the circle without anyone laughing or talking. Add more balls for a challenge round.

How to connect to Core Curriculum:

This activity can be used in class based on what is currently being reviewed. For example, give every student a name tag with a number on it. Instruct students they can only throw the ball to an odd, even, or prime number. Students can still be silent during this game.

Source: <https://www.playworks.org/resource/the-game-of-the-week-silent-ball/>

Four Corners

Grade: All grade levels

Time: 15 minutes

Objectives:

- Students develop decision making, strategizing, and locomotor skills.

Materials: N/A

Set Up: Student led activity

Directions:

- Have students find an open space to perform this activity.
- To start have students stand in the center of the open space in a circle.
- One player will be in the middle of the circle with their eyes closed. They will count slowly and loudly from 10 to 0.
- During the countdown, all other players will quietly move to a corner.
- When the counter gets to 0, everyone must be at a corner. If they are not at a corner they must sit down.
- After counting, the player in the middle points to corner of their choice and can only open their eyes after having made their choice.
- Anyone standing in the chosen corner must sit down.
- If no one is standing at the chosen corner, all players sitting may stand up and get back into the game.
- When only one player is left standing they are the winner and becomes the counter for the next round.

How to connect to Core Curriculum:

This activity can be used in class based on what is currently being reviewed. For example, the student in the middle is given a spelling word and must spell it out slowly with their eyes closed. When they finish spelling the word they point to a corner. Anyone in the chosen corner has to define the word or use it in a sentence. If nobody is in the chosen corner, the person in the middle has to define the word or use it in a sentence. Rotate out the person in the middle each round.

Source: <https://icebreakerideas.com/four-corners-game/>

Bridge Ball

Grade: 3rd-5th grade

Time: 15 minutes

Objectives:

- Students will develop strategizing and hand-eye coordination skills.

Materials: soft ball

Set Up: Student led activity

Directions:

- Have students find an open space to perform this activity.
- Have everyone stand in a circle, foot to foot. Their legs should be slightly more than shoulder width apart, forming a “bridge.” Have everyone get into ready position with their hands on their knees.
- Make sure all players know not to reach in front of others in order to get the ball.
- The object of the game is for players to try to hit the ball between other players’ bridges (formed by their legs) and block balls from coming through their own bridges. Players get a letter in the word “bridge” each time the ball goes through their legs. Once a player has spelled bridge, the game restarts.
- Players may only hit the ball with an open palm. No throwing.
- They may catch the ball if it is head height. Then they must place the ball on the ground and hit it back into play.
- If a ball goes outside the circle, the player closest to it when it went out may go and get it.
- If the ball goes between a player’s legs, s/he gets a letter toward the word bridge. That player may go get the ball and hit it back in play.

How to connect to Core Curriculum:

This activity can be used in class based on what is currently being reviewed. For example, instead of spelling the word bridge students can use their spelling words.

Source: <https://www.playworks.org/resource/game-of-the-week-bridge-ball/>

Paper Airplane Target Practice

Grade: 2nd-5th grade

Time: 30 minutes

Objectives:

- Students will develop overhand toss and target practice skills.

Materials: paper, target practice cut out

Set Up: Student led activity

Directions:

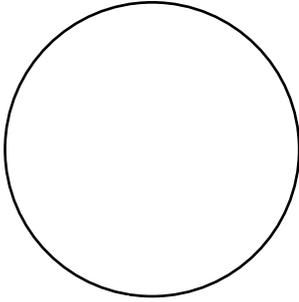
- Place the target practice cut out board on the wall, door, or an area that works best for your class. The planes should be able to go through the target holes.
- Have students build an airplane. Each student will get 3 tries to get their paper airplane through the target.
- Each target is worth different points depending on the level of difficulty. The point system will be 5pts, 10pts, 15pts, 20pts, and 25pts.
- Regardless of students making or missing the target, they will perform an exercise of their choice after each attempt. For example, 3 jumping jacks.
- The student with the most points after their 3 tries wins.

How to connect to Core Curriculum:

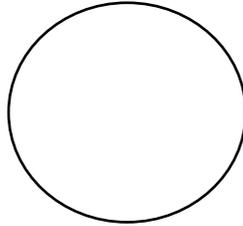
This activity can be used in class based on what is currently being reviewed. Students will have to answer different academic questions based on the circle they get their airplane through. For example, the teacher can have questions prepared and in specific point categories. If the student makes it through the 5 point target, a question from the 5 point category will be asked.

Source: <http://lifeasmama.com/10-rainy-day-activities-your-kids-will-love/7/>

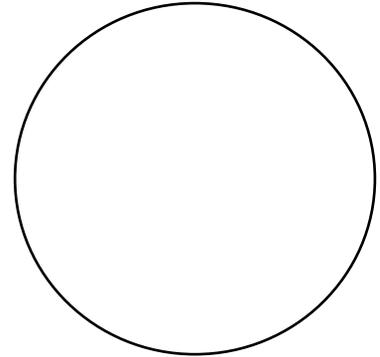
10 points



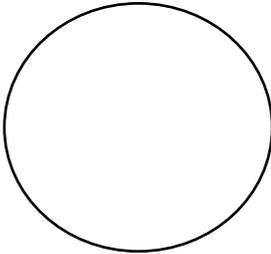
20 points



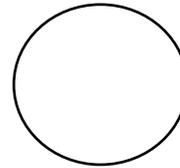
5 points



15 points



25 points



Clock Card Game

Grade: 3rd- 5th grade

Time: 30 minutes

Objectives:

- Students will develop recognition of number placement on a clock and team building.

Materials: deck of cards, physical activity PDF provided

Set Up: Student led activity

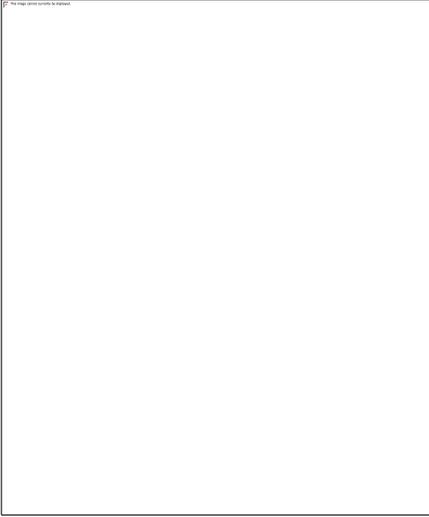
Directions:

- Remove Jokers from the deck of cards and shuffle the cards.
- Make a circle with 12 cards to represent a clock. Put 1 card in the middle to make the 13th pile.
- Aces = 1, Jacks = 11, and Queens = 12
- Add cards one at a time to each pile until you have 1 card left. There should be 4 cards in each of the 12 piles around the clock.
- In the center pile or the 13th pile, there should be 3 cards.
- The 12 piles represent a number on the clock.
- The middle pile is for the Kings.
- Start by turning over your remaining card and put it next to the corresponding place in the clock. For example, if the card is a one it will be placed at the one o'clock position. Then pick up a new card from that number's pile.
- Each number represents a physical activity that must be completed before selecting another card. For example, if my card is a 4, I have to do 4 star jumps before continuing.
- If you turn over a King put it into the middle pile and pick a card from there. The object of the game is to try and place all the cards in their correct clock positions before you find all the Kings.

How to connect to Core Curriculum:

This activity can be used in class based on what is currently being reviewed. Students can discuss different parts of time. For example, quarter after five. Where would that be located?

Source: <https://www.mybaba.com/how-to-play-clock-patience/>



Triangle Peg Game

Grade: 3rd-5th grade

Time: 30 minutes

Objectives:

- Students will develop strategizing and non-locomotor skills.

Materials: paper dots, floor tape (optional)

Set Up: Student led activity

Directions:

- Arrange 14 paper dots in a triangle shape with center of the triangle filled in.
- One space, the 15th space, will remain empty. Jump one paper dot over another, into an open space, and remove the paper dot that was jumped over.
- After each paper dot is removed, complete the exercise on the back then continue the game.
- Keep jumping until only one paper dot is left. You can only jump in a straight line. The challenge is to end with only one paper dot left.

How to connect to Core Curriculum:

This activity can be used in class based on what is currently being reviewed. Instead of physical challenges on the back of the paper dots, replace it with a spelling word. Students have to define the word or have their partner spell it.

Source: <http://www.pbs.org/parents/crafts-for-kids/triangle-peg-puzzle/>



Focus on Breathing

Grade: All grade levels

Time: 5-10 minutes

Objectives:

- To help students reduce stress through the use of mindfulness.
- Be able to foster social and emotional awareness in the classroom through the use of deep breathing and attentive listening.
- Students will learn the importance of practicing focusing exercise regularly

Materials: N/A

Set Up: Student led activity

Directions:

- Engage students by first asking them to sit upright and comfortably on their desks, feet flat on the floor or sitting in a circle cross-legged on the floor.
- Ask them to rest their hands on their laps and to close their eyes.
- Have students explore their breathing by having them take notice of each breath they take in and let out.
- Reflect on the exercise and how although it might seem silly at first through practice it will become easier to do.
- Discuss the challenges that arose such as keeping your attention focused on your breathing without paying attention to the sounds around you.

How to connect to Core Curriculum:

Focusing on awareness is designed to be used throughout the day or as a resource during transition periods. This allows students to settle down and alleviate their brains before beginning a new session, this producing mindful actions. Ex: Try using this as a transition from indoor recess to classroom work. It might be useful to announce to the class the scheduled times during the day that they will be practicing their new skill.

Be sure to check the MindUp Curriculum for more ways to connect this activity to core curriculum.

- Math and physical education: Taking your Time Counts
- Science: Networking Neurons
- Health and Science: The Facts about Healthy Lungs
- Social Emotional Learning: Deep Belling Breathing

Source: The MindUp Curriculum-Grades Pre K- 2 Brain-Focused Strategies for Learning and Living

Breathing From Your Head to Your Toes

Grade: All grade levels

Time: 5-10 minutes

Objectives:

- To help students reduce stress through the use of mindfulness.
- Be able to foster social and emotional awareness in the classroom through the use of deep breathing and attentive listening.
- Students will learn the importance of practicing focusing exercise regularly

Materials: N/A

Set Up: Student led activity

Directions:

- Have students stand with their hands up in the air or reaching to the sky.
- As they slowly crouch down to touch their toes, have them exhale.
- As they slowly stand up and reach to the sky have them inhale.
- Repeat this 3-5 times.
- Remind students, this is not to be done quickly, but slowly.

How to connect to Core Curriculum:

Focusing on awareness is designed to be used throughout the day or as a resource during transition periods. This allows students to settle down and alleviate their brains before beginning a new session, this producing mindful actions. Ex: Try using this as a transition from specials class to classroom work. It might be useful to announce to the class the scheduled times during the day that they will be practicing their new skill.

Source: IAK Staff taught this technique during TBRI & Trauma Informed Classroom Training

Blow on Your Cookies

Grade: All grade levels

Time: 5-10 minutes

Objectives:

- To help students reduce stress through the use of mindfulness.
- Be able to foster social and emotional awareness in the classroom through the use of deep breathing and attentive listening.
- Students will learn the importance of practicing focusing exercise regularly

Materials: N/A

Set Up: Student led activity

Directions:

- Have students think about baking cookies.
- Ask a few students what type of cookies the class is baking today.
- Have all students stand.
- All will act out opening the oven and reaching in to take their cookies out.
- Tell them the cookies are hot!
- We have to blow on them to cool them down.
- Slowly blow on the cookies 2-3 times.

How to connect to Core Curriculum:

Focusing on awareness is designed to be used throughout the day or as a resource during transition periods. This allows students to settle down and alleviate their brains before beginning a new session, this producing mindful actions. Ex: Try using this as a transition from gym class to classroom work. It might be useful to announce to the class the scheduled times during the day that they will be practicing their new skill.

Source: IAK Staff taught this technique during TBRI & Trauma Informed Classroom Training

Mindfulness Square Breathing

Grade: All grade levels

Time: 5-10 minutes

Objectives:

- To help students reduce stress through the use of mindfulness.
- Be able to foster social and emotional awareness in the classroom through the use of deep breathing and attentive listening.
- Students will learn the importance of practicing focusing exercise regularly

Materials: N/A

Set Up: Student led activity

Directions:

- Have your students with their pointer finger make a square in the air slowly.
- Each side of the side of the square is an inhale or exhale.
- For example, start at the top inhale.
- Down the right side, exhale.
- Across the bottom inhale.
- Finally, up the left side exhale.
- Repeat 2-3 time.

How to connect to Core Curriculum:

Focusing on awareness is designed to be used throughout the day or as a resource during transition periods. This allows students to settle down and alleviate their brains before beginning a new session, this producing mindful actions. Ex: Try using this as a transition from outdoor recess to classroom work. It might be useful to announce to the class the scheduled times during the day that they will be practicing their new skill.

Source: IAK Staff taught this technique during TBRI & Trauma Informed Classroom Training

Yoga

Grade: All grade levels

Time: 5-15 minutes

Objectives:

- To help students reduce stress through the use of mindfulness.
- Increase students range of motion and body awareness.
- Students will learn the importance of practicing focusing exercise regularly.

Materials: Yoga Poses PDF provided

Set Up: Student led activity

Directions:

- Follow each of the yoga poses and hold for 10-30 seconds.

How to connect to Core Curriculum:

Focusing on awareness is designed to be used throughout the day or as a resource during transition periods. This allowing students to settle down and alleviate their brains before beginning a new session, this producing mindful actions. Ex: Try using this as a transition from test to classroom work. It might be useful to announce to the class the scheduled times during the day that they will be practicing their new skill.

Source: University of Arkansas System-Healthy Living Yoga for Kids, PDF provided

Inside Recess Activities & Games Fitness Glossary

- **Arm Circles** – To do an arm circle, stand up straight with your arms stretched out on both sides of your body. Slowly move your arms in circles, keeping your arms straight.
- **Body Twist** – Stand up straight with legs shoulder width apart. Slowly twist your body at your waist to one side. Hold for 5 seconds. Return to start position. Repeat on the other side.
- **Burpees** – Stand with your feet shoulder width apart. Lower into squat position. Place your hands on the floor directly in front of you and shift your weight onto them. Jump your feet back to land on the balls of your feet in plank position. Jump your feet back underneath you. Reach your hands up and jump up.
- **Butt Kicks** – Stand up straight and prepare to run in place. Instead of a normal run your feet should kick your butt.
- **Butterfly Stretches** – Sit on the floor with bottoms of your feet together. Grasp both feet with your hands and gently pull yourself forward.
- **Calf Raises** – Stand up straight with feet together. Slowly lift your heels standing on the balls of your feet. Lower your heels slightly, but not touching the floor. Lift your heels again standing on the balls of your feet.
- **Calf Stretches** – Stand arm's distance from a wall. Step your right leg forward and your left leg back. Bend your right knee and push through your left foot. Hold for 5 seconds. Return to start position. Repeat on the other side.
- **Crab Walk** – Sit on the floor with legs out in front of you. Bend your knees and place your hands on the floor behind you. Lift your body off of the ground with your weight distributed on your hands and feet. Walk forwards and backwards using your hands and feet.
- **Crisscross Jumps** – Stand up straight with your legs spread apart and your arms straight out to your side. Jump up crossing your left arm over your right arm while at the same time crossing your left leg over your right leg. Jump back into start position. Jump up crossing your right arm over your left arm while at the same time crossing your right leg over your left leg. Continue to switch increasing speed.

- Forward Punches – Start with your feet shoulder width apart with one foot slightly forward. Bend your knees while holding your hands up near the top of your chest. Punch your front arm forward rotating your shoulder. Switch sides.
- Frog Jumps – Squat down with your hands on the floor in between your legs. Your upper body should be straight. Using your legs jump forward.
- Front Lunges - Stand with your hands on your hips with your feet together. Take a big step forward with right leg and bend your right knee. Be sure your knee does not go over your toe. Push into right heel down to get back up to starting position. Repeat on the other side.
- Hamstring Stretches – Stand up straight with your feet hip-width apart. Bend your right knee and bring up. Hold your knee with both hands. Hold for 5 seconds. Return to start position. Repeat on the other side.
- High Knees – Stand up straight with feet hip width apart and prepare to run in place. Instead of a normal run you want to get your knees high.
- Leg Kicks – Stand up straight with feet hip width apart and hands on your hips. Kick your left leg up in front of you. Return to start position. Repeat on the other side.
- Mountain Climbers – Start in plank position. Bring your right knee to your chest with your foot off of the ground. Then switch to bring your left knee to your chest. Continue to switch legs increasing speed.
- Neck Rolls/Neck Stretches - Start with your head straight, and look forward. Slowly roll your head to one side. Slowly roll your head to the front. Slowly roll your head to the other side. Finally, slowly roll your head to the back completing one roll (circle).
- Plank – Start in pushup position. Bend your elbows and rest your weight on your forearms. Your elbows should be shoulder width apart. Your body should be a straight line from your head to your feet. Hold for 15-30 seconds.
- Push Up – Start lying on your belly on the floor. Bring your hands up with palms on the floor at your shoulders. Lift yourself slowly by extending your arms and up on your toes.
- Quadriceps Stretches - Stand up straight with your feet hip-width apart. Bend your right leg and bring your heel up behind you. Grasp your foot. Hold for 5 seconds. Return to start position. Repeat on the other side.

- Shoulder Rolls – Stand straight with your arms by your sides and feet shoulder width apart. Slowly roll your shoulders forward. Return to start position. Repeat slowly rolling your shoulders backward.
- Shoulder Stretches – Bring your right arm across your body. Grasp you elbow with your left hand and slowly pull toward your chest. Hold for 5 seconds. Return to start position. Repeat on the other side.
- Side Bends - Stand up straight with arms resting by your side. Raise your right arm straight above your head. Bend at the waist to your left reaching with your right arm. Hold for 5 seconds. Return to start position. Repeat on the other side.
- Side Lunges – Stand with your hands on your hips with your feet shoulder width apart. Lunge out to your right with your right leg. Bending your right knee. Your left leg should be stretched out straight. Hold 5 seconds. Return to start position. Repeat on the other side.
- Sit & Reach – Sit up straight with legs together reached out in front of you. Bend at the waist and reach for our toes. Hold for 5 seconds. Return to start position.
- Ski Jumps – Bend down with your knees bent and arms bent at your elbows. Jump up with both feet and swinging your arms back then forward. Land slightly to the side. Jump up again and land slightly to the other side.
- Squats –Stand up straight with your feet hip width apart. Place your hands on your hips. Bend your knees while keeping your upper body straight. Lower down as if you were sitting. Straighten up back into starting position.
- Squat Jumps –Stand up straight with your feet hip width apart. Place your hands on your hips. Bend your knees while keeping your upper body straight. Lower down as if you were sitting. Jump up in the air landing in squat position.
- Star Jumps – Stand with your feet shoulder width apart. Squat down half way and spring back up spreading your legs and arms out in a star shape. When you land your legs and arms will be brought back in and feet planted on the ground.
- Straddle Stretches – Sit up straight with legs apart in a V shape. Bend at the waist and reach for the middle. Hold for 5 seconds. Return to start position.

- Superman – Lay flat on your stomach with arms stretched out above your head. Lift your arms and legs up off of the ground. Hold for 5 seconds. Return to start position.
- Toe Touches – Stand up straight with legs together. Bend at the waist reaching down to touch your toes. Hold for 5 seconds. Return to start position.
- Triceps Stretch – Stand up straight with your right elbow behind your head. Slowly pull your elbow with your left hand. Hold for 5 seconds. Return to start position. Repeat on the other side.
- Trunk Lift – Lay flat on your stomach with arms down by your sides. Lift your upper body off of the ground. Hold for 5 seconds. Return to start position.
- Tuck Jumps – Stand up with your knees slightly bent. Hold your hands in front of you, palms down at chest height. Dip down into a squat and immediately jump upward. Bring your knees towards your chest. Return to start position.
- Windmills - Stand up straight with arms stretched out on both sides of your body. Bend at the waist reaching right hand down to touch your left foot. Return to start position. Repeat on the other side.

Extra Resources and Videos

QR Code for Available PDFs



CDC

<https://www.cdc.gov/healthyschools/physicalactivity/recess.htm>

Playworks

<https://www.playworks.org/resource/indoor-recess-survival-kit/>

<https://www.playworks.org/game-tags/recess-games/>

GoNoodle

<https://www.gonoodle.com/>

The Fit for a Healthier Generation

https://www.healthiergeneration.org/take_action/schools/physical_activity/classroom_physical_activity/fit_for_a_healthier_generation/

https://www.healthiergeneration.org/take_action/schools/physical_activity/classroom_physical_activity/

SHAPE America

<https://www.shapeamerica.org/recess10/>