













## Resources for activity breaks during COVID-19 and homebound instruction

Youth need physical activity infused into their daily routines more than ever now that school instruction is at home due to COVID-19. Not only is physical activity beneficial to kids' physical health, but it also can play a role in managing stress or anxiety and bring fun and laughter to their day.

Below are online resources to add an activity break into classroom teachers' lesson plans. Most are online videos. "Recess" is even being offered online through Playworks three times a day. School staff can also share these resources with families or older youth so they can design their own plans to stay active.

Organization	Website and link	Description	Age or grade level
 <b>PLAYWORKS</b>	<b>Playworks</b> <a href="https://www.playworks.org/">https://www.playworks.org/</a>	<ul style="list-style-type: none"> <li>★ <a href="#">Play at home game guide</a> with popular games</li> <li>★ <a href="#">Play at home videos</a> for families on their social media channels</li> <li>★ Virtual recess on Facebook Live: Monday-Friday at 11, 1, and 3 CST until kids return to school. Search Facebook for Playworks</li> </ul>	All ages
	<b>GoNoodle</b> <a href="https://app.gonoodle.com/">https://app.gonoodle.com/</a>	<ul style="list-style-type: none"> <li>★ Movement energizers</li> </ul> <p>*Users need to set up an account.</p>	All ages
	<b>Allina Health Powered Kids</b> <a href="https://healthpoweredkids.org/">https://healthpoweredkids.org/</a>	<ul style="list-style-type: none"> <li>★ A collection of activities to help young people make healthy eating, exercise, and life choices</li> </ul>	Grades pre-K-5
	<b>Fit Sanford</b> <a href="https://fit.sanfordhealth.org/">https://fit.sanfordhealth.org/</a>	Find all kinds of activities in these core areas: recharge, mood, food, and move	K-5

	<b>BrainPOP</b> <a href="http://www.brainpop.com/">www.brainpop.com/</a>	<ul style="list-style-type: none"> <li>★ Movement energizers</li> </ul> <p>*You can request free access to BrainPOP - <a href="#">click here</a></p>	K-8
	<b>Walkabouts</b> <a href="http://info.activedinc.com/covid">http://info.activedinc.com/covid</a>	<ul style="list-style-type: none"> <li>★ Walkabouts are on-demand adventures that transform math and language content into short, movement-rich activities</li> </ul>	Pre-K–2
	Change to Chill <a href="https://www.changetochill.org/">https://www.changetochill.org/</a>	<ul style="list-style-type: none"> <li>★ Stressbusters, Yoga, meditation, and more</li> <li>★ Search under “Activities” on the top bar</li> </ul>	Secondary youth
	The Colorado Education Initiative <a href="http://www.coloradoedinitiative.org/wp-content/uploads/2014/08/CEI-Take-a-Break-Teacher-Toolbox.pdf">http://www.coloradoedinitiative.org/wp-content/uploads/2014/08/CEI-Take-a-Break-Teacher-Toolbox.pdf</a>	<ul style="list-style-type: none"> <li>★ Physical activity breaks for secondary classrooms</li> </ul>	Secondary youth
	<b>TeensHealth De-stress &amp; Relax</b> <a href="#">Website</a>	<ul style="list-style-type: none"> <li>★ Audio and video files that can help students unwind and reduce stress</li> </ul>	Teens
	YMCA 360 <a href="https://ymca360.org/">https://ymca360.org/</a>	<p>YMCA is offering free, online classes. Check out the list of options for adults and youth.</p> <p>Example: There are 11 videos on youth sports performance.</p>	Youth aged 10 and up. Excellent for staff well-being
	<b>CATCH</b>	These free activities require limited space and supervision and are organized into three sections: Physical activities, activity breaks, and family health and nutrition	All ages

	<a href="https://www.catch.org/pages/health-at-home">https://www.catch.org/pages/health-at-home</a>		
	<b>Biking or walking</b>	<p><b>Teach or refresh youth on bike safety:</b></p> <p>Pedestrian <a href="#">Safety instruction</a></p> <p>For parents biking - <a href="#">Helping your child be a safe bicyclist</a></p> <p>For youth biking:</p> <ul style="list-style-type: none"> <li>• Video bike safety - <a href="#">elementary and middle school</a></li> <li>• Video bike safety - <a href="#">high school, English</a></li> </ul>	All ages
<b>Other suggestions:</b>			
<p><b>Five minutes or less activity breaks:</b></p> <ul style="list-style-type: none"> <li>★ <a href="#">20 brain breaks videos to increase movement</a></li> <li>★ YouTube search "Jammin minute" (<a href="#">example</a>)</li> <li>★ YouTube <a href="#">5 Minute Kids Workouts To Do At Home</a></li> </ul> <p><b>15- to 30-minute fitness activities and workouts:</b></p> <ul style="list-style-type: none"> <li>★ YouTube search "workouts for kids." Examples: <a href="#">Kids Workout 1 Beginners</a> or <a href="#">Kids Hiit Workout 2</a></li> <li>★ Advanced workout for teens and adults: <a href="#">30-Minute HIIT Cardio Workout with Warm-Up</a></li> <li>★ Yoga for children on Youtube: <a href="#">Yoga Ed.</a> and <a href="#">Alo Yoga</a></li> </ul>			
<p><b>Physical activity ideas that DO NOT include videos:</b></p> <ul style="list-style-type: none"> <li>★ <b>Dance.</b> Throw a good old fashioned dance party.</li> <li>★ <b>Nature hike.</b> What do you see? What do you hear? Do you see signs of spring? Journal your experience.</li> <li>★ <a href="#">Physical activity task cards</a></li> <li>★ <b>Set up an obstacle course</b></li> </ul>			
<b>Studios and organizations offering free classes</b>			

- ★ [Commune virtual studio](#) - 35+ wellness courses and hundreds of yoga and meditation practices
- ★ [Peloton](#) - offering 90-day free trial; enables group participation in classes including yoga, strength training, meditation, and cardio workout