

## Resources to Keep Kids Active While Physical Distancing

- *Don't just teach kids to play, play with them*
- *If activities are structured to be enjoyable, short in length and delivered with enthusiasm, students are more likely to participate*
- *All activities encourage to limit close contact with others as much as possible by maintaining more than six feet of separation*

### Ice Breakers

Activity	Description
<a href="#">Colorful Fruits and Vegetables</a>	This simple ready-to-go game challenges kids to think of many different colors of fruits and vegetables.
<a href="#">Fit Activity for Kids – What's Your Name?</a>	Complete the activity for each letter of your first name or for a greater challenge, have kids spell out their full name. Can also be included as part of a fitness station challenge.
It All Adds Up	Choose one student to lead a movement for 30 seconds and have kids follow. After 30 seconds, choose a different student to lead - starting with the first movement and then adding his/her own movement. Rotate leaders several times adding onto the series of movements.
<a href="#">Movie Moves Party Game</a>	Have kids come up with dance moves based on their favorite movies, books or games. For younger kids, suggest movies or books starring animals and have them move like the animal. Enjoy a dance party with all the new dance moves.
<a href="#">Screen-Free Limbo Challenge</a>	Kids will come up with ways to move more at home - while playing limbo.

All Ages

## Mindfulness Activities

Activity	Description
<a href="#">"5-4-3-2-1" Grounding Technique</a>	Ask kids to quietly to themselves acknowledge: 5 things they can see around them 4 things they can feel around them (their shirt, their hair, the sun, etc.) 3 things they can hear 2 things they can smell 1 thing they can taste
<a href="#">Make it a Rainbow</a>	Have kids quietly to themselves identify one thing they see for each color of the rainbow: red, orange, yellow, green, blue, purple.
<a href="#">Play Based Yoga</a>	Relate yoga poses to animals, characters or stories as kids stretch their bodies and calm their minds.

K – 2<sup>nd</sup> Grades

## Mindfulness Activities

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<a href="#">"5-4-3-2-1" Grounding Technique</a>	Ask kids to quietly to themselves acknowledge: 5 things they can see around them 4 things they can feel around them (their shirt, their hair, the sun, etc.) 3 things they can hear 2 things they can smell 1 thing they can taste
<a href="#">Mindful Breathing</a>	Have students place both feet on the floor. - Breathe in through their nose, like smelling a flower. Breathe out through their mouth, like blowing out a candle. Help them to relax their minds by focusing on their breath. Have students continue breathing in and out and focus on their breath for approximately 5 minutes. See other <a href="#">breathing exercises</a> .
<a href="#">Yoga Poses for Children</a>	Six sample yoga poses for any age or ability. Pair these poses with a positive affirmation to help kids build confidence and resiliency i.e. Mountain pose - <i>I am strong</i> .

3<sup>rd</sup> – 6<sup>th</sup> Grades

- Check-in with students - How does your mind/body feel before any movement and after a few minutes of movement?

## Partner Activities

Activity	Description
<a href="#">Animal or Sports Charades</a>	Charades is a fun way for kids to be creative and get a healthy dose of movement. Can you think of an animal or an activity that you can do in the summer to act out?
<a href="#">Fitness Break Stations</a>	Set-up stations inside or outdoors and have students rotate with a partner (maintaining 6 feet distance) around the stations completing the activity for 1-2 minutes and then moving to the next station until all are completed.
<a href="#">Mirror Challenge</a>	Select a partner (remind partners to stay at least 6 feet apart) and decide who will lead first. The other partner will follow the moves of the leader for 1-2 minutes. Switch roles.
<a href="#">Bring the Heat – 2 Minute Challenge</a>	Kids will challenge themselves to see how many exercises they can do in two minutes. Have partners count how many exercises and then switch roles.
<a href="#">Physical Activity Charades</a>	Charades is a fun way for kids to be creative and get a healthy dose of movement. To add extra movement, have kids line up on opposite sides of the room or 20-30 feet apart if playing outside. Staff member will pull an activity from slips of paper and show to one half of group. The partners will run to within 6 feet of their partner and act out the activity until their partner guesses the activity. Students return to their side and then the next group of partners run to opposite side of room to their partner and acts out the next activity. The idea is to have fun.
<a href="#">Rock, Paper, Scissors</a>	A new twist to RPS, moving your body instead of using only your hands - Rock (squat) beats scissors (jumping jack), scissors beats paper (plank), plank (paper) beats rock (squat). After each round, switch partners and remind everyone to remain a minimum of 6 feet apart.

K – 2<sup>nd</sup> Grades

3<sup>rd</sup> – 6<sup>th</sup> Grades

- Check-in with students - How does your mind/body feel before any movement and after a few minutes of movement?

## Group Activities

Activity	Description
<a href="#">ABC Fitness</a>	Challenge kids to do the following movements from A-Z i.e. A is for Air. Can you take 5 deep breaths of air?, B is for Bouncing. Can you bounce like a ball?, C is for Curling. Can you curl your body into a round shape?, etc.
<a href="#">Alphabet relay</a>	Form relay teams (remind kids about physical distancing) - the first team member runs to a stopping point and shouts out the letter A and does three jumping jacks or alternative activity, then runs back to their team and gets at the end of the line. The next team member runs to the stopping point and shouts out letter B and does three jumping jacks. Continue through team members from A to Z.
<a href="#">As If...</a>	Have students act out each statement for 20 – 30 seconds i.e. Run in place as if a bear is chasing you, jump in place as if are you are popcorn popping, etc.
<a href="#">Exercise Shipwreck</a>	Everyone is on a ship out in the middle of the ocean, different queues require different actions!
<a href="#">Over, Under, Around and Through</a>	Students will go over, under, around and through imaginary or real objects following their leader. The line leader will change on each new scenario. For example, go over a sea of sticky peanut butter, through a giraffe's legs, under a low bridge and around an elephant.

- Check-in with students - How does your mind/body feel before any movement and after a few minutes of movement?

## Group Activities

Activity	Description
<a href="#">12 Days of Fitness</a>	Students will act out the following routine: “On the first day of fitness, my trainer showed to me...” - 1 stork stand (stand on 1 foot) - 2 scissors (feet apart and crisscross in front and back), etc.
<a href="#">Alphabet relay</a>	Form relay teams (remind students about physical distancing) - the first team member runs to a stopping point and shouts out a food that begins with the letter A and does three squats or alternative activity, then runs back to their team and gets at the end of the line. The next team member runs to the stopping point and shouts out a food that begins with the letter B and does three squats. Continue through team members from A to Z.
<a href="#">Deck of Fitness</a>	Use playing cards to promote movement. Draw a playing card, you will use the exercise chart to determine which exercise to do i.e. hearts - jumping jacks, clubs - push-ups, diamonds - invisible jump rope jumps, spades - squats. Complete the number of repetitions shown on the card.
<a href="#">Fitness Break Stations</a>	Set up stations inside or outdoors and have students rotate around the stations completing the activity for 1-2 minutes and then moving to the next station until all are completed.
<a href="#">Scavenger Hunt</a>	Do a nature scavenger hunt to get kids <a href="#">exploring the outdoors</a> . Create a list of nature-themed scavenger hunt items i.e. pine cones, wildflowers, moss, leaves, caterpillar, rocks, a cloud, etc. or experiential activities i.e. find a spider web and sketch the web pattern, spot an animal hole in the ground and guess who lives there, etc.

## Online Video Resources

Activity	Description
<a href="#">Bring Sally-Up Squat Challenge</a>	Who is up for a squat challenge? See how many kids can complete this challenge.
<a href="#">Cosmic Kids Yoga</a>	Yoga, mindfulness and relaxation designed for kids ages 3+.
<a href="#">Go Noodle</a>	Build "daily recess" or increase movement with these <a href="#">brain breaks</a> .
<a href="#">Healthier Generation's Fitness Breaks</a>	Follow along with these videos featuring professional athletes.
<a href="#">KIDZ BOP Kids</a>	Create an instant <a href="#">dance party</a> with these dance break videos.
<a href="#">This or That Workout</a>	Get a great workout with the game This or That.

All Ages



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