

THE “HOW”

- Stand & Stretch Stack – Everyone stands and follows a guided 1-minute stretch sequence (neck rolls, shoulder rolls, side bends, toe touches).
- Shake, Tap, Twist – A quick full-body wake-up: shake each limb, tap shoulders/hips/knees, then twist side-to-side (1 minute total).
- Move & Mingle – Participants walk the room for 1–2 minutes and briefly greet 2–3 people with a wellness question like, “What helps you feel re-energized at school?”





IMPLEMENTING ACTIVITIES



WALK & TALKS (GROUP)

Under the watchful eye of a dedicated adult, students walk in a safe area on campus with prompts, partners, or independently



PASSING PARTNERS (PAIRS)

A designated spot to throw, pass or kick a ball from partner to partner, while engaging in reflective prompts



CALMING CORNER (INDEPENDENT)

Designate a spot with deep breathing exercises and light stretching for students needing an independent break

PHYSICAL ACTIVITY INTEGRATION

- Start small: begin with short, 5-minute movement breaks throughout the day
- Gradual increase: gradually, over time, increase the minutes, repetitions, or intensity, etc.
- Staff involvement: encourage staff to lead & participate in movement breaks
- Student engagement: involve students in planning & leading breaks



1, 2, 3...

LET'S GO!



DESK EXERCISES

to rejuvenate & reenergize in just 5 minutes!



1

Desk pushups: 20 reps



2

Marching in place: 20 reps on each side



3

Seated knee-to-chest: 10 reps



4

Squats: 10 reps



5

Seated flutter kicks: 10 reps on each side



Focusing on your breath will help you to shift your focus away from stressful thoughts and into the present moment.

End with 3 deep, calming breaths to energize, calm, and restore.

