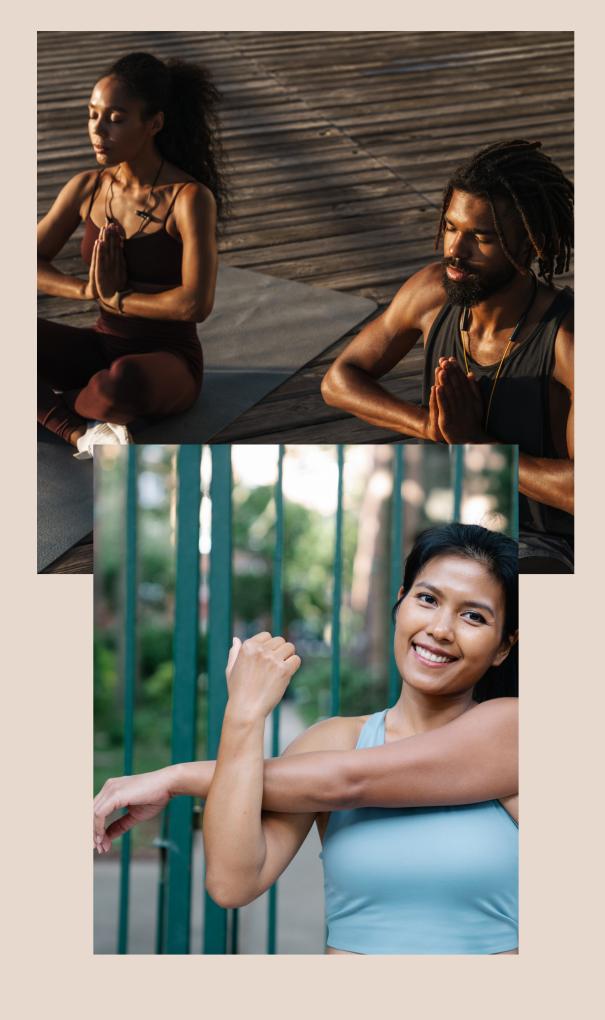
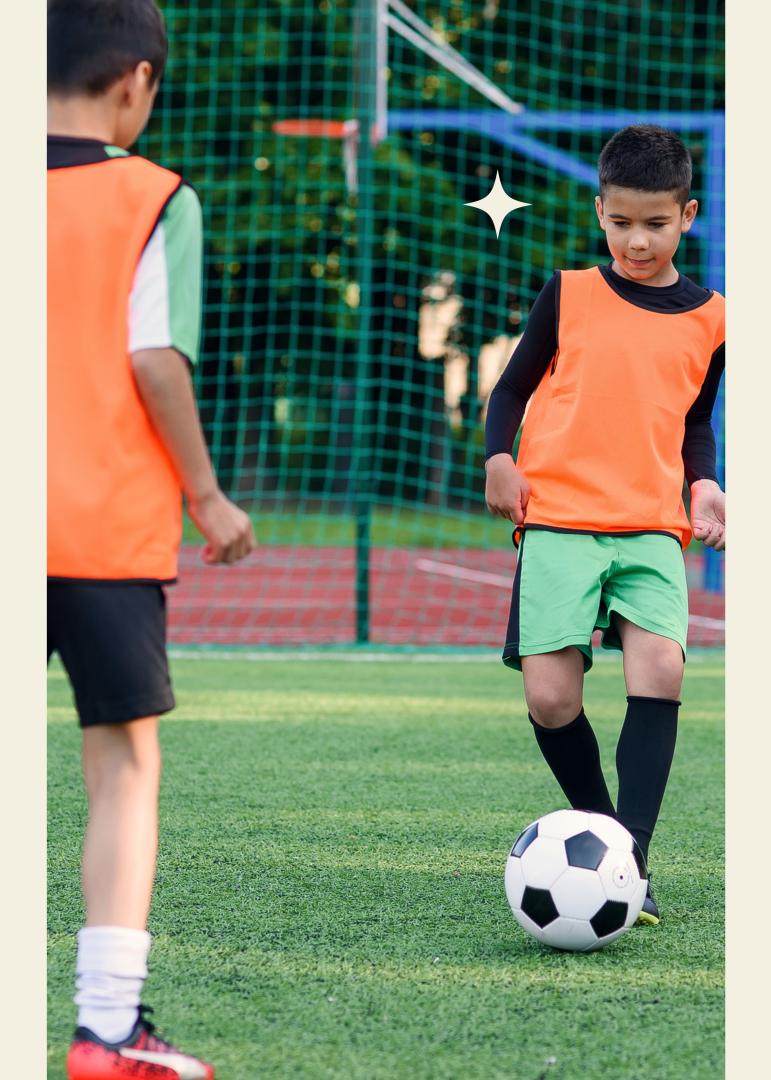
THE "HOW"

- 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 reenergized 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 INTEGRATON



- 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









Blue Shield LifeReferrals 24/7SM 1-800-985-2405 www.lifereferrals.com Access code: bsc





to rejuvenate & reenergize in just 5 minutes!



Desk pushups: 20 reps



Marching in place: 20 reps on each side







Seated knee-to-chest: 10 reps

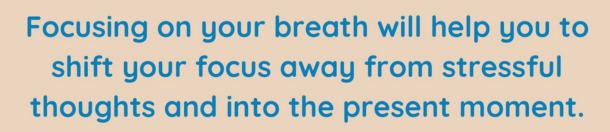


Squats: 10 reps



Seated flutter kicks: 10 reps on each side







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

