

Active breaks with Flo



Active breaks are a healthy addition to a child's school routine. By fulfilling students' natural need to move, these short periods of physical activity help liven up the classroom and keep kids feeling motivated.

Number of players: Entire class

Game prep (first time only): Print and cut out the cards

Duration of each active break: Minimum of 3–5 minutes

How to play: After a work period where the class was seated, reward your students with an active break by drawing a card at random. If you want, you can combine multiple cards, depending on the type of activity.

To help your students refocus at the end of the activity, try leading them through some simple breathing exercises, a quick meditation session, or a few **yoga** poses.

Have fun with it!



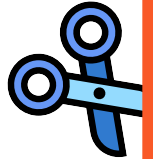
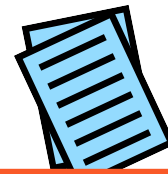
The cards:

Alloprof shares some active break activities to try with elementary students.

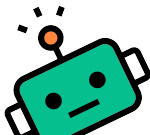
Walk with a book
on your head.
(1 min)



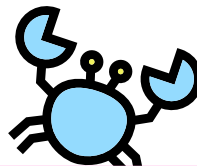
Play three rounds of
rock-paper-scissors
with a classmate.
(1 min)



Do a funny dance!
Dance like an inflatable
tube man, a T. rex, a robot,
an astronaut, etc.
(2 min)



Do the crab walk
(sit on the ground with your
knees bent, then lift your hips
up so that only your feet and
hands are touching the floor).
(1 min)

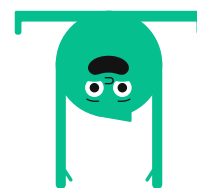


Stretch
(1 min).

Then, hold the
tree yoga pose
(on one foot)
for 10 seconds.



Grab an invisible jump rope
and do a few reps.
(2 min)



The cards:

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Pedal an invisible bicycle!
Lie on your back and pedal
your feet in the air.
(3 min)



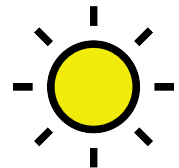
Pretend to pick up a coin on the ground, but with style.
For example, move slowly and with a swagger, like a rock star.
Repeat this exercise 5 times!
(1 min)



Walk on your tiptoes!
Throw in some funny moves:
imagine a bee is buzzing
around your head, toss an
invisible ball to a friend, etc.
(2 min)



Catch some waves on an invisible surfboard!
(2 min)



Run on the spot in an original way!
Hop from side to side like a speed
skater, pump your arms as fast
as you can, etc.
(2 min)



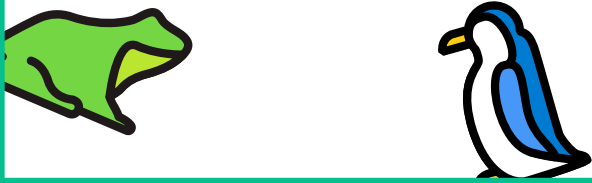
Dribble and shoot an invisible basketball!
(2 min)



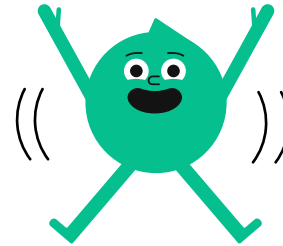
The cards:

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**Imitate an animal.
Waddle like a penguin,
hop like a frog, etc.
(2 min)**



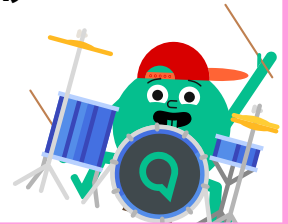
**Do jumping jacks!
(1 min)**



**Do high knees! Run on the
spot while driving your knees
up as high as you can, pumping
your arms to stay balanced.
(1 min)**



**Play a gentle drum beat on your
desk using your hands or a pair of
pencils. Try to get the class in sync!
(2 min)**



**Play hot potato! Form a big
circle and put on some music.
Pass around a ball or small object
as if it were a sizzling-hot potato.
Anytime the teacher stops the
music, the student holding the
“potato” has to leave the circle.
(3 min)**

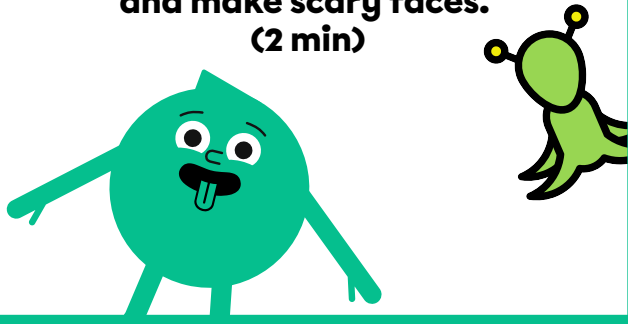
**Play musical chairs!
(3 min)**



The cards:

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**Pretend to be a monster and make scary faces.
(2 min)**



Wake up your brain: rub your belly in circular motions with one hand while patting the top of your head with the other.

**Alternative: blink one eye while snapping your fingers with the opposite hand.
(1 min)**

**Play Simon Says.
(3 min)**



Create your own cards

