



5 Minute Active Transitions

❖ I am a flower!

- Have students pretend they are seeds growing slowly into trees or flowers. First, they need to feel their roots dig into the ground... Then, they sprout ... and grow taller and stronger as they feel the sun's warmth or rain from the clouds...

❖ Stand up and march!

- Tell children to march in place or march in a circle around the carpet.

❖ Caterpillar Stretch

- (Sitting) Stretch legs forward, flat on the floor in a letter "V." Crawl fingers forward like caterpillars to stretch towards center, left and right.

❖ Hop like a Bunny

- Tell children to "hop like a bunny" from one part of the room to another.
- Line up Hula-Hoops or other markers on the floor and have students hop one at a time from through the course.

❖ Yoga – Butterfly Pose

Sit on the floor and place the soles of your feet together. Hold on to your feet or ankles, and let your knees drop toward the floor. Sit up with a tall spine. 2. Imagine that you are a butterfly with beautiful wings stretching out from your spine and with long antennae reaching out from your head. Form a "flying V" sitting position, soles of the feet touching, and raise and lower knees to "fly like a butterfly."

❖ Yoga – Gorilla Pose

Stand with your legs wide apart. Bend forward at the waist, bending your knees a little bit. Let your arms hang down in front of you and swing your upper body back and forth like a gorilla. You can also just hang forward over your legs without swinging.

**For more information about the Harris Obesity Prevention Effort (HOPE),
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