



15 Minute Movement Activities

❖ Freeze Dance

- Children dance while the music is playing and freeze (stand totally still) when the music is turned off.
- Choose children's music or teach your class about traditional music from various cultures.

❖ As If

- "Walk across the carpet as if you are walking through oatmeal."
- "Jump up as if you are trying to catch balloons before they float away."

❖ Trip to the Zoo

- Children pretend to be different animals by making different body movements (ducks waddle, fish swim, eagles fly, lions stretch, kangaroos jump, giraffes walk on tip-toes, snakes slither, frogs hop, elephants take giant steps)

❖ Over, Under, Around and Through

- Create a classroom obstacle course where children need to go over, under, around and through objects in the classroom as they transition from one activity to the next.

Tips for Making the Most of Physical Activities

Get your class excited!

- "Now it's time for...EXERCISE! Let's stand up, stretch, and get our bodies moving! We exercise to *keep our bodies healthy!*"
- "OK! Now, let's get moving and make our muscles strong!"

Talk about body movements and functions.

- "Can you feel your heart beating fast and your lungs pushing air in and out, in and out? That means you're getting good exercise!"
- "Your bodies are getting stronger and faster!"
- *If a child struggles with an activity:* "It's ok. The more you try, the better you'll get. Your body is learning how to do the exercise even when it feels like you can't do it."

Encourage periods of cool down and hydration.

- "OK, it's time to stop and slow down. Everyone come to the carpet and cool down. Great job exercising today! I feel good when I exercise!"
- "I'm thirsty. I like to drink water after I exercise. Everyone sit down in a circle and I will call you to come and get a drink of water."

Encourage Exercise at home.

- "You can show someone at home the exercises you learned today. Who do you want to show? I bet you can do these exercises on your own at home!"

For more information about the Harris Obesity Prevention Effort (HOPE), please visit our website at www.hopenyu.org