

# ACTIVITY AT HOME

The CDC recommends students to be active for 60 minutes a day – but it doesn't have to be all at once. This week we are encouraging students to engage in physical activity in small bursts of movement.

## ACTIVITIES THAT DON'T USE TECHNOLOGY



### Under 1 minute

**BOX BREATHING:** Take a moment to pause and find your breath. One way is through box breathing. To do -- inhale for 4 seconds (deep belly breaths), hold for 4 seconds, and exhale (slowly + completely) for 4 seconds. Repeat the breathing rounds 4 times. Reflect on how you feel after this exercise.

### Under 5 minutes

**STRETCHING.** Stand up from your seat. Stretch your arms as high up as you can and then, slowly, try and touch your toes. Come back to a stand and pause for a moment. How is your body feeling? What other stretches or movements is your body needed?

### Under 10 minutes

**NATURE HIKE.** Grab a journal and a pen and take a walk to your favorite outdoor space. Sit in nature and write. What do you see? What do you hear? Do you see signs of fall? Then when you are ready, walk to another spot where you can observe all over again.

## ACTIVITIES THAT USE TECHNOLOGY

### Under 1 minute

#### HEALTHIER GENERATION SPORTS SERIES VIDEOS.

- [One-on-One with WNBS Star Jewell Loyd](#)
- [Soccer Sprints with MLS Star Brad Evans](#)
- [The Mirror Challenge with Jason and Jarron Collins](#)
- [Classroom Soccer Coach with La Galaxy Star Ema Boateng](#)



### Under 5 minutes

**BRAIN BREAKS.** 20 brain break videos to increase movement

### Under 10 minutes

**YOGA.** A playlist of yoga videos suitable for young people and created to support virtual learning! This is designed for students and their teachers, coaches, facilitators and parents as a free resource.