


















## Resources for activity breaks during COVID-19 and homebound instruction

Youth need physical activity infused into their daily routines more than ever now that school instruction is at home due to COVID-19. Not only is physical activity beneficial to kids' physical health, but it also can play a role in managing stress or anxiety and bring fun and laughter to their day.

Below are online resources to add an activity break into classroom teachers' lesson plans. School staff can also share these resources with families or older youth so they can design their own plans to stay active.

Organization	Website and link	Description	Grade level
	<b>Playworks</b> <a href="https://www.playworks.org/">https://www.playworks.org/</a>	<ul style="list-style-type: none"> <li>★ <a href="#">Play at home game guide</a> with popular games</li> <li>★ <a href="#">Play at home videos</a> for families on their social media channels</li> </ul>	All ages
	<b>GoNoodle</b> <a href="https://app.gonoodle.com/">https://app.gonoodle.com/</a>	<ul style="list-style-type: none"> <li>★ Movement energizers</li> <li>★ Explore 300+ GoNoodle videos (2 to 5 minutes)</li> </ul>	All ages
	<b>Allina Health Powered Kids</b> <a href="https://healthpoweredkids.org/">https://healthpoweredkids.org/</a>	<ul style="list-style-type: none"> <li>★ A collection of activities to help young people make healthy eating, exercise, and life choices. Many on fun physical activity ideas to do at home with or without equipment.</li> </ul>	Grades pre-K-5
	<b>Fit Sanford</b> <a href="https://fit.sanfordhealth.org/">https://fit.sanfordhealth.org/</a>	<ul style="list-style-type: none"> <li>★ Movement energizers and activities in 4 core areas: recharge, mood, food, and move. Videos, guided activity instructions for staff, parents or older sibling.</li> </ul>	K-5
	<b>Hip Hop Public Health</b> <a href="https://hhph.org/">https://hhph.org/</a>	<ul style="list-style-type: none"> <li>★ <a href="#">28 H.Y.P.E The Breaks</a> and <a href="#">H.Y.P.E Breaking It Down</a> 2, 6, and 10 minute culturally tailored videos</li> </ul>	All ages
	<b>Change to Chill</b> <a href="https://www.changetochill.org/">https://www.changetochill.org/</a>	<ul style="list-style-type: none"> <li>★ Stressbusters, Yoga, meditation, and more</li> <li>★ Search under "Activities" on the top bar</li> </ul>	Secondary youth

	<b>BrainPOP</b> <a href="http://www.brainpop.com/">www.brainpop.com/</a>	★ Movement energizers *You can request free access to BrainPOP - <a href="#">click here</a>	K-8
	<b>Action for Healthy Kids</b> <a href="https://www.actionforhealthykids.org/healthy-activities-to-do-at-home/">https://www.actionforhealthykids.org/healthy-activities-to-do-at-home/</a>	★ Activities to do at home- <a href="#">click here</a> ★ 50 "At-home recess" <a href="#">activities</a> ★ Old school <a href="#">games</a> ★ Common <a href="#">household items</a> for physical movement	K-12
	<b>Walkabouts</b> <a href="http://info.activedinc.com/covid">http://info.activedinc.com/covid</a>	★ Walkabouts are on-demand adventures that transform math and language content into short, movement-rich activities	Pre-K–2
	<b>The Colorado Education Initiative</b> <a href="http://www.coloradoedinitiative.org/wp-content/uploads/2014/08/CEI-Take-a-Break-Teacher-Toolbox.pdf">http://www.coloradoedinitiative.org/wp-content/uploads/2014/08/CEI-Take-a-Break-Teacher-Toolbox.pdf</a>	★ Teacher Toolbox: Physical activity breaks for secondary classrooms	Secondary youth
	<b>Teens Health De-stress &amp; Relax Website</b>	★ Audio and video files that can help students unwind and reduce stress	Teens
	YMCA 360 <a href="https://ymca360.org/">https://ymca360.org/</a>	YMCA is offering free, online classes. Check out the list of options for adults and youth. Explore the wide variety of activities: yoga, boot camp, core, sports performance, weight lifting, dance, youth specific, etc.	Youth aged 10 and up. Excellent for staff well-being
	Fitbound <a href="https://fitbound.com/sign-up/">https://fitbound.com/sign-up/</a>	Inclusive 2-8 minute <a href="#">videos</a> Fitbound creates a community from our platform that provides all individuals with and without disabilities the opportunity to exercise in a purposeful and fun.	Kids ages 7 & Up with or without disabilities
	<b>Courage Kenny</b> <a href="https://account.allinahealth.org/services/579">https://account.allinahealth.org/services/579</a>	Courage Kenny offer extensive sports, activity, health, recreation and exercise resource information for people with disabilities.	Older youth

	<p>Special Olympics  <a href="https://www.specialolympics.org/">https://www.specialolympics.org/</a></p>	<p>Special Olympics offers a variety of online videos and activities for the inclusion of all youth.</p>	<p>All ages</p>
	<p><b>CATCH</b>  <a href="https://www.catch.org/pages/health-at-home">https://www.catch.org/pages/health-at-home</a></p>	<p>These free activities require limited space and supervision and are organized into three sections: Physical activities, activity breaks, and family health and nutrition</p>	<p>All ages</p>
	<p><b>BikeMN</b>  <a href="http://www.bikemn.org/education/walk-bike-fun/walk-bike-fun-distancelearning">http://www.bikemn.org/education/walk-bike-fun/walk-bike-fun-distancelearning</a></p>	<p>Provide youth with fun and engaging activities for walking and biking while at home.</p>	<p>All ages</p>
<p><b>Other suggestions:</b></p>			
<p><b>Five minutes or less activity breaks:</b></p> <ul style="list-style-type: none"> <li>★ <a href="#">20 brain breaks videos to increase movement</a></li> <li>★ YouTube search "Jammin minute" (<a href="#">example</a>)</li> <li>★ YouTube <a href="#">5 Minute Kids Workouts To Do At Home</a></li> </ul> <p><b>15- to 30-minute fitness activities and workouts:</b></p> <ul style="list-style-type: none"> <li>★ YouTube search "workouts for kids." Examples: <a href="#">Kids Workout 1 Beginners</a> or <a href="#">Kids Hiit Workout 2</a></li> <li>★ Advanced workout for teens and adults: <a href="#">30-Minute HIIT Cardio Workout with Warm-Up</a></li> <li>★ Yoga for children on Youtube: <a href="#">Yoga Ed.</a> and <a href="#">Alo Yoga</a></li> </ul>			
<p><b>Physical activity ideas that DO NOT include videos:</b></p> <ul style="list-style-type: none"> <li>★ <b>Play old fashion games</b>, build an obstacle course, go on a scavenger hunt through the house or outdoors.</li> <li>★ <b>Dance.</b> Throw a fun dance party with your favorite music.</li> <li>★ <b>Nature hike.</b> What do you see? What do you hear? Do you see signs of spring? Journal your experience.</li> <li>★ <a href="#">Physical activity task cards</a></li> <li>★ <b>Walk the dog</b></li> </ul>			