



ACTIVE CLASSROOM

ACTIVITY CARDS



20 QUESTIONS (100 REPS)

- Pick an exercise, physical activity, or healthy food. The class gets 20 yes/no questions to gain clues and guess what the exercise, activity, or food is.
- The entire class must do 5 reps of a chosen exercise to earn a question. If the class ends up asking all 20 questions, they will do a total of 100 exercise reps.
- When the exercise, activity, or food is guessed correctly, pick a new leader to think of a new topic.

COURAGE: The ability to do what's right even though you feel fear.

*Corina showed **courage** on the first day of school. She came to class even though she felt nervous.*





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30-SECOND ANIMAL JUMPS

- We're going to use the Animal Alphabet Cards to play a jumping game.
- Each card gives 2 animal choices. While the music plays for 30 seconds, jump in your personal space. Stay in your 6-foot personal bubble.
- When the music stops, pick another animal from the next card. It's okay to change your mind at any time and jump like the other animal.

EMOTION: A natural feeling that happens because of a specific situation or in a specific environment.

*Happiness is a good **emotion** that everyone wants to feel.*





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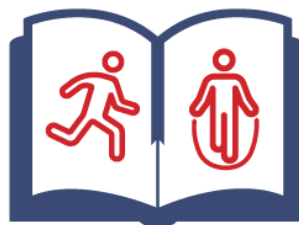


30-SECOND JUMP ROUTINE

- We're are going to do 3 types of Jumping Jacks: Normal Jumps, Mummy Jumps, and You-Jumps.
- Watch the clock and jump for 30 seconds, and then rest for 15 seconds.
- Pick 1 type of jumping jack and jump for the full 30 seconds. Then rest.
- While you rest, pick a new type of jumping jack. After 15 seconds of rest, jump again.

EMPOWERMENT: The process of becoming stronger and more confident, especially in controlling one's life and claiming one's rights.

*Serra understood that her **empowerment** would help her entire family build healthy habits.*





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ANIMAL CHARADES

- Stand inside your 6-foot bubble.
- The object of this game is to silently act like an animal so that your classmates can guess what it is.
- Take turns guessing and acting like animals.
- If you need help thinking of an animal, use the Animal Alphabet Cards.

ENCOURAGEMENT: Action or words offered to give someone support, confidence, or hope.

*Izzi's **encouragement** helped Andi feel confident and positive about her performance.*





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ANIMAL DANCE PARTY

- I'm going to use the Animal Alphabet Cards to pick animals that will come to our dance party.
- You can use these cards to have dance parties in your home. When I hold up a card, everyone will dance like the animal I'm holding.
- If I hold up 2 cards, you can pick which animal you want to be. Remember, stay inside your 6-foot bubble!

ENJOY: To have a fun time. We enjoy playing physical activity games.

*The class **enjoys** classroom physical activity boosts every afternoon before starting science lessons.*





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BEST FOOT FORWARD

- Stand at least 6 to 12 feet from a partner.
- The object is to score 10 points. You get 1 point when your foot pattern matches your pattern choice.
- Decide who is “same” and who is “different”.
- Jump 3 times and say, “1, 2, show!” Land with your feet together, or your feet apart.
- If your feet match your partner’s feet (e.g. you both landed with feet together) it’s a match and “same” wins.
- If one’s feet are together and one’s apart, then “different” wins.

ENTHUSIASM: An important feeling you get when you’re excited about a goal and are motivated to work toward that goal.

*Mr. Walker’s **enthusiasm** for teaching made him one of the student’s favorite teachers.*





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BODY SHAPES

- We're going to balance on 1 foot and slowly draw shapes in the air with our other foot.
- After a few minutes, we're going to switch feet and draw with the other foot.
- If you have trouble balancing on 1 foot, it's okay to get in a squat position, or with both feet together, and draw the objects in the air with your arm.

EXERCISE: Physical activity that a person does specifically to improve health and fitness.

*Mr. Kline taught the students an **exercise** they could do at home to improve muscular strength.*





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ELEVATOR GAME

- Let's get our bodies moving with *the Elevator Game*. Stand tall with your feet shoulder-width apart.
- We're going to go from the 10th story of a building (standing tall), down to the ground floor (squat position).
- But, as we slowly go down on the elevator, we're going to have to stop and go back up to get things that we have forgotten.
- Follow along with my story to go up and down on the elevator.

GOAL: The reason for a person's effort. The desired result.

*Lucy's **goal** was to finish all of her homework before the weekend.*





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FAVORITE SONG WORKOUT

- Use the song 20 Seconds or More by Doug E Fresh and Hip Hop Public Health to get a fun workout.
- Play the song. Jog in place during verses. Do jumping jacks during the chorus. The chorus says, “Wash your hands everybody...”
- Create new workouts with more of your favorite songs.

GREAT: Excellent, powerful, strong, magnificent.

The class was filled with great students with excellent goals that will help their community become a caring and positive place to live.





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MINDFULNESS: HIGH-5 BREATHING

- Sit or stand in a comfortable position.
- Hold your left hand out in front of your chest. Extend and spread your fingers out.
- Using the pointer finger of your left hand, slowly trace your fingers starting with the thumb and tracing up and down all the way to the outside base of your pinkie.
- As you trace up a finger, inhale.
- As you trace down a finger, exhale.

HEAL: To become healthy again.

*Sandra's cut was able to **heal** because she kept it clean and covered.*





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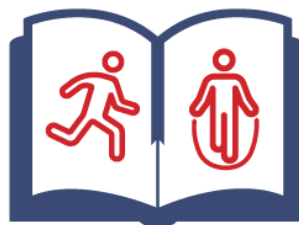


MINDFULNESS: EQUAL BREATHING

- Sit or stand in a comfortable position.
- Place your hands in your lap or comfortably by your sides.
- As you inhale deeply, slowly count to 5.
- As your exhale fully, slowly count to 5.
- This will create deep, equal breaths.

HEALTH: Free from sickness and injury. Feeling physical, mental, and social well-being.

*Micha was in good **health** because he was physically active every day and always ate nutritious foods.*





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MIRROR, MIRROR

- Face your partner (6'+ apart).
- One partner is the leader, the other partner is the mirror.
- The leader makes safe movements (jump, jog in place, exercise, dance, etc.).
- The mirror follows along.
- After 30 seconds to 1 minute, change roles.

MOTIVATION: A desire and willingness to do something or to work toward a specific goal.

*Fiona's **motivation** for going on long hikes was her love of nature, animals, and trees.*





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RED LIGHT, GREEN LIGHT

- The object of the game is to move during green lights and stop on red lights.
- Score a point every time you stop immediately on a red light.
- Teacher starts as the leader. Call *Green Light* and students jog in place. Call *RED LIGHT* and students must freeze.
- Everyone who froze immediately gets 1 point. Keep track of your own points.

PERSONAL BEHAVIOR: The actions of an individual person.

*Ms. Wilder taught us to take responsibility for our **personal behavior.***





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RED STARFISH, BLUE FISH

- The object of the game is for students to complete the correct movement when a red starfish or blue fish is called.
- Play music. When the music is on, march in place (jog, jumping jacks, etc...). When the music stops, the teacher calls Red Star Fish or Blue Fish.
 - Red Star Fish=10 star-jumps
 - Blue Fish=5 tuck-jumps
- Restart music and continue.

PERSONAL SPACE: The area around a person where they feel safe. It feels uncomfortable when someone enters this space.

To keep everyone safe, we must respect 6 feet of personal space.





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RPS VICTORY CHEGG

- Stand at least 6' from a partner. The object is to win Rock, Paper, Scissors, and “grow” from an egg to a chick, to a chicken.
- Both partners squat down into a tucked “egg” position. Play RPS.
- The winner becomes a baby chick and raises up into a squat position. The other player stays an egg.
- Play again, if the “baby chick” wins they become a chicken and win the game. If they lose, they return to “egg” position and the other player grows into a chick.

POSITIVE: Constructive, optimistic, or confident.

*Hope's **positive** attitude helped the entire class feel enthusiastic about the challenges of the day.*





ACTIVE CLASSROOM

ACTIVITY CARDS



RPS VICTORY DANCE

- Stand at least 6 to 12 feet from a partner.
- The object of the game is to win a round of Rock, Paper, Scissors, then do a victory dance to celebrate.
- You get 10 seconds to do your dance, then play another round.

OPTIMISM: Feeling good about what is going to happen in the future.

*Caleb felt **optimism** when he woke up because the sun was shining, and he wanted to take a walk with his family.*





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SPORTS CHARADES

- Stand at least 6 to 12 feet from a partner or group.
- The object is to silently act out a sport so that your partner or the group can guess what it is.
- Take turns acting.

RESOURCE: The supplies, opportunities, and support that a person can use in order to do a job or live productively.

*Malik can go to a park near his house to walk with his family. It's a great **resource** that he can use to be physically active.*





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YES OR NO BODY LANGUAGE

- I'm going to ask you some yes or no questions.
 - If your answer is "YES" then you'll jog in place until I ask the next question.
 - If your answer is "NO" then you'll do jumping jacks until I ask the next question.
- Let's try!
- Does $5 + 5 = 10$? YES! (Jog in Place)
 - Does $2 + 2 = 7$? NO! (Jumping Jacks)
 - Is physical activity good for my health?
 - Do zebras run on only 2 legs?

TRUST: A good feeling you get when you can rely on someone or something.

*We **trust** that our classmates will behave in ways that help to keep everyone safe.*

