

HOW TO PLAY

When it's time to take a break:

- 1 Choose one activity from any RECESS category
- 2 Do the activity! Write the category in the RECESS Tracker
- 3 Repeat steps 1 and 2 at the next break. Do this 4 times a week for the Tracker, but more if you can!
- 4 Turn in your Tracker at the end of the month. Two ways to submit:

Mail it! Fill out all the information to earn a prize and enter the monthly raffle drawing.

Submit your information online with a short form. bit.ly/recesstracker

Opt in for text reminders by texting the word RECESS to 31996. Get permission from a parent or guardian first! Data rates may apply.

SworKit is a fitness app and website with a **free Kids' section**. Create personal timed workouts, pick music to go with them, see how to do each exercise, and have fun! Check with an adult before signing up.



Refresh



- Write down 3 things you are grateful for; post where you can see it.
- Set aside all technology for 20 minutes; read, write, draw, or go outside.
- Visualize tracing the outline of shapes with the inhale and exhale of your breath for 3-5 minutes.
- Go on a short walk or just sit quietly. What do see, smell, and hear?
- Write positive affirmations for your week. Start with "I am," then add a positive statement about yourself. Repeat them daily to train your brain!
Example: I am a good friend, or I am doing my best at school.



Energy boost



- Pick out 5 of your favorite high energy songs and dance!
- Go outside for a neighborhood walk, jog, bike ride or skate
- Here are some ideas for a quick energy boost:



20 jumping jacks



10 star jumps



High knees
10 each leg

Bear crawl - walk like a bear forwards & backwards; move feet and hands together, keep back flat



Free SworKit exercises

- Cardio Fun
- Quick Agility Training

bit.ly/recessenergy

Master these dance steps by Hip Hop Soul-station Academy in East Portland

bit.ly/recesshiphop



SCAN ME

City explorer



- Look ahead to when we go back to school. Plan a route to campus by foot, wheels, or on a bus or train. Maps & TriMet site available in link below.
- Pick an intersection or street crossing near you that feels unsafe. What would you do to make it feel better when you cross? Draw or write what changes you would make.



- Design a virtual street using Chicago's Design a Street site

Short videos:

- Spotlight on Colombian BMX rider, Julián Molina
- Learn how to load your bike onto a TriMet bus
- How a phone app can help people with visual disabilities access transit

bit.ly/cityexplorer



SCAN ME

Extra-curricular



- Do something nice or unexpected for a friend or family member; leave a note or do the dishes.
- Send someone on a scavenger hunt in your house, yard, or neighborhood. Leave small items for them to find; maybe draw a map!
- Create a playlist for friends or a sibling.
- Re-gift a special something to someone who is special to you.
- Write a letter to a friend or relative.
- Read out loud to a younger sibling.
- Be creative - come up with your own ideas and share them with us!

Strength



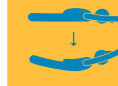
Upper body



Power circles - make big, slow circles with your arms in a backwards direction

Do these exercises in sets of 10-15 repetitions, then repeat after a rest!

Core



Superman - on your stomach, slowly lift & lower your legs & arms at the same time



Bridges - on your back; slowly lift & lower hips; keep feet under your knees

Lower body



Lunges - Step forward, bend both knees to lower down. Keep knee behind your toes. Switch legs.



Free SworKit exercises

- Full Body Strength
- Strength Endurance Pyramid
- Upper Body Strength
- Lower Body Strength

bit.ly/recessstrength



SCAN ME

Stretching



These are simple stretches for when you have been working on a computer a long time. Hold each pose for 20-30 seconds and breathe in and out slowly.



Chest openers - clasp hands behind back, stand tall, push chest forward



Arm & shoulder stretch - thumb pointing up, hold arm against your chest



Wrist stretch - switch from palm out/fingers up to palm in/fingers down



Child's Pose - Knees hip-width apart, extend arms out in front, relax into the ground



Free SworKit Stretching Sessions

- Increase Flexibility
- Flexibility and Balance for Kids

bit.ly/recessstretch



SCAN ME

When are good times for a RECESS break?



When you've been sitting in class for an hour



Before your first class to prepare for the day



During lunch



In place of other breaks or activities



When you've been concentrating for a long time on a task

Three times during my school day when I will take breaks:

1

2

3

Tip: If you miss during the week, catch up on the weekend!

MONTHLY PRIZES

Each month, you get entered into a raffle drawing just by turning in your RECESS Tracker!



Other fun monthly prizes are also available, while supplies last!

See available raffle prizes online

bit.ly/recesshome



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