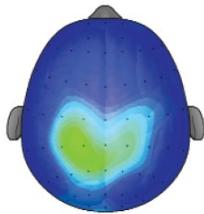


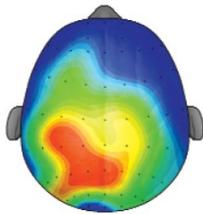
Indoor Recess 101

Cognitive Effects of Exercise in Preadolescent Children

Average composite of 20 students' brains taking the same test after sitting quietly or taking a 20-minute walk.



After 20 minutes of Sitting Quietly



After 20 minutes of Walking

[The Wellness Impact Report](#)

Each school has their own policy as to when students stay in from recess due to the weather. Students need physical activity even if the weather is not cooperating. Providing active options inside can be challenging, but also can be a reality. With indoor recess often being unstructured, the ideas below are options students can lead with a small group or an entire class. In addition, the physical education teacher may have age appropriate ideas that each grade level has enjoyed during PE class.

Yoga Cards: Can be purchased, but could be made using pictures of students doing the yoga moves. Making them on letter size paper and laminating them helps extend their life.

Fit Spots: Can be purchased or made using sheets of foam paper (they don't move like regular paper). Each spot can have a different physical activity... 10 jumping jacks, 5 sit ups, etc. Have the students make them so they include activities they like. These can be set up in stations around the classroom.

Physical Activity Dice: Can be purchased or made using square tissue boxes. One dice has numbers on each side, the other has physical activity. With a roll, they have a new physical activity to master. Roll a 5 and toe touches. The group of students does 5 toe touches.

Movement Jenga: Write physical activities on each Jenga block. When a child successfully removes a block they lead the activity, with the entire group participating.

Stories in Motion: A [collection of stories](#) that include action words that prompt physical activity. One idea is to have older students read the stories to younger classes.

Music: Sometimes just turning on some music and letting them dance is all you need to do. Looking for kid-friendly music? Check out the *Kids Bop* collections. They tend to be popular.

Screen Time: If screen time is utilized, a best practice is to have it promote physical activity. GoNoodle.com has a library of videos, such as *Run With Us* featuring Olympic Athletes. A free account is required to access them.

Here are some videos examples:

- ★ [Usher and Sesame Street – ABC SONG](#)
- ★ [Sid Shuffle – Ice Age](#) ★ [Zumba Ghostbusters](#)
- ★ [Tae Bo with Billy Blanks](#) ★ [Beyonce - Let's Move Dance](#)

Bring the students together for a cool down to refocus and become ready to learn.

- ★ [Yoga](#) ★ [GoNoodle - Relaxation videos led by Maximo](#)
- ★ [Relaxation Scripts for Young Children](#)

Have some ideas, but they cost money?

- ✓ Contact your local parent organization to see if this is something they could fund.
- ✓ Create a wish list for parents. You may be surprised by the response. Many of the items they may even have at home.