

Objective

Students will identify ways to move more during the day as a class to reduce stress.

Materials

One sheet of chart paper

Why This Matters Now

Physical activity can help ease the ill effects of stress. Finding ways to make part of your class routine will help you and your students cope better. It can also help you bond as a class.



Bold—Teacher’s script

Italics—Anticipated student responses

Activity Instructions (20–30 min.)

1. Introduce the activity. **We’ve been going through a very challenging time. You may be feeling more worried or uncomfortable. If you’ve been feeling more stressed than usual, raise your hand.** Comment on the number of raised hands, and even raise yours, too. **Moving our body is one way to reduce stress. So today we’re going to plan ways we can add movement to the school day.**
2. Generate ways to move. **How can we move in the classroom?** Give students think-time. Record students’ ideas on chart paper under the heading “How Our Class Moves.” *Dance break. Stretch high and low. Run on the spot. Hop on one foot, then the other.*
3. Decide when to move. **Those are some great ideas. When should we add movement to our day?** Give students think-time. Record students’ ideas on chart paper under the heading “When Our Class Moves.” *To start the day. After sitting for 30 minutes. When we’re squirmy. Between activities.* Add a fun title to your list, such as “We Can Really Move!”
4. Make a class commitment. **Let’s make a commitment to move more.** Have students sign the chart paper to indicate their commitment.
5. Reinforce. **We can remind each other to move more throughout the day. You can also move more at home.** Revisit your list and commitment every day, and check in with students about their stress levels.
6. You can also use a similar process to develop relaxation routines with your class.

Remote Adaptation

- When you do this activity with your students while meeting remotely, focus on ways to move while learning at home instead of ways to move in the classroom.
- **Virtual chart paper:** Instead of chart paper, create a document to capture students' ideas. Share your screen with students and type their ideas for how and when to move. Post the completed document on the online learning platform you're using or send it home to students and their families. Students can show their commitment by replying to the posted document with a thumbs-up emoji.

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After you've tried out this activity, help us make a better product for educators by taking a quick survey. Access the survey by visiting the link, or scan the QR code with your phone's camera. <https://tinyurl.com/yyxz92fr>

