

Classroom Activities



No Stress Test

Suggested Levels: 3-12

Time: Less than 5 minutes

Foundation: Cardio

Equipment: none needed

Objective: Promotes movement to refocus the brain while practicing key foundations.

Description: Make it a classroom tradition to have a walking break before a test or quiz to help everyone relax and focus.

Source: Modified from <http://www.coloradoinitiative.org>