

Bizzy-Break!

Get Ready.

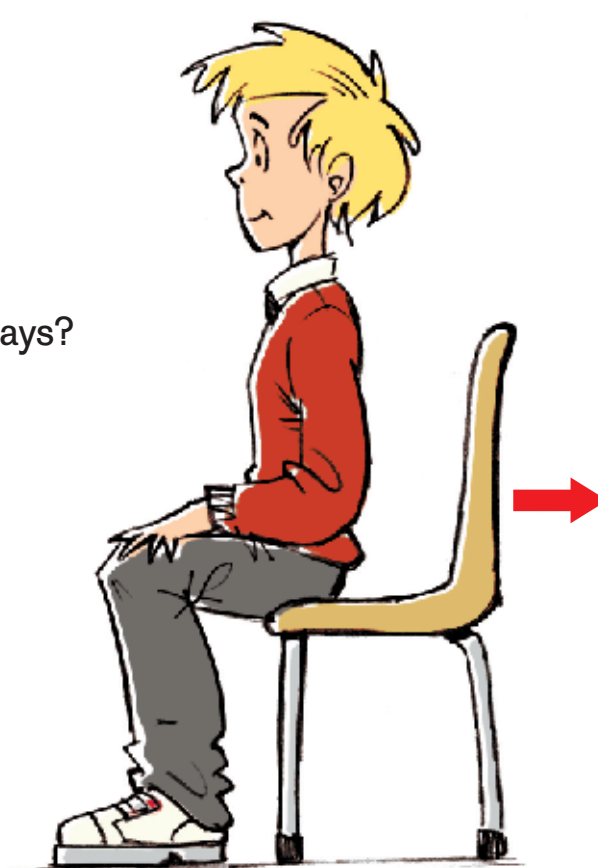
Looseners.

Safety Check!

- Put bags out of the way.
- Pens and pencils out of hands.
- No eating during Bizzy Break.
- Is there space between your feet?
- Are your shoe laces tied?
- Are you free to lean forward and sideways?
- Is it safe to twist your body around?
- Is it clear to swing your arms?

Sit-Up Check!

- Sit away from the back of the chair.
- Bums on edge of seat.
- Spread feet shoulder-width apart and keep firmly on the ground.
- Sit straight - shoulders over hips and knees over toes.
- Hands on thighs.



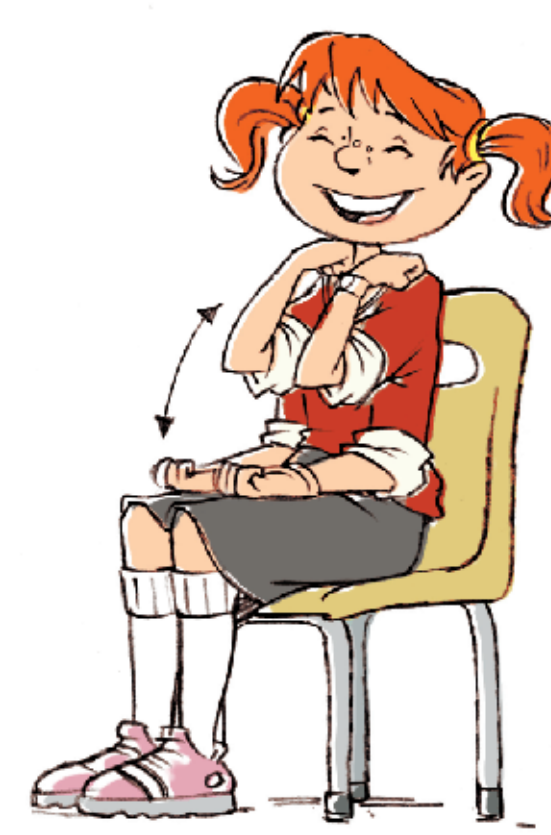
- Keep the movements small, slow and fluid - no snapping or jerking.
- Do not hold the actions.
- Breathe during the movements - sing, sigh or say things.
- Repeat each activity up to 8 times



1. Piano Play



2. Alphabet Trace



3. Weight Lifts



4. Shoulder Shrug



5. High Reach



6. Slo-Mo March



8. Press & Pull



7. Heel Touch

Check.

1. Arms.

2. Trunk.

3. Legs.

Huffers.

- Only do the **Huffers** after doing the **Looseners**.
- Do not stop between actions. Use on-the-spot walking as a transition or rest period if there are signs of over-exertion.
- Repeat each activity up to 8 times.
- Do not hold the breath - sigh, sing or huff.



1. Spot Walk



2. Hup March



3. Punch Bag



4. Side Step



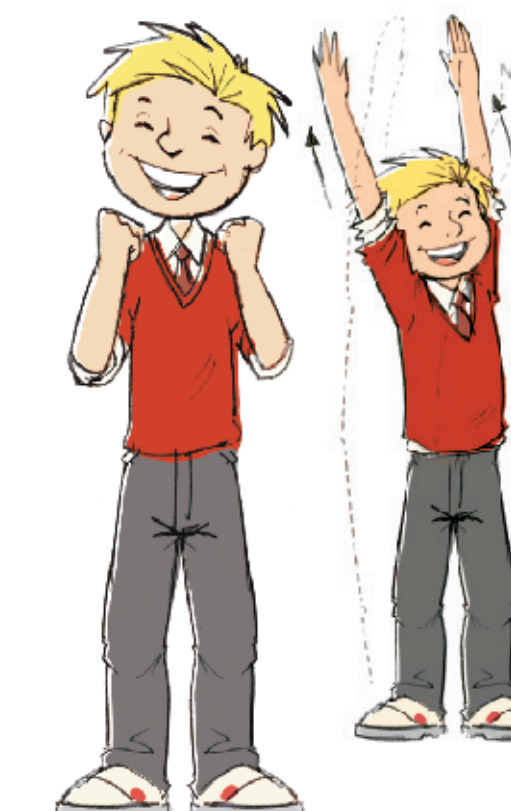
5. Bounceroo



6. Breast Stroke



7. Split Bounce



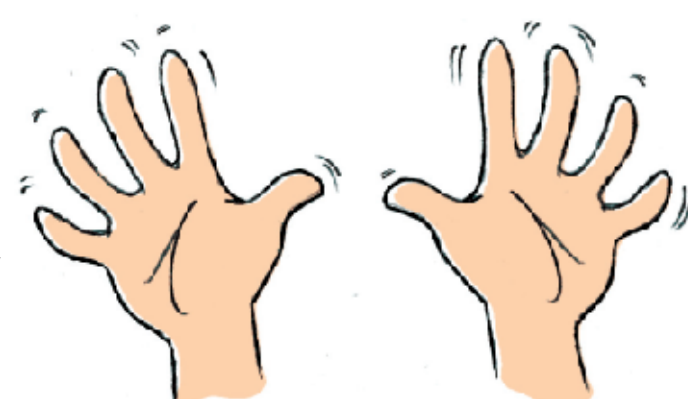
8. Sky Punch



9. Spot Walk

Stretchers.

- Do the **Stretchers** when the body is warm all over i.e. after doing the **Looseners** and **Huffers**.
- Use slow background music.
- Move into each stretch slowly.
- Stretch to the point of mild tension - then hold a breath for 5-10 seconds.
- Repeat each stretch 3 times for both sides of the body.



1. Finger Pan



2. Wrist Wrencher



3. Wing Wings



4. Bum Stretcher



5. Calf Stretcher



6. Shin Stretcher



7. Side Benders



8. Trunk Twister



9. Reacher Upper

1. Arms.

2. Legs.

3. Trunk.

A Physical Activity Break For Children.