

active **INDOOR RECESS** week

2.7.2022 - 2.11.2022

Join our free virtual Indoor Recess Workshop
MONDAY, 2/7, from 4:30-5:30

daily indoor recess activities

7

MONDAY

Dance: Set up a dance station at recess for students to move and groove!

8

TUESDAY

Activity Choice: Support student choice with 2 or more activity options at recess.

9

WEDNESDAY

Wind-Down: Wind down at the end of recess with a breathing exercise or stretch.

10

THURSDAY

Rock-Paper-Scissors: Play a game that involves Rock, Paper, Scissors.

11

FRIDAY

Cheer: Add spirit and movement to recess with a fun cheer!