

Sign-Up Schedule for Body Break

Please sign up for two dates, in groups of no more than four. Note that there are three pages. Listed below each date is a category of movement activities for you to facilitate.

Session 2 (September 10)

Stretch and Breathe – Gentle stretching combined with deep breathing for relaxation and body awareness.

Alvinna H.
Josephine S
Kailyn B

Session 3 (September 15)

Dance Break – Freestyle or follow-along dancing to music.

- Jake Plett

Session 4 (September 17)

Animal Movements – Imitating animals (e.g., bear crawl, frog jump, crab walk).

Zach Saunders, David Brinkman, Rainer Robb, Andy Cumming

Session 5 (September 22)

Field Trip (don't sign up for this one)

Session 6 (September 24)

Balance Challenges – One-foot balance, tree pose, or balance walk.

- Kailyn, Stefano, Josephine, Alvinna

Session 7 (September 29)

Fitness Circuits – Quick stations of jumping jacks, squats, planks, etc.

- Trishia, Cassidy

Session 8 (October 1)

Brain-Body Crossovers – Movements that cross the midline to stimulate both hemispheres (e.g., opposite elbow to knee).

- Manpreet, Rachel, Akashdeep

Session 9 (October 6)

Follow-the-Leader – One person leads a sequence of movements for others to mimic.

- Trishia, Allison, Cassidy

Session 10 (October 8) **Movement Games** – Simple games like Simon Says, Freeze Dance, or Red Light/Green Light.

- **Annika + Cerulean + Halle**

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Session 11 (October 15)

Jump and Hop Routines – Hopping, skipping, or jump rope-style movements.

Session 12 (October 20)

Yoga Mini-Flows – A short sequence of beginner yoga poses.

1. **Cerulean**

2. **Annika**

3. **Halle**

4. **Arshdeep**

Session 13 (October 22)

Imaginative Journeys – Pretend to travel through space, jungle, or ocean using themed movements.

1. Drake

2. Zoe O

Session 14 (October 27)

Clap-and-Step Rhythms – Body percussion and rhythmic stepping patterns.

1. Amanda Benson

2. Garrett Dosch

Session 15 (October 29)

Obstacle Pathways – Quick DIY obstacle courses using classroom or home items.

1. Caden B

2. Hailee B

3. Noah M.

Session 16 (November 3)

Power Poses and Marching – Energizing posture work and marching in place.

Session 17 (November 5)

Stretch and Freeze – Move, stretch, and freeze in funny or creative poses when music stops.]

-Alex Kennedy

-Candi Bezte

Session 18 (November 10)

Guided Meditation or Mindfulness Practices – One person leads a breathing exercise focusing on awareness.

- Mason Cameron
- Josh Cabildo
- Noah Martens