

Spring Break Week Extra Activities!

Below you will find a list of additional activities for you to do during this week if you have extra time and would like to! These activities are optional and not part of the Rainbow challenge.

Enjoy!

1. How Fast Does Your Heart Beat? (PK-2)

Students will perform three different dances to move, have fun and increase their heart rate. At the end of each dance they will self-assess their heart rate. Students should return to resting heart rate before starting the next dance. Students will then practice the "[Heart Breath](#)" technique until they can feel their heart rate decrease before starting the next dance.

Dance 1

- [Hokey Pokey - Human model](#)
- [Hokey Pokey - Animated model](#)
- **Cool Down:** Heart Breath

Dance 2

- [Get Funky 🎵 Funky Monkey Dance 🎵 Dance Songs for Children 🎵](#)
- **Cool Down:** Heart Breath

Dance 3

- [The Sid Shuffle - Ice Age: Continental Drift](#)
- **Cool Down:** Heart Breath

2. How Fast Does Your Heart Beat? (3-5)

Students will perform three different dances. At the end of each dance they will self-assess their heart rate. Students should return to resting heart rate before starting the next dance. Students will then practice the "[Heart Breath](#)" technique until they can feel their heart rate decrease before starting the next dance.

-Students will chart their results on a piece of paper or word document.

-Students should have at least six opportunities to assess and record their heart rate.

-Students will write down their heart rate before each dance and immediately after each dance.

Dance 1

- [KIDZ BOP Kids - KIDZ BOP Shuffle \(Dance Along\)](#)
- **Cool Down:** Heart Breath

Dance 2

- [Cha Cha slide](#)
- **Cool Down:** Heart Breath

Dance 3

- [Wobble instructional Video](#)
- **Cool Down:** Heart Breath

3. Maintain and Sustain (PK-2)

Students choose one of the fitness-based workouts below:

- The [Kids Fitness Workout](#) can be done independently.
- The [Kids Circuit Workout](#) can be done with another person.

Have students focus on participating at a rate that increases their heart rate without getting out of breath or too fatigued to continue.

4. Choose and Take a Virtual Vacation or Walk in the Park as a Family (PK-5)

- [Disney's Favorite Rides—virtually](#)
- [National Parks Virtual Tours](#)
- [Parks @ Home](#): Take a virtual walk in the Park! Learn more about our NYC urban park rangers and the many living things we encounter everyday.

5. Child's Play in Action Activities (PK-5)

_____Link: [Child's Play in Action](#)