**Sneak in a Break**

Monthly Campaign Announcements:

|  |  |
| --- | --- |
| Day 1 | This month we are going to learn about the importance of taking breaks. Being healthy means so many things, including taking some time out of our busy days to sneak in a break to have some fun, move around and eat healthy snacks! What’s your favourite way to sneak in a break? |
| Day 2 | Have you ever felt really tired or sluggish when sitting and working for a long time? Guess what?? – Your body needs a break from sitting, and your mind needs a break from working so hard! Start thinking about ways you sneak in a break so you don’t feel so exhausted after long hours of sitting in class. |
| Day 3 | How do you like to sneak in a break? Do you like to paint or draw, play outside, jump rope, or go for walk? How about try an activity from a DPA bin? Whatever you like to do, make sure that it is a healthy choice- your body will thank you! |
| Day 4 | Did you know that healthy kids learn better? By taking breaks and getting active, you are helping your brain and becoming a better learner. Try to sneak in a break every class to keep your minds ready to learn. |
| Day 5 | Let’s all sneak in a break this morning: Everyone stand up and quietly walk around the classroom and give everyone a high five. Please don’t leave anyone out. Sometimes a great way to sneak in a break is to spend time with your friends - this is “insert teacher’s name” favorite way to sneak in a break. |
| Day 6 | When you are thirsty, take some time to sneak in a water break. It is important to keep your body hydrated each and every day with this very healthy drink! Grab some water from the fountain on your way out for recess today! |
| Day 7 | Recess is a great time to sneak in a break at school. What are your plans for recess today? Maybe you could try making up a new game with your friends, or playing something you learned in Phys Ed class. Check out the bulletin board to see lots of fun ways you can sneak in a break! |
| Day 8 | Sneaking in a snack break throughout the day is important to keep your body healthy. Some healthy snacks might include apple slices with pea butter, a glass of milk and a blueberry bran muffin or some cut up carrot slices with hummus. Do you have a healthy snack for a break today?  |

|  |  |
| --- | --- |
| Day 9 | Did you know that if we don’t sneak in a break often enough our bodies and minds can become stressed? When our bodies are stressed, they do not work as well as they could. How are you going to sneak in a break today! Maybe your teacher will lead you through an activity from a DPA bin – the DVD bin has some really fun quick dance breaks to try! |
| Day 10 | Let’s sneak in a break together and take a trek across Alberta today! Everybody stand up by their desks and do the actions. Let’s:* climb the highest mountain in Alberta-Mt. Columbia (march on the spot)
* swim in Sylvan Lake(make swimming motions with arms)
* Shake hands with Premier Alison Redford (pretend handshake)
* Creep with the dinosaur bones in Drumheller (walk quietly)
* Wiggle as if we are on a ride at Galaxyland in WEM (wiggle on the spot)
* Lasso a horse at the Calgary Stampede (pretend to lasso a rope in the air)

You may want to send these actions out to teachers ahead of time.Great work at sneaking in a break this morning!  |
| Day 11 | How many people are hungry when you get home from school? Try to sneak in a break by making a delicious and nutritious snack… how about some almonds and a slice of cheese or a handful of snap peas and a glass of skim milk? What does your healthy break include? |
| Day 12 | Today, ask your teacher politely if you can sneak in a break do the Cha Cha slide. Pick a time that works for your schedule and write it down so you don’t forget. Have fun! Please email the link ahead of time to your teachers with a smart board- <http://www.youtube.com/watch?v=wZv62ShoStY&ob=av3e>*If you do not have smart boards:*Today, ask your teacher if you can sneak in a dance break by having a one-song dance party. Make sure that you show off your best moves for the whole song! Pick a time that works for your schedule and write it down so you don’t forget. |
| Day 13 | Why don’t you try to sneak in a family break this evening? You could ask your family if they would like to go for a walk. What a great time to talk about your day and explore your neighborhood! |
| Day 14 | Did you know that as kids, we shouldn’t be watching TV, playing video games or on the computer for more than TWO hours a day?!?! Be sure to check out the bulletin board to see lots of ways you can sneak in a break and get away from those screens! |

|  |  |
| --- | --- |
| Day 15 | Have you been thinking about sneaking breaks into your day? If you have a great idea of a healthy break, be sure to share your idea with your teacher. Maybe the whole class can take a break together today? If you’re searching for ideas – try an activity from the DPA bins. The scarf bin is INSERT TEACHER’S NAME’s favourite one! |
| Day 16 | Telling jokes and laughing is a great way to sneak in a break – here is a joke for you today:Q: What did the mommy broom say to the baby broom? A: It’s time to go to sweep.  |
| Day 17 | Sometimes a great way to sneak in a break is to find a favorite spot in your house and simply close your eyes and think about your day. Our brain really likes to reflect on what we have learned. Daydreaming can be a great thing to do, just not in the middle of class time! |
| Day 18 | Try out a new way to sneak in a break and move at recess: start a soccer game, have a hopping race with a friend, or show off your hip-hop moves. Maybe stop by the bulletin board for some fun break ideas you can try, and see if you are working so hard you end up huffing and puffing while running. |
| Day 19 | Is anyone having a crummy day? It is especially important that you sneak in a break today- try to run extra hard at recess or tell some hilarious jokes to your friends at lunch. You will see that your crummy day will turn into a great day! |
| Day 20 | At recess today, try to see if you can find new and creative ways to move on the playground equipment. Remember getting out and moving is a great way to sneak in a break! Check out the bulletin board for some new fun ideas on how you can sneak in a break today! |