

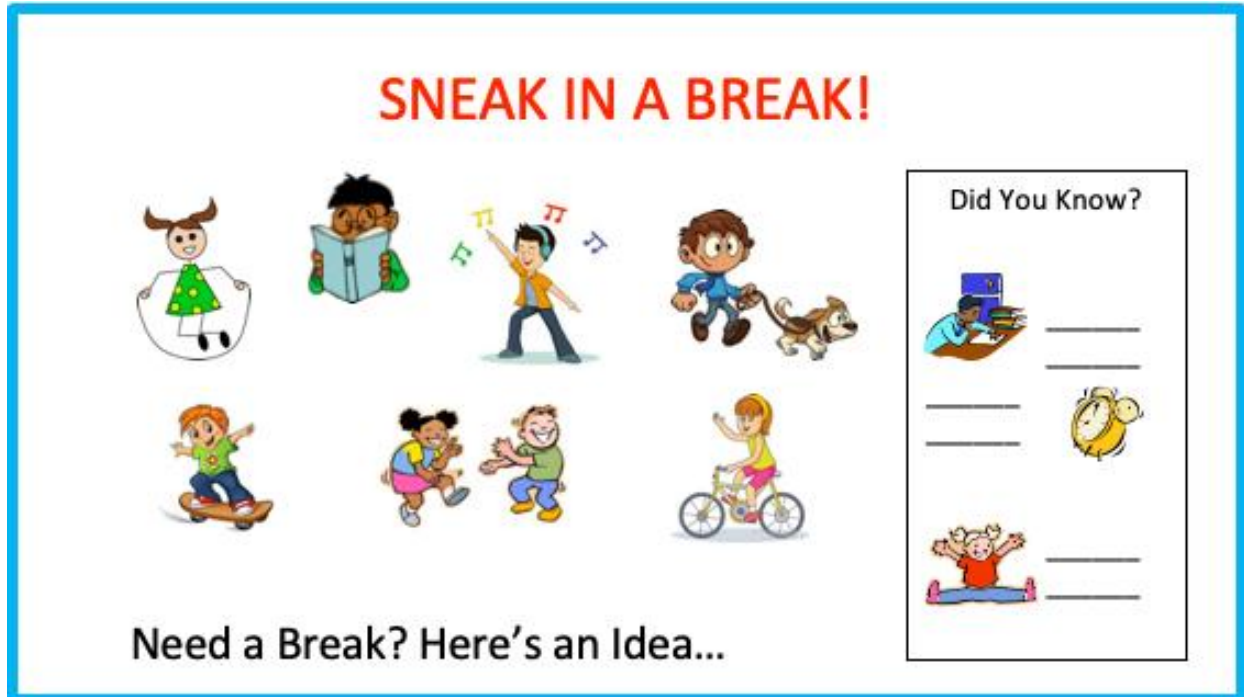
Sneak in a Break!

Monthly Campaign Bulletin Board

Theme:

This campaign focuses on ways to incorporate mini-breaks into your day.

Example Bulletin Board:



Classroom Instructions:

1. Ask students how they feel after studying hard for a test or working on an assignment on the computer without taking a break. Do they feel full of energy or do they feel tired and sleepy? Are there other things they notice about themselves after a long period of *intellectual work*?
2. Tell students that when we work hard on something and skip breaks, it can put their bodies and minds into a state of stress. When our bodies are stressed, they may not be able to keep us as healthy. We might get sick more often or we may feel more tired. When our minds are stressed, we may not be able to concentrate and make good decisions. We may also feel sad, angry or "burnt out". We need to take mini breaks (anywhere from 1-15 minutes) throughout the day, each and every day, to help our body and mind to relax, to concentrate better, and to stay as healthy as possible.



3. Talk about choosing healthy ways to take a break. Healthy breaks promote healthy lifestyles: going for a walk, singing a favourite song, or playing a game with a friend.
4. Get students to start thinking about ways that they can take mini breaks at school and at home. Have them start a list on their own. These ideas need to be healthy ways to de-stress or get active.
5. Using the student worksheet below, get students to pick their favourite way to take a break. Have them describe their idea at the top of the worksheet and then get them to draw themselves taking their favourite break.
6. Post all student work on the *Sneak in a Break!* campaign bulletin board. For older grades, put students in pairs to create a new game or activity to try in class, or at recess. Share these games on the bulletin board, or with student leaders to try on the playground. Students can present their game idea to class during physical education class, and the class can try to play it.

Bulletin Board Instructions:

This bulletin board has a “Did you Know” section that can be printed, cut out, and pinned to the board. Once students have completed their worksheet, post them on the board to showcase the many different and fun ways to take a break.

DID YOU KNOW?



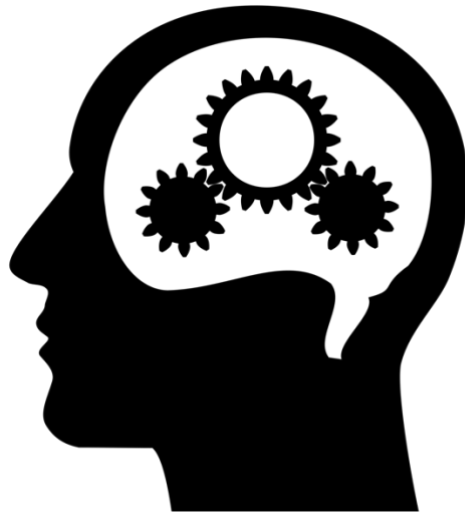
Sitting for a long time doing school work or watching a screen can be hard on your body and mind.



It is healthy to take mini breaks throughout the day.
Even taking 1 to 10-minute breaks will work!



Taking a break helps your body stay active and
healthy!



Taking a break helps your mind relax! After taking a break you can come back with more energy, and concentrate on tasks.



And, most importantly, taking a break is fun!

My Favourite Sneaky Break Is...

