

STARFISH THERAPIES

Making a Difference

Home School Activity Breaks

We know this is a new, uncharted, and challenging time for many families. With so many changes coming our way in the past couple weeks one thing that many people have in common is decreased opportunity for movement throughout their day. Distance and virtual learning can also provide more limited opportunities for kiddos to get up and move than they typically do in their school day.

Here is a fun and interactive chart that can be used to help stay moving and active throughout the day. There are 9 total activities - 1 activity for a mini-break each hour of the day 9am-5pm. Here are some ways to incorporate these activities into your day:

- **Make it a family competition!** Each family member gets their own print out - who can get the most check marks throughout the week?? These exercises are all great for kids of all ages - even adults!
- **Make it a personal competition!** Can your kiddo increase their logged time or amount completed a little bit each day??
- **Switch it up!** These activities are just some baseline suggestions. Does your child have an activity or exercise that they really love to do? Feel free to change one of these out or add a new line into your week!

	Monday	Tuesday	Wednesday	Thursday	Friday
Jumping Jacks	Amount:	Amount:	Amount:	Amount:	Amount:
Wall Squat	Time:	Time:	Time:	Time:	Time:
Plank	Time:	Time:	Time:	Time:	Time:
Stand on one foot	Time on R: Time on L:	Time on R: Time on L:	Time on R: Time on L:	Time on R: Time on L:	Time on R: Time on L:
Superman	Time:	Time:	Time:	Time:	Time:
Mountain Climbers	Amount:	Amount:	Amount:	Amount:	Amount:
Sit-ups	Amount:	Amount:	Amount:	Amount:	Amount:
Running in Place	Time:	Time:	Time:	Time:	Time:
Long Jump	Distance:	Distance:	Distance:	Distance:	Distance: