



## Ideas for Physical Activity Breaks in Meetings

*Benjamin Franklin once said,  
" You don't stop playing because you grow old, you grow old because you stop playing."*

The following are sample ideas for physical activity breaks. Some of them are taken directly from improvisational theater exercises and others were made up on the spot. Activities are limited only by your own creativity (and safety concerns). Mix and match motions with movement ideas or come up with your own. There is no right or wrong way to have physical activity breaks; however, you should be aware of the needs of persons with disabilities. For example, you can ask folks to "stand up or roll back" to begin an activity. Share your ideas, be willing to pretend like you are visiting a kindergarten class, and have fun!

### **Potential Motions**

balance	chew	go	pinch	rotate	skip	tap
bend	clap	hit	pirouette	ride	slide	throw
blow	climb	hop	poke	run	slip	turn
bounce	clog	jump	pop	sashay	slither	walk
brush	cycle	kick	press	serve	spin	wave
build	dance	levitate	pull	shuffle	swagger	wiggle
bump	float	lift	push	skate	swim	wipe
catch	fix	paint	roll	ski	swing	write

### **Movement Ideas:**

Can you:

- ... pounce like a tiger
- ... balance on a high wire
- ... climb a rope
- ... swagger like a cowboy
- ... swim the butterfly
- ... clog like you're on stage
- ... paint the fence
- ... wax the car
- ... shuffle like you just got out of bed
- ... float in the waves at the beach
- ... balance a ball like a seal
- ... wiggle like an inch worm
- ... push the donkey up the hill

- Can you stretch like you're a giraffe
- Can you pretend you're an elephant
- ... a cat
- ... a snake
- ... a bull frog
- Can you be
- ... a lumberjack
- ... a fireman
- Can you pretend you are
- ... a ball
- ... a flower
- Can you give 4 people high five
- Can you giggle like it's your birthday
- Can you sit down like it's time for school



## **Group Activities**

### *Writing Your Name:*

Raise your right hand. Pretend you have a pencil in your hand. Print your first name. Using your left foot, write your name in cursive. Pretend you have a pencil sticking out of your belly button. Print or cursive, write your first name. No abbreviations! Don't forget to cross the 't's' and dot the 'i's'. Every activity, even one as simple as writing your name or conducting a meeting, can be made fun.

### *Beach Volleyball:*

Pass out several invisible beach balls. Pass (carefully hit) them around the room. Play along. You may want to make a show of bringing the invisible balls into the room. "Hand" them out to folks to get them started. You can also use real balls and name them with the issues you are addressing. You have to keep all of the "issues" up at the same time. Invisible balls get more people active because people wait for the real one to come to them rather than pretend its already there.

### *Mr. Ed's School of Counting:*

Each hand clap counts as 1. Each foot stomp (or knee slap) counts as 10. Can you count to 4? Can you count to 32? What is  $5 \times 7$ ? What is  $144 \div 12$ ? Great job, give yourself 4!

### *Lead With Your Body*

Walk around the room while leading with a particular body part of your choosing. It could be a foot, shoulder, knee, hip, ear, whatever! Lead as if that part would hit the wall first if you walked into it. Freeze! Lead with a new body part. Freeze! Now come up with a unique sound to go along with your new walk.

### *Story Time*

Make up or find a short story (3-6 paragraphs) with lots of action words. As you read it out loud, the participants can act out every action.

**Rx:** Each person should get 15 laughs / day; 2 of them must be "belly laughs". (Share with the audience a demonstration)

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Need more ideas? Check out Whole Person Associates Inc. for the following books: *Instant Icebreakers* by Sandy Christian and Nancy Loving; *Mind-Body Magic* by Martha Belknap; and *Playing Along* by Izzy Gesell.

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