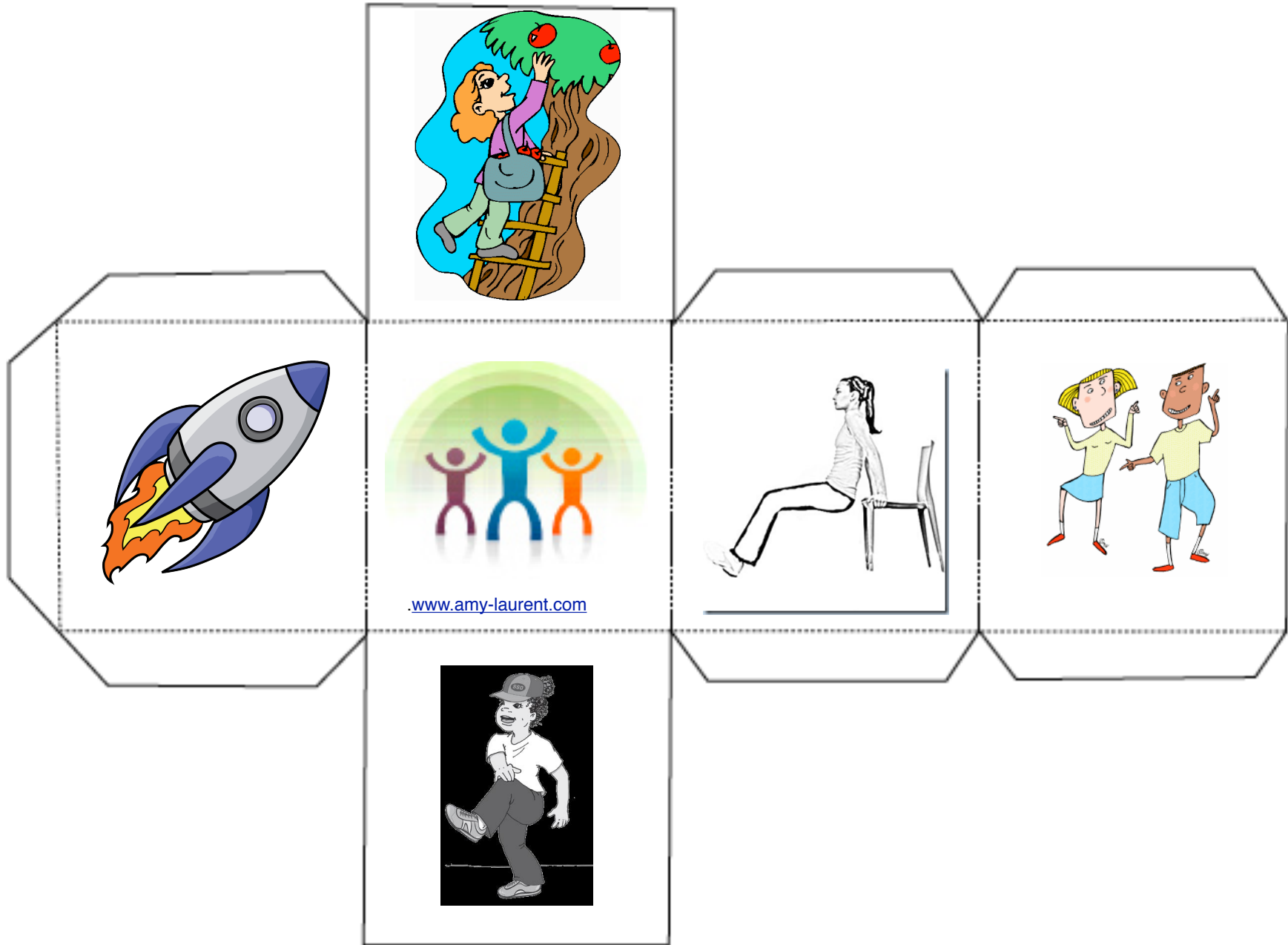
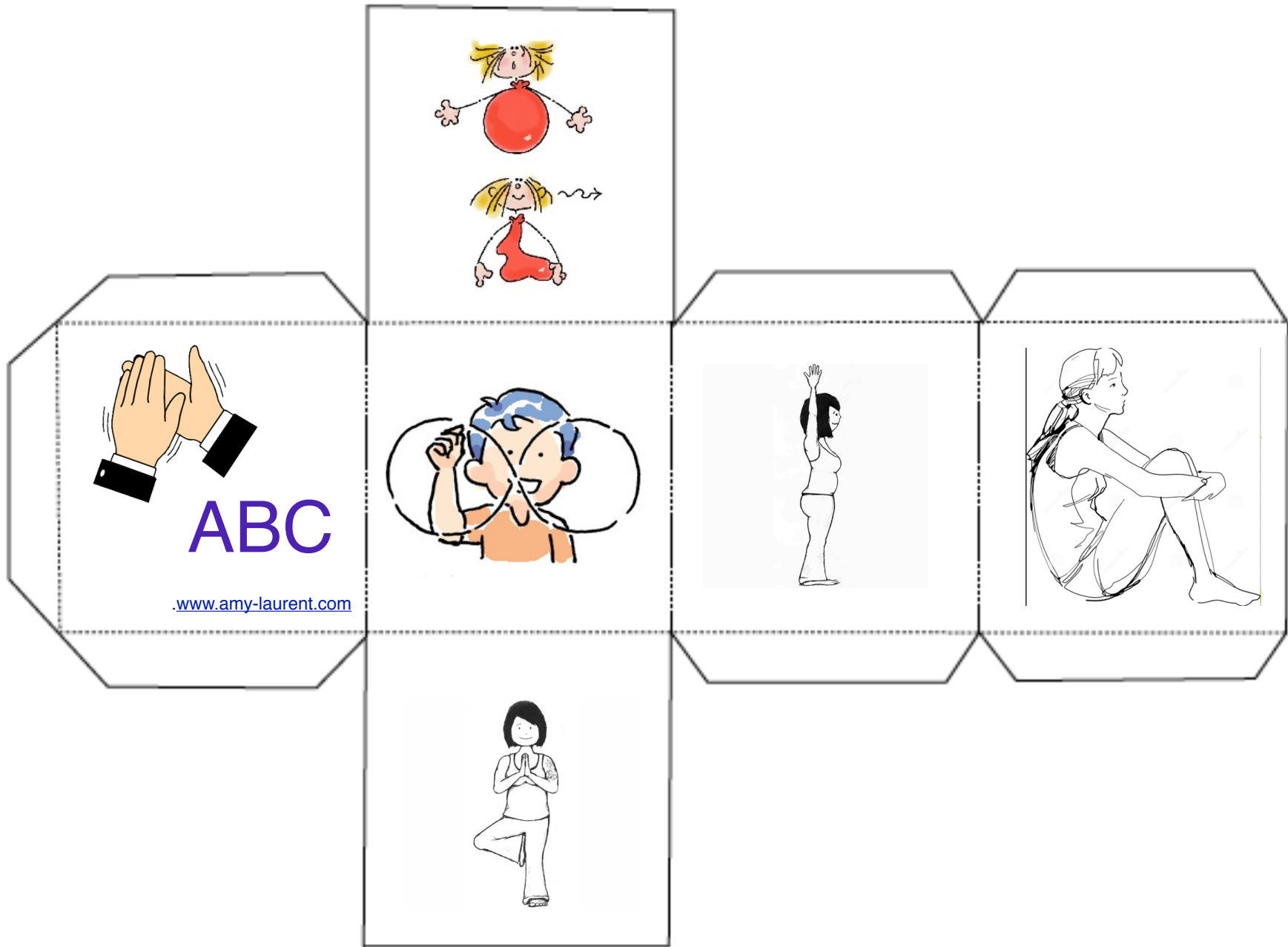


Regulation Break Dice!





Regulation Break Dice!

Strategies for older individuals

Body Breaks

Chair pushups - sit in chair
places hands on seat and pushes body up

Wall pushups- stand facing wall, places hands on wall
and pushes body away from wall

Toe touches - bend to touch toes

Shred paper- rip paper into small pieces

Yoga- Series of poses

Squats- wall squats

Brain Breaks

Belly breathing- place hands on belly
expand abdomen as inhale

Share a thought- turn to neighbor and share a happy
or positive thought

Pretzel arms- wrap arms right elbow under left, press arms
together

Tree pose- Stand on one leg, place other foot inside ankle,
calf, or upper thigh balance

Trace a lazy 8- trace lazy 8 on wall, desk, or in air

Finger count- count down from 10 tapping fingers on
table one at a time

Regulation Break Dice!



Rocket Jumps- crouch down, count down, blast off



Belly Breathing- hands on belly, expand on inhale



Hokey Pokey- sing a few verses



Seated child- sit and wrap arms around knees
put head on knees, count to 10



Jumping Jacks- pick a number



Tree pose- Stand on one leg, place other foot
inside ankle, calf, or upper thigh and balance



Chair pushups - pick a number



Clap alphabet- recite alphabet with solid rhythm



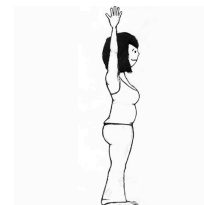
Pick apples - reach above head to pick the apple
reach down to ground to put in basket



Trace lazy 8 in air on desk or wall



Marching - alternate touching hand to opposite knee
pick a number or sing a song. Stay in one spot
or move about the room.



Mountain pose- hold for 5 breaths