

10 Rainy and Snow Day Activities

for Indoor Recess and PE
Volume II

Melinda Bossenmeyer, Ed.D.

Ten Rainy and Snow Day Activities for indoor Recess and PE Volume II

1. **In-School Breaks- American Heart Association**

These three-five minute physical activity ideas can be incorporated into any classroom. Here are some examples of how to get your students moving. Feel free to get creative and come up with your own!

https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_455767.pdf

2. **Yoga Calming Visuals**

Enjoy this freebie to use with your squirmy worries,. Three pages of calming stretch poses to use as a visual model for yoga in the classroom.

<https://www.teacherspayteachers.com/Product/FREE-Yoga-Calming-Visuals-for-Early-Childhood-or-Special-Education-1753904>

3. **Brain Breaks (Break it Down 35 fun quick and easy brain break activities).** Jamie Violi on Teachers pay teachers.

<https://www.teacherspayteachers.com/Product/Brain-Breaks-Break-it-Down-with-35-Fun-Quick-and-Easy-Brain-Break-Activities-573397>

4. **Brain Breaks Freebie: Roll a Brain Break**

Brain Breaks are not only fun, but essential for focus and learning. Your students will love each of these quick and challenging Brain Breaks and they will enjoy the novelty of rolling a die to select which one to do. Just display them with your document camera, add a die, and you are set to go - no extra materials are needed and each activity is clearly explained. These would be great to use with a sub or anytime you want to try something a little different.

<https://www.teacherspayteachers.com/Product/Brain-Breaks-Freebie-Roll-a-Brain-Break-1301545>

5. **Energizers for Elementary Schools- East Smart Move More North Carolina**

Elementary and middle school energizers are classroom-based physical activities that help teachers integrate physical activity and classroom concepts. These are short (10 minute) activities that classroom teachers can use to provide physical activity to children in accordance with the North Carolina State Board of Education's Healthy Active Children Policy.

https://www.eatsmartmovemorenc.com/wp-content/uploads/2019/08/Energizers_K-5_2015.pdf

6. GoNoodle

Teacher Testimonial- Amazing and useful technology that is super easy to use, beautifully designed, and crazy engaging. I love it, my students love it, my kids love it, my principal loves it, it is a hit! A “must use” tool for any classroom, or living room!

<https://www.gonoodle.com/>

7. Let's Move West Virginia- Active Schools

In alignment with “Let’s Move!”, America’s campaign to raise a generation of healthier kids, the West Virginia Department of Education supports and promotes the participation of students in daily physical activity, and is committed to supporting a healthy school environment. Let’s Move! WV is dedicated to solving the challenge of childhood obesity within a generation so that children born today will grow up healthy and able to pursue their dreams. Combining comprehensive strategies with common sense, Let’s Move! WV is about putting children on the path to a healthy future. Lots of ideas for physical activity in schools.

https://wvde.state.wv.us/healthyschools/documents/resource_guide_interactiveFinal.pdf

8. Stories in Motion- Physical Activity Breaks- Iowa Department of Education

Short stories that include action words which prompt physical activity! Utilize these stories in the classroom or childcare setting for short brain breaks. Developed by Iowa Team Nutrition. Sign in for download.

<http://www.teacherspayteachers.com/FreeDownload/Brain-Breaks-Free-716917>

9. Teaching in China

These are Brain Breaks Cards! They are activities that you can do with your class when they are too antsy to concentrate or you're losing their attention. They usually take only a few minutes and they help the students refocus! There are over 20 cards, and some blank ones are included so you can create your own! You may need to sign up for TPT in order to download these Brain Breaks. It's Free.

<http://www.teacherspayteachers.com/FreeDownload/Brain-Breaks-Free-716917>

10. Take A Break Cards- 5210

These Take A Break! Cards are an innovative and fun way to promote physical activity and mental alertness throughout the day. Pull out these cards whenever you feel your class needs a break! Each card contains a 3-5 minute activity to help students stay active and alert during class.

<https://www.greeleyschools.org/site/handlers/filedownload.ashx?moduleinstanceid=14648&dtaid=12831&filename=Take+a+Break+cards.pdf>