



**10 SETS OF FUN AND ENGAGING INDOOR
ACTIVITIES FOR RECESS, PHYSICAL
EDUCATION, AND AFTERSCHOOL PROGRAMS**

FOR INDOOR RECESS & PHYSICAL EDUCATION

VOLUME 4

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10 RAINY AND SNOW DAY ACTIVITIES FOR INDOOR RECESS & PHYSICAL EDUCATION

By Dr. Melinda Bossenmeyer

Are you looking for indoor recess games for elementary students? I've compiled a set of indoor recess games for download below. This list of rainy-day recess activities that could be used for classroom indoor recess games/activities or physical education activities on inclement days.

1. Take a Break Teacher Toolkit– Greeley Schools



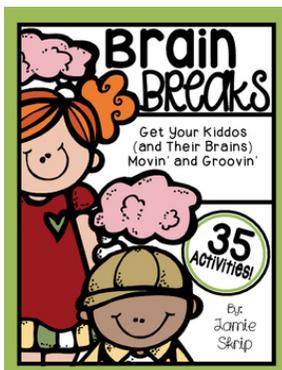
Did you know... research shows that students who are physically active perform better in school? Because physical activity wakes up the brain and gets it ready for learning, it's important that our students get opportunities throughout the day for movement. The district's Wellness Policy as well as the District

Administration support the goal of increasing physical activity for our students to support academic success. Teachers in District 6 are encouraged to get students out of their chairs and moving for 1-2 minutes every 15-30 minutes throughout the day. To learn more about integrating physical activity throughout the day and how this benefits students, check out the resources below.

Free Physical Activity Breaks for the Secondary Classroom. Includes Yoga Poses and Stress Relief Activities.

<http://www.coloradoedinitiative.org/wp-content/uploads/2014/08/CEI-Take-a-Break-Teacher-Toolbox.pdf>

2. Brain Breaks– Primary Ever After

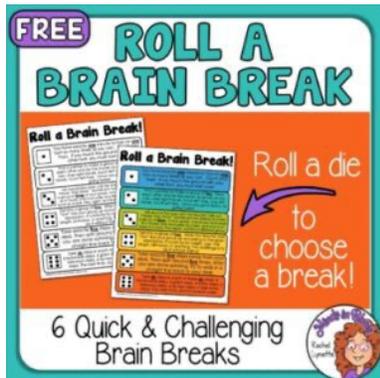


(Break it Down 35 fun quick and easy brain break activities for indoor recess).

35 fun, quick, and easy activities that will get your kiddos (and their brains) movin' and groovin'! A TPT Resource that has been downloaded more than 88,000 times. Created for the Primary Ever After Store. Visit her store here: <https://www.teacherspayteachers.com/Store/Primary-Ever-After-756>

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

3. 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 enjoy the novelty of rolling a die to select which one to do.

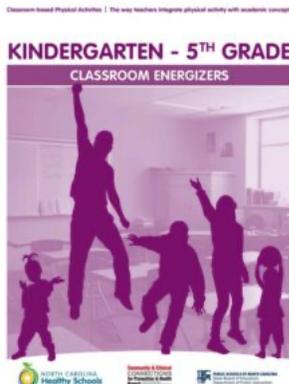
Developed by TPT Author -Rachel Lynette. This brain break has been downloaded more than 82,000 times.

Visit Rachel Lynette's store

at <https://www.teacherspayteachers.com/Store/Rachel-Lynette>

<https://www.teacherspayteachers.com/Product/Brain-Breaks-Freebie-Roll-a-Brain-Break-Quick-Fun-Activities-with-No-Prep-1301545>

4. 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. You can find additional information at <https://www.eatsmartmovemorenc.com>

<https://www.eatsmartmovemorenc.com/resource/energizers-for-schools/>

5. GoNoodle (great activity for indoor recess)

[Gonoodle.com](https://www.gonoodle.com)



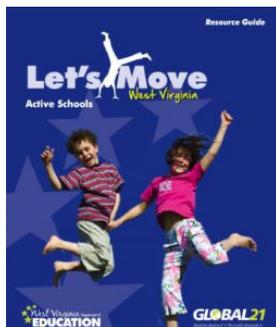
Brain Breaks are not only fun but essential for focus and learning. Your students will love each of these quick and challenging Brain Breaks and they will enjoy the novelty of rolling a die to select which one to do. Just display them with your document camera, add a die, and you are set to go – no extra materials 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. Amazing and useful technology that is

super easy to use, beautifully designed, and crazy engaging. I love it, my

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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!

6. [Let's Move Active Schools -West Virginia Dept of Education](#)



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 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.us/wp-content/uploads/2018/11/resource_guide_interactiveFinal.pdf

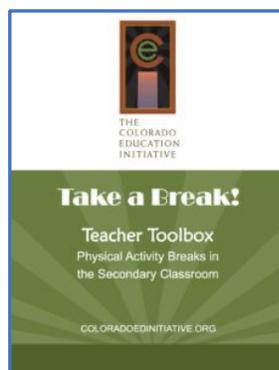
7. [Stories in Motion- Iowa Department of Education](#)



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.

<https://educateiowa.gov/document-type/stories-motion>

8. [Take A Break-Colorado Education Initiative](#)

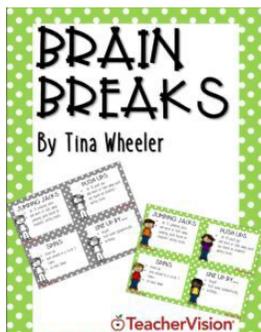


Physical Activity Breaks for the Secondary Classroom

When you move more, you learn more because healthy students learn better. Research shows that physical activity (PA) affects the brain in ways that allow students to be more engaged and ready to learn. Elementary students should not be the only ones to receive and benefit from PA breaks in the classroom.

<http://www.coloradoedinitiative.org/wp-content/uploads/2014/08/CEI-Take-a-Break-Teacher-Toolbox.pdf>

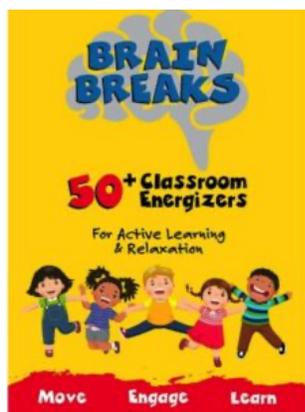
9. Take a Break Brain Break Cards- Greeley Schools



Brain break resources are everywhere! But what is a brain break? A brain break is exactly what it sounds like: a break for the brain. A brain break activity is intended to create a mental “pause” in order to help the brain to stay focused. Created by Tina Wheeler of Teacher Vision.

<https://www.greeleyschools.org/cms/lib2/C001001723/Centricity/Domain/817/Take%20a%20Break%20Cards.pdf>

10. 50+ Classroom Energizers- Iowa Department of Public Health

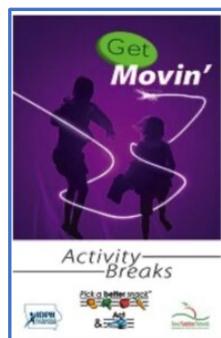


Children need at least 60 minutes of moderate-to-vigorous physical activity every day to support overall health. Most children fall short of this goal. Lack of physical activity can impact a child’s ability to do well in school. It can affect their memory, attention span, school attendance and grades.

Along with recess and physical education (P.E.) class, a 3-5 minute “brain break” can help students be more active. Not sure where to get started? Download this booklet for 50+ classroom brain breaks. Review the additional documents for helpful tips.

<https://hhs.iowa.gov/inn/play-your-way/brain-breaks>

11. Get Moving Activity Breaks- Iowa Department of Public Health



You’ll find more brain breaks for elementary students in this long-time favorite resource. Choose Energizers, Stories in Motion or Jammin’ Minutes.

<https://hhs.iowa.gov/inn/play-your-way/brain-breaks>