

HEALTHY ACTIVE YOUTH SEPTEMBER PRACTICE: *Establish A Brain Break Ritual*



WHAT WORKS WELL

- ✓ A supportive learning environment
- ✓ After school programs that offer a variety of physical activity options that are fun, recreational and life-long learning opportunities
- ✓ Staff actively participating and encouraging students to participate
- ✓ Offering short physical activity breaks, encouraging students to be active when sitting more than 30 minutes
- ✓ Using restorative approaches to support positive student behaviors.

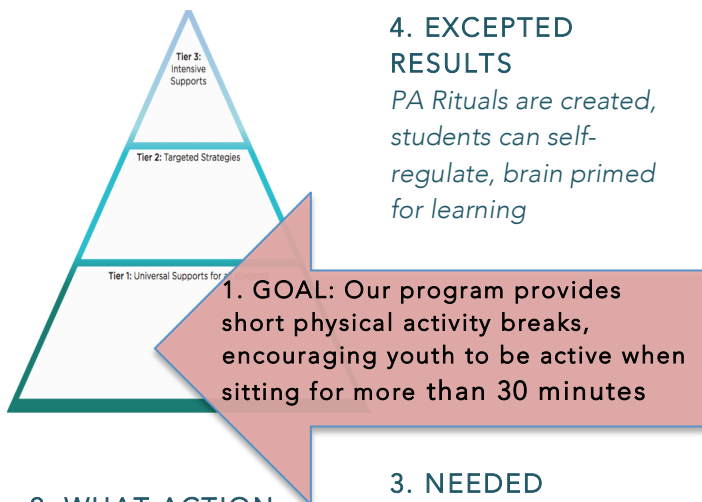
WHAT ISN'T WELL

Withholding recess, other physical activity or physical education as a form of punishment. This doesn't offer a chance for all students to be active.



Time spent in recess appears to have a positive relationship with attention, concentration, and on-task classroom behavior. Physical activity also helps with executive functions like sequencing, memory, and prioritizing. Physically fit youth have been found to better regulate impulse behavior and score twice as well on academic tests.

HEALTHY ACTIVE YOUTH: CONNECTING TO THE QAP



4. EXCEPTED RESULTS

PA Rituals are created, students can self-regulate, brain primed for learning

1. GOAL: Our program provides short physical activity breaks, encouraging youth to be active when sitting for more than 30 minutes

3. NEEDED SUPPORTS & RESOURCES

Community by-in, PA ideas/activities, space for staff to share ideas,

2. WHAT ACTION or STRATEGY is needed?
All staff is aware of goal, can model PA Breaks, students know expectation

SHAKE IT OFF, BREAK IT DOWN- It's All About the PA Break!

We've all heard the catchy pop song lyrics to Taylor Swift's *Shake It Off*, but how closely have you listened or given much thought to the lyrics. The song is all about taking our "weaknesses" and turning them into our strengths and reminds us that ...

- Being a hater is easy, destruction is easy BUT building, creating, developing, growing that's hard.
- We can't force people to think and feel the way that we do.
- How we react matters.
- Individuality is valuable.
- It's ok, and encouraged, to take a break and **BE SILLY.**
- You don't have to put others down to lift yourself up.

Take a BREAK, be SILLY! Try the **5,4,3,2,1 Break** that we all did at our August Institute or have your youth create the Break. Make it a ritual and give your youth and staff a chance to PRACTICE IT! Remember you have to teach the