

# Instant Recess®

## 10-MINUTE MOVES

### Pocket Card Tips, Games and Activities



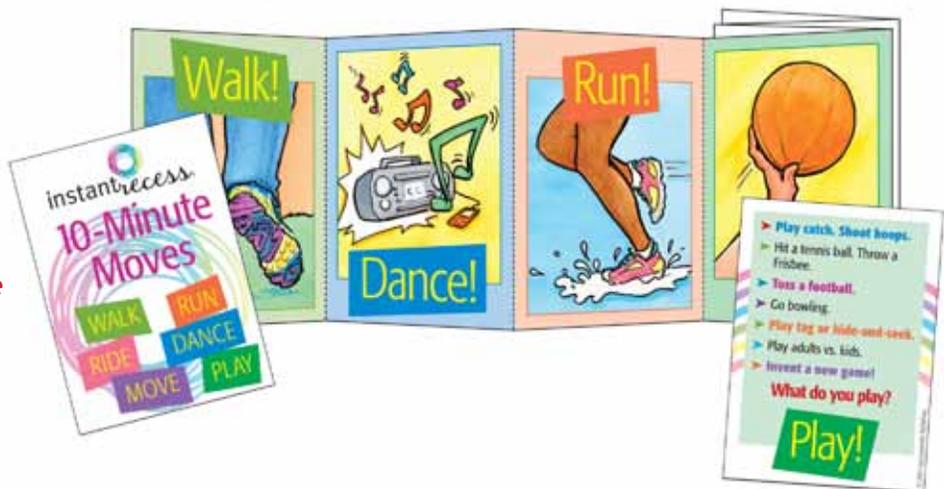
The **Instant Recess®: 10-Minute Moves** pocket card is a fun way to promote healthy active lifestyles for people of all ages. Use the pocket card to spark ideas and motivate individuals or groups to add 10-minute fitness breaks into their day.

The **Instant Recess®: 10-Minute Moves** pocket card works as a mini-brochure, and the panels can be separated along the perforated edges to become 2.5 x 3.5 cards—providing flexibility for interactive learning activities.

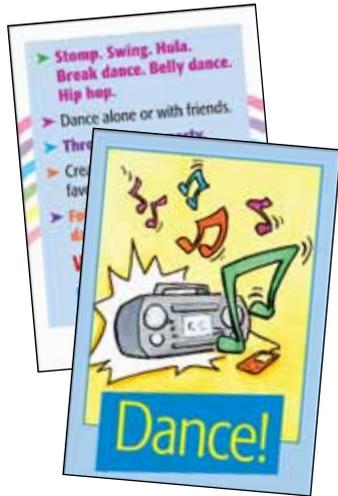
**Instant Recess®: 10-Minute Moves** pocket cards can be used as:

- discussion starters in a group or classroom setting
- the creative foundation for learning games and activities
- handouts at health fairs, community events or school assemblies
- send-home pieces to get the whole family involved
- trading cards to encourage physical activity—and because kids love to trade cards!
- prizes and incentives in classroom and other youth group settings
- reinforcements for your “get active” health and wellness messages
- as part of a larger **Instant Recess®** program in your school or organization

Here are just a few of the many games and activities you can do with these cards. (To play these games, take the mini-brochure and carefully separate them into individual cards.)



# Activities and Games for One or More!

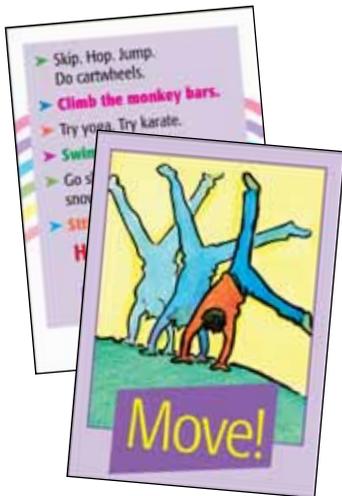


## I've Never Tried That

Read through all of the cards. Is there an activity that you have never tried? Make a plan to give it a go for 10 minutes.

## Think Up Three

Pick a card. Can you think of 3 other activities that use that type of movement? Can you think of 3 that you can do today? Now that you've thought of them, go ahead and do them—10 minutes at a time!

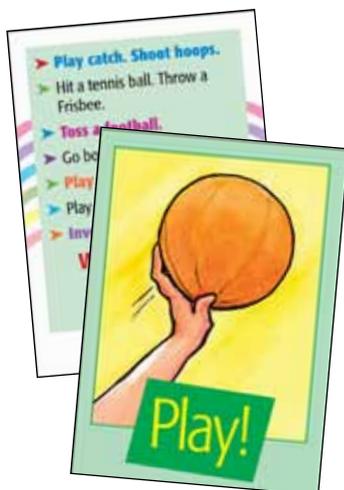


## Active Six

Choose an activity from each of the cards. Make a plan to complete all six. If you do them 10 minutes at a time it should take you 60 minutes, right? How long does it take you to do all 60 minutes? 1 day? 2 days? More?

## My Top 10

Read through all of the activities. Which activities are your favorites? Rate them from 1-10 with number 1 being your favorite activity. Then start at the bottom of your list and try to do at least one activity each day (or more if you like!). But set your sights on number 1. You will get there 10 minutes at a time!



Looking for games for classrooms or groups?  
Look below.

# Activities and Games for Groups Big and Small!



## Follow the Mover

Stand in a circle. Ask a person to pick a card. That person must choose a move that relates to the theme of the card and then lead the group in that movement for 2 minutes or more. Then another card is chosen by the next person in the circle, and that person chooses the next move. Continue until the group has been active for at least 10 minutes.

## Walk It Out

How many steps does it take to get to common destinations like the lunchroom, main office, gym or bathroom? Divide into small groups. Have each group walk to specific locations and count their steps. Have groups report back. Did every group have the same number of steps? Why or why not? (Different strides, different routes.) You could extend this activity with math or mapping activities.



## Play Time

Divide into small groups. Pass out 1 card to each group. Ask each group to invent a simple team/group game that can be played in 10-minute intervals that incorporates the movement on the card they were given. Each group takes a turn to lead the bigger group in a game during the next fitness break.

## 1+1 Is Too Fun

Divide group into pairs. Distribute cards, one to each person. For the first 5 minutes, both people must do an activity together from one card. For the next 5 minutes, do an activity from the second card.



## Play Station

Create activity stations throughout the room or outside, each related to a topic on the cards—walk, run, dance, ride, play and move. Divide into groups and have each group choose a card to decide which station they go to. For the first 5 minutes, they do an activity suggested on the card. For the next 5 minutes they brainstorm and do another activity within their category.

## What other games or activities can you think of?

We would love to hear your great ideas!

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