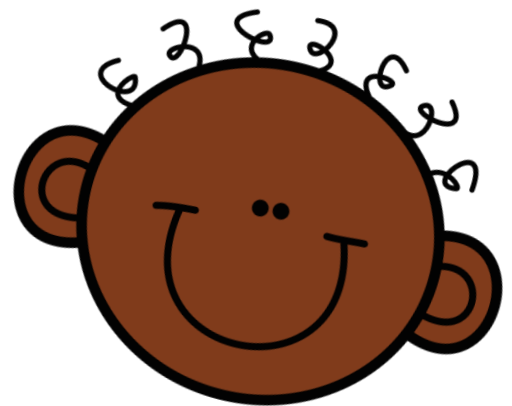
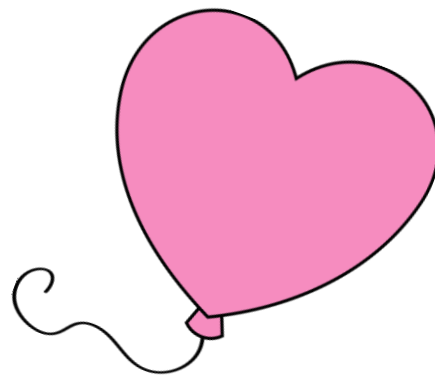
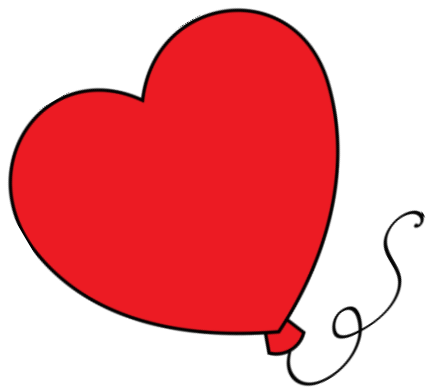


Valentine's Day

Wiggle Breaks

Movement Breaks for Elementary Students



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The research supporting Wiggle Breaks:

"Why Students Shouldn't Be Forced To Spend So Much Time Sitting at Desks in Class" by Valerie Strauss from The Washington Post

- "Physical activity improves brain elasticity, which allows children to learn more easily."
- "Exercise releases endorphins that make children feel more relaxed."
- "...the part of the brain that processes movement also processes learning. So when students are sitting still, the learning process is actually hindered rather than enhanced."

Valentine's Day Wiggle Breaks

Use these Wiggle Breaks to give your students movement breaks throughout the day! Cut out the cards. You can randomly pick different breaks to do when they need a wiggle break!

Put your hands over your head in the shape of a heart and stand on one foot. Switch sides after 30 seconds.

Would you rather eat chocolate hearts or candy hearts? (30 sec.)
Candy: pretend to jump rope
Chocolate: sit-ups

Do heart jumping jacks for a minute! (Form hands into a heart and then do a jumping jack.)

Spell Valentine's Day words while doing arm circles. (pink, red, love, heart, etc.)

Hold hands in shape of heart and do squats for 20 seconds.

Do you like pink or red roses? (30 seconds)
Pink: Push-ups
Red: Jog in Place

Valentine's Day Wiggle Breaks

Would you rather eat strawberry or cherry heart lollipops? (30 seconds)
Strawberry: Chair Yoga Pose
Cherry: Down Dog Yoga Pose

Would you rather eat vanilla or chocolate cupcakes? (30 seconds)
Vanilla: Warrior II Yoga Pose
Chocolate: Tree Yoga Pose

Would you rather drink pink lemonade or fruit punch at a V-Day party? (30 seconds)
Pink Lemonade: star jumping jacks
Fruit Punch: seal jumping jacks

There are 28 days in February (29 on leap years). Run in place for 28/29 seconds.

Would you rather play bingo or do the limbo at a V-Day party? (30 seconds)
Bingo: Run like a cheetah
Limbo: Stomp like an elephant

Would you rather make a clay heart or paint one on paper? (30 seconds)
Clay: Calf Raises
Paint: Hop on One Foot

Valentine's Day Wiggle Breaks

Valentine's Day is on February 14th. Do 14 lunges.

Would you rather eat a heart pizza or a heart soft pretzel? (30 seconds)

Pizza: High Knees

:Pretzel: Tuck Jumps

Would you rather get a box of chocolates or a bouquet of flowers on V-Day?

Chocolates: Criss-Cross

Jumping Jacks

Flowers: Frog Jumps

Would you rather eat heart donuts or heart pancakes? (30 sec.)

Donuts: Pretend to hula hoop

Pancakes: Side Stretches

Would you rather eat milk or dark chocolate covered strawberries? (30 seconds)

Milk: Quad Stretch

Dark: Butterfly Stretch

Would you rather make paper hearts or paper chains?

(30 seconds)

Hearts: Balance on one foot like a flamingo

Chains: Floss Dance

Fonts and Graphics:



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