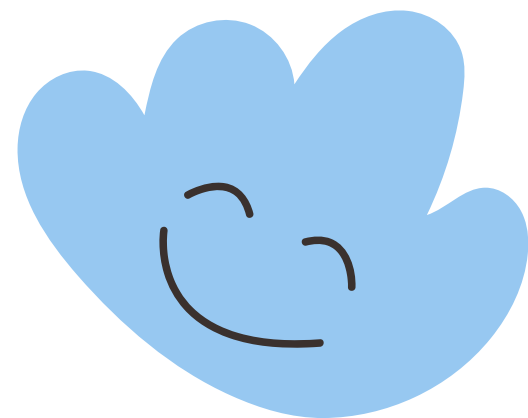
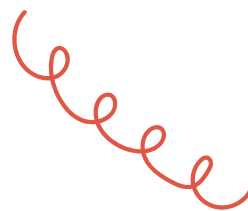


# RECESS ACTIVITIES



# Recess Activity Cards

## How to Play:

1. **Print & Cut:** Print the cards, cut them out, and shuffle them into a deck.
2. **Pick a Card:** At recess, draw one card at random.
3. **Do the Move:** Complete the activity on your card—jump, crawl, dance, or laugh your way through it!
4. **Repeat or Trade:** When you're done, pick another card or trade with a sibling or friend.
5. **Challenge Mode:** Set a timer to see how many cards you can complete in 5 minutes!



**Tip:** Parents can use the cards as quick “brain breaks” during lessons, too.



Jump like a frog  
10 times



Spin in a circle  
5 times



Run in place for  
30 seconds



Hop on one foot  
across the room  
(then switch feet)



Do 15 jumping jacks



Pretend you're an  
airplane and zoom  
around for  
20 seconds



Crawl like a crab  
across the floor



Do 5 push-ups (or  
"wall push-ups"  
for beginners)



Balance on one foot  
while counting to 20



March around the  
room like a  
marching band



Do 10 squats



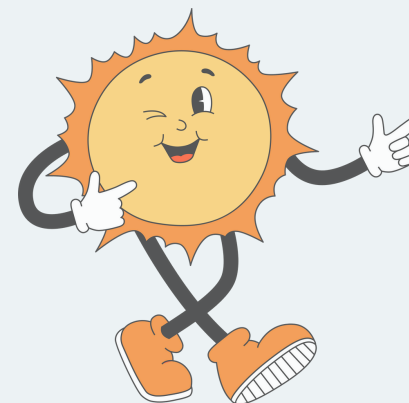
Pretend you're your  
favorite animal and  
move like it



Dance to your  
favorite song for 1  
minute



Jump rope 25 times  
(with or without a  
rope)



Do a silly walk from  
one wall to the  
other



Pretend to climb a  
mountain for 20  
seconds.





Walk on tiptoes like  
a ballerina for 30  
steps



Do 10 sit-ups  
(or try your best!)



Pretend you're in  
slow motion for 20  
seconds



Make up your own  
move and repeat it  
10 times



Bear crawl across  
the room and back



Do 10 star jumps  
(jump with arms +  
legs wide)



Pretend you're  
invisible and sneak  
around the room



Try some yoga  
poses and see how  
many you can do

# Build Your Own Obstacle Course

## ◆ Step 1: Pick Your Obstacles

(Choose at least 4 and set them up in order)

### **Crawl & Climb**

1. Crawl under a chair or table
2. Climb over a stack of pillows
3. Army crawl under a blanket "tunnel"

### **Balance & Step**

1. Walk across a tape "tightrope"
2. Balance on a rolled-up towel
3. Step in and out of chalk circles or hula hoops

### **Jump & Hop**

1. Jump over stuffed animals
2. Hop from pillow to pillow (stepping stones)
3. Leap over a broomstick or pool noodle

### **Toss & Aim**

1. Toss socks into a laundry basket
2. Bounce a ball into a bucket
3. Knock down cups with a soft ball

### **Spin & Dash**

1. Spin in place 5 times, then run
2. Do high knees to the finish line
3. Sprint across the room or yard

## ◆ Step 2: Time Yourself

How fast can you finish?

Challenge a sibling, parent, or friend to beat your score!



# Design Your Own Course

# Recess Scavenger Hunt

## Instructions

Take this list outside (or use it indoors on rainy days) and see how many items you can find or activities you can complete. Check off each one as you go!



## Outdoor Hunt Ideas

- Find something round (rock, ball, etc.).
- Spot a bird in the sky.
- Collect 3 different leaves.
- Find something that smells nice.
- Jump over a stick.
- Spot an insect crawling.
- Skip to the mailbox and back.
- Touch something rough and something smooth.
- Find a shadow (maybe even your own!).
- Draw a shape in the dirt with a stick.

## Indoor Hunt Ideas

- Find something that makes noise.
- Touch three different textures.
- Do 10 jumping jacks in the kitchen.
- Find something shaped like a square.
- Spot something blue.
- Balance on one foot for 20 seconds.
- Crawl under a table.
- Find something that smells yummy.
- Make up a silly dance move.
- Build a tower with pillows or blocks.





**Bonus Challenge**  
Draw your favorite thing you found today!





# Movement Bingo

## Instructions

- 1) Complete the activities in each square.
- 2) Mark them off as you finish.
- 3) Try to get 5 in a row (across, down, or diagonal) to win BINGO!



Do 15 jumping jacks	Crab walk across the room	Run a lap around the yard	Toss a ball into a basket	Hop on one foot 10 times
Do a silly dance for 30 seconds	Balance on one foot while counting to 20	Bounce a ball 10 times	Pretend to jump rope 20 times	Stretch tall like a tree, then small like a seed
Spin in a circle 5 times	Crawl under a chair or table	March like a soldier for 1 minute	Do 10 squats	Pretend to climb a mountain for 15 seconds
Walk on tiptoes across the room	Skip from one side of the room to the other	Leap like a frog 10 times	Bear crawl across the room	Do 3 cartwheels or somersaults (or roll across a mat)
Pretend you're an airplane and zoom around	Do 5 push-ups	Walk backwards across the room	Do high knees for 20 seconds	Make up your own move and do it 5 times

**Bonus Challenge: : See if you can fill the whole board by the end of the week.**