

Bizzy Breaks

COVID friendly

for Bizzy Bodies and Bizzy Minds



With links to support the wellbeing framework, the all new and updated **Bizzy Breaks** programme resources are available **FREE** to access via the QR code. All activities are designed to help manage physical distancing requirements and maximise limited availability of space.

✓ PHYSICAL ACTIVITY

- Junior, Middle & Senior Activities
- Poster, Video & Powerpoint Resources
- Transitions & Energisers

✓ MINDFULNESS

- Introduction to Mindfulness & Postures
- Guided Practice
- 10 Mindful Movements



✓ CROSS-CURRICULAR LINKS

- Links to Wellbeing Framework
- Learning Across the Curriculum
- Printable & Interactive Resources

The Odd One Out

Circle the one that is different in each row

1

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Refer to *Introduction to Mindfulness* at the beginning of this book for more information and tips on Mindfulness practice.

Mindfulness

Finger Surf

- ☆ Teacher guides pupils through the following mindfulness practice, using the script below.
- ☆ Pupils begin in **Sitting Mountain** posture.



Holding up the left hand with palm facing you, spread your fingers out like a starfish. Look at the middle of your starfish hand. Listen to your breathing, coming in... and going out... all by itself

Shhh... (whispering) When you are still and quiet, you can hear your body breathing (pause to allow pupils to focus on breathing).

Put Peter Pointer (index finger) from your other hand beside the thumb of your starfish hand (demonstrate placing pointed index finger at the edge of the wrist under the thumb).

Breathing in, Peter Pointer moves up the side of the thumb to the very top, nice and slowly, just like a feather. Barely touching the skin... like a gentle tickle...

When Peter Pointer is at the top of the thumb, we breathe out while he goes down the other side of the thumb, nice and slowly...gently like a feather...

Now let's keep him going, taking a breath in as he moves slowly and gently up the edge of the finger... then breathing out as he moves down the other edge, barely touching the skin...

- ☆ Continue across all fingers, breathing in when moving the index finger up and breathing out when moving it down.
- ☆ At the end of the pinky finger, reverse the direction and continue moving in the same way, all the way back to the thumb.
- ☆ Repeat on the other hand.
- ☆ To finish, allow hands rest on the lap. Pause, breathe normally and smile.



Alphabet Actions

Teacher puts on upbeat music and calls out the following verbal prompts for the following movement responses:

Equipment: Flashcards with letters of the alphabet.

- **A for apple:** Reach up high to pick an apple from a tree and place in an imaginary basket.
- **B for bouncing ball:** Dribble an imaginary basketball.
- **C for climbing:** Lift knees to hip level and reach arms overhead in climbing motion.
- **D for dancing:** Dance and move to the music.
- **E for elephant:** Bring palms together with straight arms to make an elephant 'trunk'. Bend down to get water from a stream and spray water over right shoulder and left shoulder.
- **F for frog:** Jump like a frog on the spot.



TOP TIP Encourage pupils to suggest other activities for different letters.

Learning across the Curriculum

This Bizzy Break can be used as a starting point to explore **letters** and **phonics**. You might like to try the below activities.

Visual Arts
Strand: Clay
Strand Unit: Developing form in clay

- Moulding first initial (or all letters) of name with clay, leaving unique fingerprints.

Primary Language Curriculum
Strand: Reading
Learning Outcome: (4) Phonological and phonemic awareness

- Reviewing what letters come next and what sounds they make.
- Writing words or drawing pictures of action words.



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First thing
in the
morning to
kickstart
the day

As a transition
between subjects



As an activity
to move
outdoors for a
movement
break



As a warm
up for PE or
sport



As an
energiser



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