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Healthy Breaks: Wellness Activities for the Classroom

Jenine De Marzo

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Healthy Breaks: Wellness Activities for the Classroom presents teacher-tested activities that take 5 to 10 minutes to complete. Kindergarten through sixth-grade classroom teachers can easily implement these wellness activities in their curriculum, and the activities supplement kids' physical education programs by promoting natural activity throughout the day. As a result, kids are better able to focus on their academic lessons.

This book serves as a supplemental guide for classroom teachers who want to integrate health, wellness, and movement within their classrooms, as well as a resource for physical educators who have limited gym space and resources. *Healthy Breaks* presents the following features:

• Tools for classroom and health teachers to promote wellness and provide health-related activities in the classroom

• Activities for before- and after-school program leaders to increase physical activity and wellness

• Clear and concise instructions that make it easy for any teacher to engage students in physical activity and academic learning

• Tools for meeting objectives of national wellness policies set by the National Association for Sport and Physical Education, the Centers for Disease Control and Prevention, and Physical Activity Guidelines for Americans

Healthy Breaks is the ideal multidisciplinary approach to promoting health and preventing disease in our most valuable resource: children.

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