

# Activity Sticks! – Make Your Own

***Activity Sticks are a great brain break activity that gets people moving! Just make a quick set yourself and use them anytime you need to move.***

## How to use them:

1. Ask students or participants to choose one of the sticks and read the activity aloud (or read aloud for the person if reading is a barrier)
2. Demonstrate how to do the activity on the stick
3. Have the class or group do the activity together
4. Ask another student or participant to choose another stick and do the activity together
5. Repeat until satisfied



## How to make it:

1. Buy a bag of plain craft (popsicle) sticks
2. Write different physical activities and durations on each one (examples down below)
3. Keep finished the activity sticks in a cup or other container until ready to use

## Activity Ideas:

- Strength Activities:
  - Squats – 10x
  - Jumping Jacks – 10x
  - Run in place – 20 seconds
- Stretching activities
  - Neck Circles – 5 each direction
  - Forward Fold – Hold for 15 seconds
  - Side Bend – Hold for 10 seconds each side
- Mindfulness
  - Take 5 deep belly breaths
  - Find 3 things in the room that are the same color
- And many more!
  - Get creative and make your own!
  - Ask students or participants to share some ideas too