

GO Strong

Research shows that activity breaks can help students' on-task behavior.*

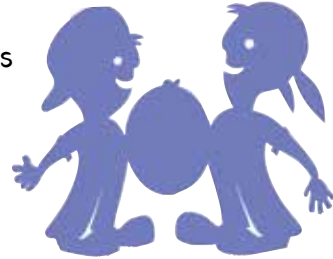
Week 2: Team Bubble Burst

Materials: 1 balloon for each pair of students in the class

Time: 15 minutes

Outside, choose a start line and a finish line about 25 to 30 feet apart. Pair up the students and have each pair stand at the starting line facing each other with their hands clasped behind their backs.

Place a balloon between each pair, and have the students hold it there with their chests.



When you give the signal, the students will work together to get their balloon to the finish line. The students may touch the balloon with their hands only if it drops. Then one student may pick it up and place it back in its starting position. Both players will then clasp their hands again behind their backs, then continue the race. If a balloon pops, that team must run back to the starting line, then to the finish line, and sit until all other teams have also crossed the finish line.

The winning team will be the first to cross the finish line and pop the balloon by stomping, squeezing, or sitting on it.

The race continues until all teams cross the finish line.



* Active Living Research. *Physical Activity and Academic Achievement*. San Diego, CA: Active Living Research, Robert Wood Johnson Foundation, February 2010. <http://www.letsgo.org/wp-content/uploads/mhtab09d23-physical-activity-and-academic-achievement-color-double-sided.pdf>