

## Activities for Getting Energised and Inspired

Get your day off to a good start with some of these fun activities. These activities are suitable for Primary Schools.

### 1. **The Gentle Morning Stretch:**

This activity can be done in the classroom provided there is space and people are aware of others around them so there they don't knock into each other accidentally.

Stretch up one arm at a time, then both arms together and then bring both arms down to almost touching one's toes.

Uncurl the body and bring up to standing position.

Roll the shoulders, three times towards the back and then three times towards the front.

Turn your head to the right as though about to look over your shoulder. Repeat to the left side.

Tilt head up and back and then down and return to centre. Roll the shoulders once more and repeat the whole procedure again.

You can build in other stretches as you wish – standing on tip toes for example.



### 2. **Rubber Chicken:**

Wanting to really wake everyone up then a game of rubber chicken is a great energiser.

Don't ask me why it's called rubber chicken other than the fact one might look like one of those floppy rubber chickens when one carries out the task and of course yelling out rubber chicken at the end.

Take the right arm and shake it counting down from 8. Then repeat counting down from 7.

Then repeat counting down from 6. Yes, you've got the idea. Once you have achieved 1 you can then start on the left arm by shaking it and counting down from 8, and then from 7 etc.

Repeat for the right leg and left leg and this time once you have achieved counting down to 1 everyone calls out Rubber Chicken and shakes their body all over. You might need to find an appropriate Stop signal. Everyone is now thoroughly energised and probably a little giggly!

### 3. **The Body Coach:**

Explore this You Tube video and get your class moving in the morning:

<https://www.youtube.com/watch?v=d3LPrhI0v-w>



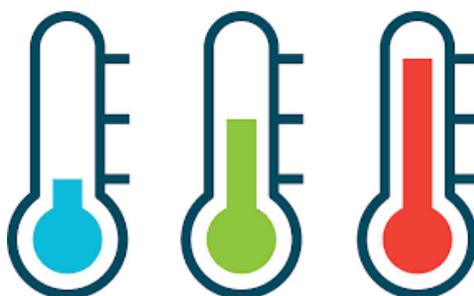
**4. Bursts of Exercise:**

This American website had some brilliant ideas for getting the body moving. You can select a quick burst of exercise by going to: <https://kidshealth.org/en/parents/elementary-exercises.html>



**5. Check in for the Day:**

Find out how your pupils are feeling at the beginning of the day with a temperature reading – Scale 1 (lousy) to 10 (Awesome). This helps to give one a sense of who had a good night and who didn't and might need a little special attention, encouragement or monitoring during the day. You could have a card which the children display on their tables or record how they are feeling on a thermometer at different times of the day.



**6. The Daily Mile:**

Mark out a track or trail in your playground or playing field and then take the opportunity at some point during the day (first thing, break time or lunch break) to walk a mile – or half a mile – or maybe even quarter of a mile. Try running instead. See if your pupils can do a little more each day.





**7. Let's Dance:**

Put on your favourite song and dance. Encourage the children to suggest a favourite dance song and create your own class playlist – so you can just get up and dance. Introduce some funky dance steps so that you can all strut your stuff together!



**8. Find your Inspiration:**

Start the morning off with an inspirational poem or reading.

**9. Not Just a Story:**

Explore one of the inspirational women from the Goodnight Stories for Rebel Girls by Elena Favilli (the stories don't just have to be at bedtime.) Or from Herstory by Katherine Halligan and Sarah Walsh. I have also caught sight on Amazon – Little People, BIG DREAMS series which has Women in Science; Women in Art; Inspiring Writers by Maria Isabel Sanchez Vegara.



There are inspirational stories for boys too. Stories for Boys Who Dare to be Different by Ben Brooks is a good starting place.

**10. Express Yourself**

Learning to express yourself is a valuable tool in communicating. It helps us to connect to each other and find things that we have in common. Expressing yourself through poetry, writing, music, singing, dancing, painting, sport and other hobbies helps us to relax and relieve our minds of day-to-day stress and worries. Take time to do something that you enjoy.

Be yourself and show what you are like through the way you dress. Why not wear something bright and cheerful? Dress up in your favourite clothes. Wear your hair a different way.

If we use our body language and facial expressions to show our moods and feelings, we can start to observe these in others and spot when they might need someone to talk to. Show that you are listening by nodding your head and keeping eye contact. Stop what you are doing and engage with whatever they are saying. It's good to talk.

