

For more on how physical activity can help alleviate stress check out <http://www.apa.org/news/press/releases/stress/2013/exercise.aspx>

## Instructional strategies

1. Invite students to share some strategies for relieving stress (if not noted (although that's unlikely), share how physical activity is a proven stressbuster Use the conversational jump off point (pun included!) for some physical activity that small groups of students can rotate through (e.g. stress-reducing activity stations). Here are just a few ideas to consider
  - Bouncy time – if you have mini trampolines or Bosu balls, pull them out for some bouncing fun. Rhythmic activities have a great stress-reducing effect and jumping can get that heart pumping!
  - Hoop it up– hula hoops can be loads of fun, spun around the waist or arms or used in other ways (check out this [resource](#) for more ideas). Students can use their time at this station to do something that gets them active with a hoop or two!
  - Stretch and de-stress – lay mats down for students to relax on and do some stretching. Consider printing/posting these great
  - Tug of war – life can feel like we're getting pulled in plenty of directions. Playing this game, even with just a small group, can help people get energized and work out some tension.
  - Walk and talk (or not) – sometimes just chilling out on a walk can be a great stress reliever
2. Challenge small groups of students to come up with an idea (or two) for an activity break that could be used in PE classes, at home or whenever and wherever! Ask them to come prepared for a future class, ready to share their activity with the full class. The key requirement is that they are moving their bodies – otherwise, the sky's the limit.



