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## PAK Book 4 - Exercise Breaks

University of New Mexico Prevention Research Center

The Indian Health Service (IHS) Headquarters Health Promotion & Disease Prevention

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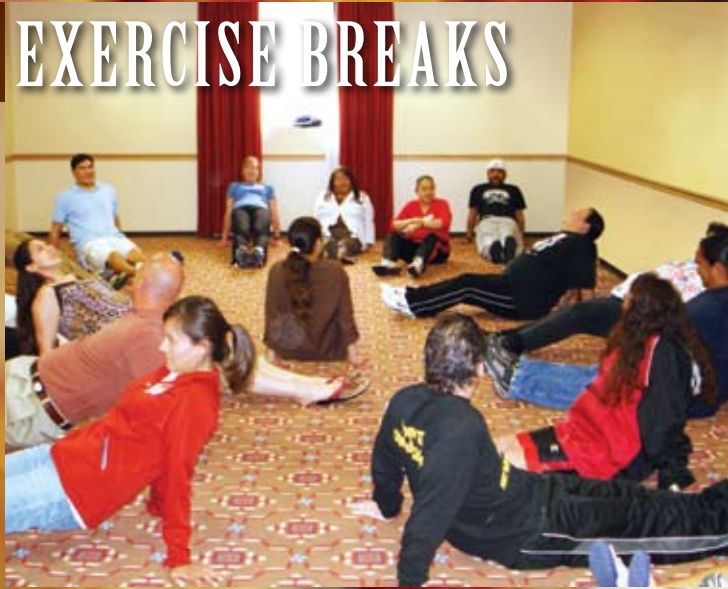
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# PHYSICAL ACTIVITY KIT (PAK)

*staying on the active path in native communities ... a Lifespan approach!*

**BOOK #4**

## EXERCISE BREAKS



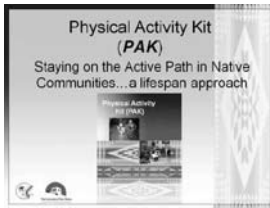
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## Physical Activity Kit (PAK) OVERVIEW

### Physical Activity Kit (PAK): Staying on the Active Path in Native Communities ...a lifespan approach!

The Physical Activity Kit (**PAK**) *Staying on the Active Path in Native Communities...a Lifespan Approach* strategy refines an effective and efficient method to package, implement, evaluate and disseminate culturally appropriate physical activity for American Indian/Alaska Native and other communities. The primary goal of the **PAK** is to increase the time spent in moderate to vigorous physical activity (MVPA) by promoting age and culturally appropriate physical activities across the life span of Native American communities. These physical activities are appropriate across age spans (Young People, Adults/Family, and Older Adults) and include various levels of activity: Warm-up (flexibility) Cardiovascular, Strength, Cool-down (flexibility).

The **PAK** strategy is a collaboration/partnership with:

- University of New Mexico Prevention Research Center (UNM PRC)
- The Indian Health Service with representation from IHS Headquarters (Divisions of Office of Clinical and Preventive Services: Health Promotion & Disease Prevention, Head Start, Nutrition, and the Community Health Representatives) and IHS Area Offices (Albuquerque, Portland, and Oklahoma).
- PAK Field Teams with representation from:
  - Aberdeen Area Teams: **Rosebud Sioux Tribe**, SD and **Sisseton Wahpeton Oyate**, Agency Village, SD
  - Albuquerque Area Teams: **Isleta Pueblo**, NM and **San Felipe Pueblo**, NM
  - Bemidji Area Team: **Sault Sainte Marie Tribe of Chippewa Indians**, MI
  - Billings Area Team: **Northern Cheyenne**, MT
  - Navajo Area Teams: **Ft. Defiance/Navajo/Window Rock**, AZ and **Sheep Springs**, AZ
  - Phoenix Area Team: **San Carlos Apache Tribe**, AZ
  - Portland Area Teams: **Plummer Coeur d'Alene Tribe**, ID and **Bellingham Lummi Tribe**, WA



Pictured: 2007 PAK Teams and Partners

The **PAK** strategy includes: 1) create a 'package' of physical activities that are culturally appropriate to American Indian and Alaskan Native communities; 2) train interested Field Teams from across the Nation to implement and field test the **PAK** in their communities; 3) conduct the **PAK** Summit/Reunion to collect information regarding the modification, acceptability and usability of the **PAK** in their communities; and 4) develop a strategy to distribute and disseminate PAK to American Indian and Alaskan Native Communities across the United States.

## Introduction of *PAK* Books

*PAK* promotes the building of positive attitudes towards fun and creative physical activity that reinforces the lifestyle of living in a Native American community.

**PAK Young People Book #1** contains fun and interactive physical activities for school-age children that can be used in the classroom or group settings. The physical activities include individual, partner and group activities.

**PAK Mt. Pathways<sup>1</sup> Challenge Book # 2** focuses on participant's progress through five trails with increasing levels of physical activity.

**PAK Modified American Indian Games<sup>1</sup> Book # 3** contains traditional games that have been modified to provide more opportunity for activity while retaining the original nature of the games.

**PAK Exercise Breaks Book # 4** contains simple and short duration (2-10 minutes) activity breaks that can be done in a small space with no equipment and set-up.

**PAK Young Children Book #5** contains physical activities and movement for infants, toddlers, and preschool children.

**PAK Adult/Family<sup>1</sup> Book #6** contains a variety of physical activities that can be done as a family. Activities include a community event which evolves around the Great Race as participants learn about the race between the two-legged and four-legged.

**PAK Older Adults Book #7** contains physical activities from the **Healthy Body Awareness<sup>2</sup>: Ats' iis' Baa' a' hwon dzin** (English translation -**Healthy Body Awareness**) a physical activity and nutrition education program for Navajo elders.

**PAK Resources Book #8** contains titles, descriptions and web links for physical activities resources.

**Native American Aerobic Dances:** Native American dance has been with us for as long as the beat of the drum has been heard. When we hear the beat we feel it in our feet and hearts. Dances can be done almost anywhere and with any number of people and are in **PAK Young People Book #1**, **PAK Adult/Family Book #6** and **PAK Older Adults Book #7**.

**Traditional Pow Wow Dances:** Pow-wow dancing is a great way to meet new friends and enjoy the company of others. It is a great form of exercise for anyone no matter what their fitness level and are in **PAK Young People Book #1**, **PAK Adult/Family Book #6** and **PAK Older Adults Book #7**.

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<sup>1</sup> Pathways – Obesity Prevention Program for American Indian Schoolchildren. <http://hsc.unm.edu/pathways>

<sup>2</sup> Healthy Body Awareness: Ats' iis' Baa' a' hwon dzin (English translation -*Healthy Body Awareness*)

# PHYSICAL ACTIVITY RECOMMENDATIONS

It is recommended that children and adolescents participate in at **least 60 minutes of moderate intensity physical activity most days of the week**, preferably daily. (Centers for Disease Control and Prevention, <http://www.cdc.gov/nccdphp/dnpa/physical/>).

Children and adolescents can choose any type of moderate to higher intensity physical activity, such as brisk walking, playing tag, jumping rope, or swimming, as long as it adds up to at least one hour a day.

Recommendations on how to increase physical activity based on your current activity level.

If...	Then...
You do not currently engage in regular physical activity,	You should begin by incorporating a few minutes of physical activity into each day, gradually building up to 30 minutes or more of moderate-intensity activities.
You are now active, but at less than the recommended levels,	You should strive to adopt more consistent activity: <ul style="list-style-type: none"> <li>• Moderate-intensity physical activity for 30 minutes or more on 5 or more days of the week,</li> <li>• Vigorous-intensity physical activity for 20 minutes or more on 3 or more days of the week.</li> </ul>
You currently engage in moderate-intensity activities for at least 30 minutes on 5 or more days of the week,	You may achieve even greater health benefits by increasing the time spent or intensity of those activities.
You currently regularly engage in vigorous-intensity activities 20 minutes or 3 or more days of the week,	You should continue to do so.

It is recommended that older adults participate in at least **30 minutes of moderate intensity physical activity on 5 or more days of the week**.

## What is “moderate-intensity physical activity?”

Moderate-intensity physical activity refers to any activity that burns 3.5 to 7 Calories per minute (kcal/min) (Ainsworth et al., 2000). These levels are equal to the effort a healthy individual might burn while walking briskly, mowing the lawn, dancing, swimming for recreation, or bicycling.

## What is “vigorous-intensity physical activity?”

Vigorous-intensity physical activity refers to any activity that burns more than 7 Calories per minute (kcal/min) (Ainsworth et al., 2000). These levels are equal to the effort a healthy individual might burn while jogging, engaging in heavy yard work, participating in high-impact aerobic dancing, swimming continuous laps, or bicycling uphill.

## ***Warm-up Activities (Flexibility)***

- Warm-up activities should be done before any other kind of cardiovascular or strength activities. They get your body ready to work a little harder. They help protect you from getting hurt while doing other activities.
- Walk a few slow laps inside or outside before starting these warm-up activities. Or, you can start them as soon as you get out of the vehicle, when your muscles have already been moving from getting out of the vehicle and walking into the building.
- Hold a chair or wall lightly for balance if you are doing these activities standing up.
- Many of the warm-up activities are light stretches. Do not over stretch or lock your joints and muscles.

## ***Cardiovascular Activities***

- Cardiovascular activities help your heart, lungs and blood vessels work better.
- These activities will probably make you sweat, get hotter, have a red face, and have faster or heavier breathing than normal and a faster heart rate.
- Guidelines suggest getting 30 minutes of cardiovascular activity on most days of the week. These 30 minutes can be broken down into 3 – 10 minute sessions.
- If you have not been doing much activity, start with only about 5 minutes of cardiovascular activity. Increase your time by 5 minutes a day each week as you feel comfortable.
- Cardiovascular activities should be done after warming up.
- Everyone has a different level of effort that they need to work in order to get benefits from cardiovascular activities. You will get used to your body's response to these activities. You should always make sure that you can still talk during these activities – this is called the “talk test.” If you cannot talk, you are probably working too hard and should slow down and take a break.
- After you have been doing these activities for a while, you may want to make them more difficult. You can do the following things to make activities more difficult but still stay safe:
  - Stand during the activities instead of sitting.
  - Increase the time that you do each activity.
  - Increase the intensity, or speed for each activity. For example, march more quickly, or punch your arms forward more quickly. Note that you should increase the time of the activity before trying to increase the intensity. -Add arm movements to activities that involve only your legs.

## ***Strength Training***

- Exercising your muscles will help you be able to keep doing the activities that you have to do everyday (such as cooking, cleaning, dressing, and bathing).
- Strength activities should be done slowly and smoothly. Don't lock your joints when you are lifting weight.
- Do not hold your breath when you are doing strength activities! This is very important because holding your breath will make your blood pressure go up.
- Breathe out when you are lifting or pushing and breathe in as you relax.
- Cut lengths of exercise bands about 3 feet (36 inches) long – use either thin or medium bands. The medium ones will make the activity a little harder for those who want that.
- Your muscles may be a little sore when you start doing strength activities. If they are very sore, though, you probably overdid it. Rest for a few days and start more slowly.
- A “set” is one group of 8 – 15 repeated movements. You should rest for about 1 minute between each set.

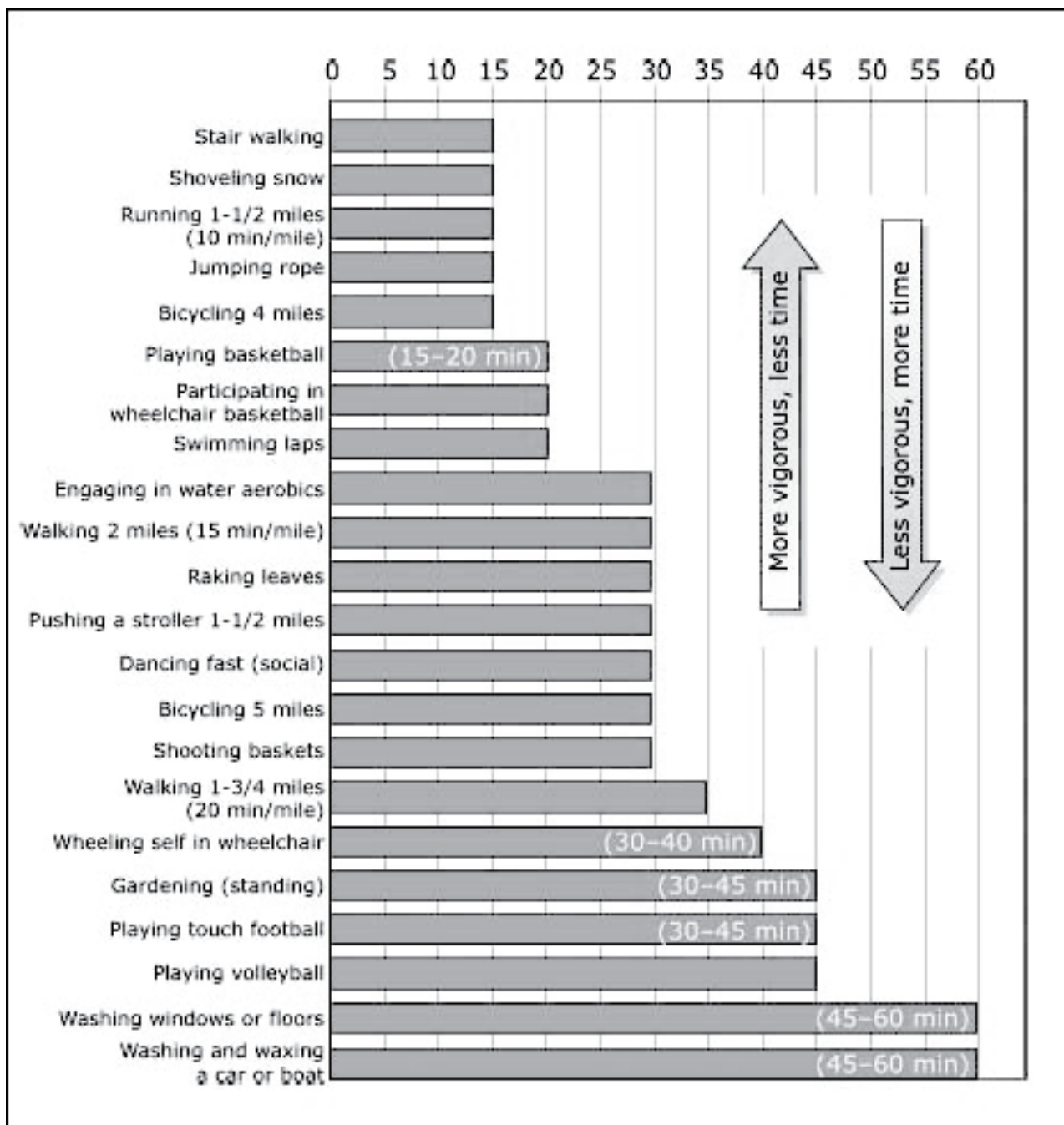


- At first, you should only do 1 set of each activity. Work up to 3 sets after a few months.
- When you can easily do a movement 15 times, you should lift more weight when you do the movement. Easy weights that you can find at home are frisbees, small cans of food, small bottles filled with water or dirt.

### ***Cool-down Activities (Flexibility)***

- Cool-down activities are done after your muscles and joints have been warmed-up well during other activities.
- Cool-down activities are mostly stretches to help you increase the flexibility of your muscles and joints. This is called increasing your “range of motion.” You can do these stretches as far as you are comfortable – no stretching should hurt while doing it.
- Stretching will also help you to not be sore from cardiovascular and strength activities.
- Stretching should be done smoothly without bouncing.
- Breathe out when stretching out.
- When bending forward, keep your back and shoulders straight, bending from the waist. Bend your knees slightly if you are bending forward or down.

## Number of Minutes of Activity Required to Burn 150 kcalories



\* All information was gathered from the Centers for Disease Control and Prevention website, Physical Activity Recommendations, <http://www.cdc.gov>.

**PAK - ICE BREAKER: AH SO YOU \***

**Type of Activity:** Movement

**Approximate Time:** 3-5 minutes

**Preparation:**

Have everyone stand in a circle.

**Instructions:**

1. Tell a story about this a Ropes course instructor who took a trip down to Brazil ran into a tribe of cannibals. Luckily he was quick on his feet and made up this game and got away and brought it back for us to play as one of our games.
2. Explain and demonstrate 3 positions:
  - **Au** - Position hand by neck  
Two possible directions depends on which person the fingers are pointing to (person to your left or person to your right)
  - **So** - Position hand on top of head flat  
Two possible directions depends on which person the fingers are pointing to (person to you left or person to your right)
  - **Ko** or **you** - point with both hands palm in palm pointing to anyone within the circle who starts the sequence again with **Au**.

**Variation:**

**PAK - ICE BREAKER: BACK STABBERS \***

**Type of Activity:** Group Movement

**Approximate Time:** 3-5 minutes

**Preparation:**

Have the participants stand.  
Clear a space so the participants move around.  
Identify the boundaries to stay in.  
Give each participant 3 clothes pins.

**Instructions:**

1. Each participant is trying to get rid of their clothes pins by clipping them onto the clothing of any other participant.
2. The only place to clip the clothes pins is ABOVE THE WAIST ON THE BACK.
3. Once all your clothes pins are gone, you jump up and down shouting "I am the Master Back Stabber".

\* Contributed by Healthy Native Community Fellowship

**PAK - ICE BREAKER: BING BANG BUZZ \***

**Type of Activity:** Memory

**Approximate Time:** 3-5 minutes

**Preparation:**

Have participants stand in a circle.

**Instructions:**

1. Each person sequentially says a number in a clockwise fashion until the number **7** or a factor of this number comes up and the person says **BUZZ** instead and the numbers continue.  
Example: 1, 2, 3, 4, 5, 6, **BUZZ**, 8, 9 10, 11, 12, 13, **BUZZ**, 15, 16, **BUZZ** 18, 19, 20, **BUZZ**
2. Add **BANG** for number **5** and the factors of this number.  
Example: 1, 2, 3, 4, **BANG**, 6, **BUZZ**, 8, 9 **BANG**, 11, 12, 13, **BUZZ**, **BANG**, 16 , **BUZZ** 18, 19, **BANG**, **BUZZ**
3. Add **BING** for number **3** and factors of this number.  
Example: 1, 2, **BING**, 4, **BANG**, 6, **BUZZ**, 8, **BING**, **BANG**, 11, **BING**, **BING**, **BUZZ**, **BING/BANG**, 16, **BUZZ**, **BING**, 19, **BANG**, **BING/BUZZ**, 22, **BING**, **BING**, **BANG**

**Variation:** Each time a word is replaced by a number the direction changes.

**PAK - ICE BREAKER: BUMPITY BUMP BUMP \***

**Type of Activity:** Movement

**Approximate Time:** 3-5 minutes

**Preparation:**

Have the participants stand in a circle.  
You be the person in the middle.

**Instructions:**

1. The object of the game is to point at any person in the circle, then say their name followed by **BUMPITY BUMP BUMP**, before the person pointed at says the name of the person to the left of them.
2. Unless the middle person says **RIGHT**, then the person must say the person name on the right before the middle person says **BUMPITY BUMP BUMP**.
3. If the person messes up the name or forgets all together then they take the middle position.

\* Contributed by Healthy Native Community Fellowship

**PAK - ICE BREAKER: BLOB \***

**Type of Activity:** Group Movement      **Approximate Time:** 3-5 minutes

**Preparation:**

Have the participants stand.  
Clear a space so the participants move around.  
Identify the boundaries to stay in.

**Instructions:**

1. This game is like tag but every time a person is tagged they become part of the **BLOB** by linking hands or arms with the person that is tagging.
2. Only the ends of the **BLOB** can tag and the **BLOB** must stay attached/linked hands or arms in order for the tag to count.

**PAK - ICE BREAKER: POPCORN/MOLECULES \***

**Type of Activity:** Group Activities      **Approximate Time:** 3-5 minutes

**Preparation:**

Have the participants stand.  
Clear a large space so the participants move around.  
Identify the boundaries to stay in.

**Instructions:**

1. Start moving in your own space. Try to stay as far as possible from everyone else and keep moving.
2. When the instructor says a number then you have to get in a group with that many people. If the instructor says 2 than everyone gets in pairs of two, three, four and so on.
3. People that don't make it into the number of groups called are out of the game.
4. You can put a time limit on when they have to be in their groups.

**PAK - ICE BREAKER: DRAGON TAIL TAG \***

**Type of Activity:** Group Activities      **Approximate Time:** 3-5 minutes

**Preparation:**

Have the participants stand.  
Clear a space so the participants move around.  
Identify the boundaries to stay in.

**Instructions:**

1. One person is designated as the dragon's HEAD.
2. Everyone lines up behind the HEAD in a single line connected by holding the waists of the person in front of you.

3. The last person is the TAIL and has the handkerchief tucked into the back pocket of pants.
4. The HEAD is the only person with 'free hands' and has to try and pull a handkerchief from TAIL at the back of the line.

PAK - ICE BREAKER: <b>TAIL TAG</b> *
--------------------------------------

**Type of Activity:** Group Activities      **Approximate Time:** 3- 5 minutes

**Preparation:**

Clear a large space so the participants move around.  
Identify the boundaries to stay in.  
Each person gets a piece of rope about 3 to 4 ft of rope.

**Instructions:**

1. Each participant will stick one end of the rope in either the loop of their pants or tuck in the pants. The rope must be long enough to touch the ground.
2. Try to step on other people's tail and make the tail drop on the floor.
3. Each person gets one chance to fix their tail by doing some type of exercise. Once the exercise is done they can return to the game.

PAK - ICE BREAKER: <b>SWORDS</b> *
------------------------------------

**Type of Activity:**      **Approximate Time:**

**Preparation:**

Have the participants put their chairs in a large circle.  
Identify one person to stand in the center of the circle.

**Instructions:**

1. A sword is put down on the middle spot.
2. The person in the middle has to pick up the sword touch another participant below the waist with the sword and place the sword back on the middle spot.
3. Then that person has to take the spot of the person that was tagged. The person that was tagged has to try to retag the middle person before the middle person touches the tagged person spot.
4. The sword must be put down on the middle spot area after each tag.
5. If the sword is not laying on the middle spot the tag does not count.

\* Contributed by Healthy Native Community Fellowship

**Type of Activity:** Group Activities      **Approximate Time:** 3-10 minutes

**Preparation:**

Have the participants stand.  
 Clear a space so the participants move around.  
 Identify the boundaries to stay in.

**Instructions:**

1. You are the captain of the ship and the people in the game have 3 seconds to follow your command.
2. Explain each place on the boat and each command and have the people practice that command.
3. You as the captain can either say a place on the boat (people will move in that direction from your position) or a command (people will demonstrate the actions in the command).

**Place on a boat**

<b>Port</b> = left side	<b>Starboard</b> = right side
<b>Bow</b> = front of boat	<b>Stern</b> = rear of boat

**Commands**

- |                      |   |
|----------------------|---|
| <b>Swob the deck</b> | (1 person) Standing up doing the motion of mopping with an imaginary mop  |
| <b>Man overboard</b> | (2 people) 1 person bends over and 1 person standing up puts one hand on the person back and the other hand over the eyes like they are looking far out for something |
| <b>Life boat</b>     | (3 people) 3 people get in a row and sit on the floor or squat and pretend like they are rowing a boat  |
| <b>Light house</b>   | (3 people) 2 people make a bridge connected by the hands arching over the head of the third person in the middle turning around in one place.                         |
| <b>Galley</b>        | (4 people) 4 people pretend to eat around a round table. People should bend their knees spooning food into their mouths.  |
| <b>Octopus</b>       | (4 people) 4 people sit back to back interlocking arms. The legs represent the octopus's arms.  |

**Variation:**

- Activity can be played as elimination of people who don't properly match the number of individuals for the command.
- Say "Mingle, Mingle" to have people move about the area until a command is given.

**PAK - ICE BREAKER: HAVE U EVER \***

**Type of Activity:** Group activities      **Approximate Time:** 3-10 minutes

**Preparation:**

Have the participants put their chairs in a large circle.  
Identify one person to stand in the center of the circle.  
Ask participants to think of questions they can ask the group that they have done in the past. Try to think of positive questions that relate to the theme or objectives of the activity or gathering. Think of questions that will get everyone up off their chair and moving.

**Instructions:**

1. The person in the middle asks the question, "Have your ever \_\_\_\_\_?" Example: Have you ever walked for 10 minutes?"
2. Each person that has a 'yes' response to the question (everyone that has walked for 10 minutes) will get up out of their chair and move across the circle to another chair across the circle from them.
3. The person left within a chair will now stand in the middle and ask the next question, "Have you ever \_\_\_\_\_?"
4. You cannot move to a spot next to you, it will have to be across from you or at least one chair away.

**PAK - ICE BREAKER: INSTANT IMPULSE \***

**Type of Activity:** Group Activities      **Approximate Time:** 3-5 minutes

**Preparation:**

Divide teams into two groups as equal as possible. Ideal # is 5-10 per team.  
Ask team to sit facing each other in two lines.

**Instructions:**

1. Place a fleece ball or some object in between the last two people in the line. The last player is to rest their free hand on their knees.
2. Everyone is blindfolded or eyes closed, except the two people in the front of the lines have their eyes open to see when to start the impulse.
3. Ask each team to decide on a signal to send down the line to let the other person know – without talking. Remember to tell them no talking.
4. Flip a coin (Heads starts the impulse and tails is a flip over). Once heads is seen the first person on the team can start the impulse down the line and the last person to receive the impulse grabs for the ball/object.
5. Whichever team gets the ball/object wins. The team that wins get to rotate the person at the end goes to the beginning.

\* Contributed by Healthy Native Community Fellowship



**Type of Activity:** Group Activities      **Approximate Time:** 3-10 minutes

**Preparation:**

Have the participants stand.  
Clear a space so participants can move around. Identify boundaries.

**Instructions:**

1. Explain the actions that go with each statement and have the participants practice/demonstrate the statements.
2. Announce a direction (people will move in that direction from your position) or a statement (people will do the actions in the statement).

<u>Directions</u>	North	East	South	West
<b>Sweep the hogan</b>	(1 person) One person move around and pretend they are sweeping the floor.			
<b>Rez dog</b>	(1 person) One person act like you are going to pick up a rock to throw it at a dog that is coming to get you.			
<b>Chill</b>	(1 person) Walk around with hands in pockets just chilling.			
<b>Look for sheep</b>	(2 people) One person bends over and the second person places one hand on their back and the other hand over the eyes like they are looking for something far away.			
<b>Picking up cans</b>	(2 people) One person steps on a can & bends down to pick it up to place in a sack held by the second person.			
<b>Smoke signals</b>	(2 people) One person squats down with hands moving like flames of a fire, the second person is moving a blanket up and down above the fire.			
<b>Squaw dance</b>	(3 People) Three people interlock hands and pretend they are at the squaw dance dancing in a circle.			
<b>Fried Bread</b>	(3 people) One person is the fire (squats down with hands moving like flames), second person is the pan (hands together in the shape of a pan) and the third person makes fried bread (kneading dough).			
<b>Navajo Police</b>	(3 people) 2 people raise their arms to create an arch as the third person spins beneath the arch representing police lights and says 'woo-woo' like the siren.			
<b>Commodity cheese</b>	(4 people) get in line with their hands out like they are waiting to receive something.			
<b>Flea Market</b>	(4 people) at a table eating mutton stew and fried bread.			
<b>Bicycle</b>	(5 people) line up. One person sits on the handle bars, second person holds the handle bars, third & fourth person sits and fifth person stands on the rear wheel with his/her hands on the person in front of them, shoulders.			

\* Contributed by Healthy Native Community Fellowship

**PAK - ICE BREAKER: ARUCHACHA \***

**Type of Activity:** Movement

**Approximate Time:** 3-5 minutes

**Preparation:**

Have participants stand.

**Instructions:**

1. The saying goes, "**Aruchacha, aruchacha,cha A RU CHA CHA, CHA**"  
"It's a little of this, It's a little of that"
2. Teach the above line and then add things to do as you go along,
3. Add **Thumbs Up**, [Move up and down at the same time sing the above)
4. Thumbs Up, add **Elbows Together** (move & sing the above)
5. Thumbs up, Elbow together, add **Knees Together** (move & sing the above).
6. Thumbs up, Elbows together, Knees together, add **Butt Out**, (move & sing the above).
7. Thumbs up, Elbows together, Knees together, Butt Out, and **Tongue Out** (move & sing A RU CHA CHA, A RU CHA CHA, CHA)

**PAK - ICE BREAKER: AUSTRALIAN BUMPER QUACKIES \***

**Type of Activity:** Movement

**Approximate Time:** 3-5 minutes

**Preparation:**

Have the participants stand.

Clear a space so the participants can stand in a circle, holding hands and leaving one area open in the circle.

**Instructions:**

1. Ask for one or two volunteers that are going to be blind folded.
2. The blind folded people have to touch their knees with their hands and can move back-wards trying to beat the other out of the circle.

**PAK - ICE BREAKER: BALLOON RACE WITH KNEES \***

**Type of Activity:** Group Activities

**Approximate Time:** 3-5 minutes

**Preparation:**

Have the participants stand in a line.

Have one or two teams.

**Instructions:**

1. Each team had a balloon.

2. First member places the balloon in between the knees.
3. The team has to pass the balloon all the way to the end without dropping it or touching it with their hand. If anyone drops or touches the balloon with their hands, the balloon starts at the beginning.
4. The person in the back then walks the balloon between their knees to the front of the line. The rotation continues until each person is back in the same position where they started.

<b>PAK - ICE BREAKER: CAT AND MOUSE *</b>
---

**Type of Activity:** Partner Activities

**Approximate Time:** 3-5 minutes

**Preparation:**

Get the group in one big circle.  
Have them pair up with someone by interlocking arms.

**Instructions:**

1. Ask for two volunteers and ask which one wants to be the cat “or” the mouse.
2. Let the group know that the cat or mouse can hook into the pairs arm. The two people become the cat or mouse depending on who hooked in their group.
3. The three (3) of them hook into another pair.
4. The game continues until whoever has the most people in their group. The largest group will be the ‘cats’ or the ‘mice’.

<b>PAK - ICE BREAKER: FLIP ME A BIRD *</b>
--

**Type of Activity:**

**Approximate Time:**

**Preparation:**

Have the participants stand.  
Clear a large space so the participants move around.  
Identify the boundaries to stay in.  
Need a soft bean bag to be the bird (may have more than one bean bag)

**Instructions:**

1. This game is very similar to tag.
2. Identify the number of birds (bean bags) being used in the game.
3. Identify the “IT” person or people.
4. Depending on the group size you can have as many birds as you want. Explain that the bird is like a safety but has to be shared with everyone.
5. The bird is taken out of the game if it is intercepted by the “IT” person or if it falls out of bounds or on the floor.
6. The tagger or “IT” person tags as many people as he or she can.

\* Contributed by Healthy Native Community Fellowship

**Type of Activity:**

**Approximate Time:**

**Preparation:**

**Instructions:**

**Toss a Name:** You have the participants gather around in a circle. The facilitator has a set of balls or objects that are going to be thrown from person to person. You must throw the object across from you NOT TO SOMEONE NEXT TO YOU. Remind them that we want to keep this same pattern for all the balls in the bag without dropping any of them.

**Discussion:** Talk about how this relates to communication at work, school, home. Would it matter to make the circle bigger or smaller. How does concentration and paying attention make it easier or harder for the people to not drop the objects.

**Animal Name:** Have the participants gather around in a circle. The person that starts, introduces himself and his animal name. *Option: The animal must start with the letter of the person's first name.* After the person introduces themselves, everyone in the group must greet the person and say their animal name. The next person in the circle going in a clockwise fashion introduces the people that have gone before him before introducing himself. So the last person to go will be introducing everyone else before himself.

**Adjective Name:** Have the participants gather around in a circle. The person that starts, introduces himself and his adjective that starts with the same letter as his first name. After the person introduces themselves, everyone in the group must greet the person and say their adjective name. The next person in the circle going in a clockwise fashion introduces the people that have gone before him before introducing himself. So the last person to go will be introducing everyone else before himself.

**Gesture /Dance Name:** Have the participants gather around in a circle. The person that starts, introduces himself and his gesture/dance. After the person introduces themselves, everyone in the group must greet the person and say their name and do the gesture/dance. The next person in the circle going in a clockwise fashion introduces the people and their gestures/dances that have gone before him before introducing himself. So the last person to go will be introducing everyone else before himself.

\* Contributed by Healthy Native Community Fellowship

**PAK - ICE BREAKER: BIRTHDAY LINE-UP \***

**Type of Activity:** Communicate using non-verbal **Approximate Time:** 3-5 minutes

**Preparation:**

Have the participants stand.

Clear a large space so the participants move around.

Identify the boundaries to stay in.

Inform the group that they are not to talk or use their hands during this activity.

**Instructions:**

1. Ask the group to line-up by their birthdates, starting from January to December.
2. If the month is the same, then line-up by the dates.
3. Let them know that they cannot use their hands or no talking.
4. When everyone seems to be in line, discuss...
  - a. What did they see?
  - b. How did the activity make you feel?
  - c. What new insights have you gained?
  - d. How can you use this learning experience in your community?

**PAK - ICE BREAKER: SACRED MOUNTAIN \***

**Type of Activity:** Movement

**Approximate Time:** 3-5 minutes

**Preparation:**

Have the participants stand.

Clear a large space so the participants move around.

Identify the boundaries to stay in.

The Sacred Mountains pertain to the 4 directions: East, South, West and North.

The object of the game is for the group to run to get quick exercise and to know the directions in their environment.

**Instructions:**

Call out a direction and have the group run towards that direction.

For example: Call out "EAST". Everyone should run towards the east side of the room or within the boundaries. They have 5 seconds to be standing in the east.

PAK - ICE BREAKER: COME & TAKE A WALK WITH ME
---

**Type of Activity:** movement in a chair

**Approximate Time:** 3-5 minutes

**Preparation:**

Have the participants sit preferably in a circle so everyone can see the leaders.

**Instructions:**

- **Would you like to take a walk with me on my reservation? We can walk while we sit in our chairs. Get ready to use your imagination and sense of humor. Let's go!**
- **Let's open the door and close the door.** [Reach forward and swing the door open and close the door].
- **Take some deep breaths of the wonderful fresh air.** [Deep breathe in and release 5 times].
- **Let's start walking.** [Make walking actions with your feet and swing your arms while seated].
- **I have a few errands to run, hope you do not mind coming along. Let me know if you have a few to run too. Let's stop at my mail box and pick up my mail.** [Open and close your "mail box", take your "mail" and place it in your pocket].
  - Keep walking in place and tell people about your reservation. Add another movements or actions that represent any chores or activities.
- **We are passing by my cousin's house. She said we could pick some plums off her trees. They are kind of high up, so we will need to stretch our arms to pick the plums. They look perfect and golden plums are my favorite.** [Reach right hand to the sky and bring down to lap 5 times. Switch – reach left hand to sky and bring down to lap 5 times. Repeat & switch arms a couple of times.]
- **The blackberries look ripe. Yummy! Let pick a few berries to take home too.** [Reach right hand in front of chest and bring down to lap 5 times. Switch – reach left hand in front of chest and bring down to lap 5 times. Repeat & switch arms.]
- **Let's keep walking. I can see my uncle out on a boat pulling up a crab pot. Let's go help him out. We can borrow my sister's canoe. It is just the right size for us. We can canoe out to his boat.** [Make canoeing actions with both arms together of right side for about 1 minute. Switch to make canoeing action with both arms together on left side for about 1 minute.]
- **Hi Gordon! We came out to help pull in your crab pots.** [Make motions to pull up a crab pot from the water – bend at the waist with both arms toward the floor.]
- **and take the crabs out and place in a bucket. See you later, Gordon. Thank you for the crab!** [Canoe back to land and start walking again]
- **Let's walk over to the casino and play the slots. There are some dogs coming toward us. Walk faster.** [Pick up pace of legs & arms to walk quickly for a few minutes]
- **The dogs have caught up and are trying to bite us. Kick the dogs.** [Swing your left foot forward from the knee 5 times. Swing your right foot forward from the knee 5 times. Switch and repeat]
- **The dogs are running away. We can slow down.** [Walk at a slower pace for 2-3 minutes].
  - [Continue walking in place]. **Oh, no my X is across the street, turn your face so he does not see us.** [left hand shade left eye and turn head to the left] **Oh, he is crossing the street, so turn your head the other way.** [right hand shade right eye and turn head to the right] **Whew, we got by"**

- **“We are at the casino. Open the door”**. [Reach left arm forward and swing arm to the left. Reach right arm forward and swing arm to the right]
- **I am putting my dollars in the quarter slots**. [Reach and pull the slot about 8 times with your right arm. **The person next to me left 8 credits in his slot machine and headed out to go home. Let’s pull that slot, 8 times with our left arm.**
- **Jack Pot!** [Raise both hands over your head and wave]
- Resume walking in place and talk about your reservation. Add another movements or actions that represent any chores or activities.
- **We are back to my place now. Thank you for walking with me on my reservation. See you all next time.**

<b>PAK - ICE BREAKER: MATCH THE ANIMAL SOUND</b>
--

**Type of Activity:** Movement

**Approximate Time:** 3-5 minutes

**Preparation:**

- Have the participants stand.
- Clear a large space so the participants move around.
- Identify the boundaries to stay in.
- Make 2 lines of people facing each other.

**Instructions:**

1. The object of the game is for each person to make their animal sound and find their partner animal with their eyes closed.
2. The leader walks down between the lines and assigns an animal to a person from each line. The first person in both lines will be a ‘dog’. The second person in both lines will be a ‘monkey’. The third person in both lines will be a ‘rooster’. Everyone will be assigned an animal and will have a partner animal in the other line.
3. Everyone walks around the space with the boundaries.
4. Leader announces ‘ANIMALS’. Everyone closes their eyes, hold hands out in front of body, make their animal sound, listen to their partner animal sound, and slowly move toward each other until you can link hands. Stop moving and open their eyes.

**PAK - ICE BREAKER: *NATIVE SCAVENGER HUNT***

**Type of Activity:** Movement

**Approximate Time:** 3-5 minutes

**Instructions:** This fun, interactive game is played to enhance listening skills, follow directions and communicate! This game also provides everyone a chance to move about and get to know your peers a little more using healthy skills. When the facilitator yells GO, you may start with any number. You must complete all commands of the game. First person will all correct answers receives a PRIZE! Good luck and HAVE FUN!

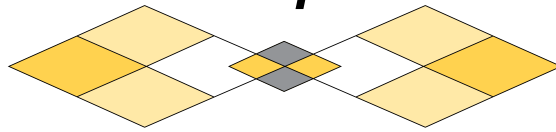
1. What is/was your nickname at home? \_\_\_\_\_
2. Shake the hand of any PROUD NATIVE MAN; have him sign here: \_\_\_\_\_
3. Find someone with a birthday in AUGUST.... Name and date: \_\_\_\_\_
4. Give a "buddy hug" to 2 people you do not know.
5. Unscramble these letters to form a word: RYENTISE ARRPYE = \_\_\_\_\_
6. Give a hug, native smile to an elder!
7. What is your favorite leisure time activity/hobby? \_\_\_\_\_
8. Find 2 people from different tribes and shake their hands!
9. Wink your right eye to any SINGLE & HEALTHY NATIVE PERSON!
10. Write down your favorite food \_\_\_\_\_
11. Jump up and down on your right leg 3 times!
12. Who is your hero and why? \_\_\_\_\_
13. Go to any peer and tell them how much they are APPRECIATED!
14. Draw a handprint of a PROUD NATIVE WOMAN behind this page!
15. Walk outside and say a 15 second prayer!
16. STOP! And smell one of these: rose, a flower, a plant, sage, cedar, earth!
17. What is our favorite HOLIDAY and WHY? \_\_\_\_\_
18. Find one green leaf or rock and give to a new friend!
19. Get the initials of an EXPERT fry bread maker! \_\_\_\_\_ Tribe: \_\_\_\_\_
20. If you are committed to being HEALTHY and WELL, sign your name BELOW!
21. Find someone wearing RED and give them a nice compliment!
22. Find someone with LONG HAIR and BOW down to them!! (Aaa!)
23. Write down a funny, silly POEM here:
24. Give yourself a generous PAT ON THE BACK for a job well done!
25. When finished with this game, YELL: "I AM NATIVE AND PROUD!" and hand this form to a facilitator.

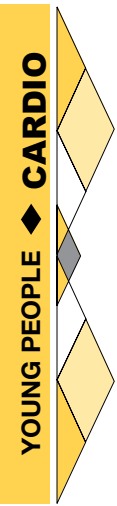
Thank-you for your participation!



# ***Exercise Breaks***

***Young  
People***





## Introduction

Exercise Breaks is a physical activity program designed to provide an opportunity to engage in daily fitness activities. Good health habits include regular exercise. Good health habits, including a positive attitude toward regular physical activity, instilled during childhood, will likely carry over into adult life.

Research has shown that 20-30 minutes of physical activity, accumulated throughout the day in short bouts, can have important effects on health. It is not necessary to exercise strenuously for extended periods of time to benefit. Short periods of moderate intensity activity, akin to the way children normally play, are also beneficial.

### Exercise Breaks

- are short in duration, lasting 2-5 minutes, or more
- are composed of simple activities
- are appropriate for limited space
- can be taken any time during the day

One to two exercise breaks will contribute significantly to the goal of a total of 30 minutes of activity each day for every child. One five-minute exercise break per day provides as much activity as one additional PE class per week.

## Benefits of Regular Exercise

There are numerous physical and psychological benefits of regular physical activity, including:

- optimal growth of heart, lungs, muscles, bones and other tissues
- maintenance of healthy levels of body weight and body fat
- improved muscle and joint flexibility, muscle strength and endurance, and aerobic capacity
- stress reduction and improved psychological well-being
- enhanced self-esteem

Regular activity stimulates the brain as well as the body. Research has shown that children who are physically active are more alert and receptive to learning. A well-timed exercise break can reduce restlessness, bring children back on task, and make for a more effective learning environment.

## Objectives and Goals

### Objectives:

- to promote enjoyable physical activity
- to develop a positive attitude toward physical activity
- to increase daily energy expenditure in physical activity

### Goals:

- 1-2 Exercise Breaks every day
- minimum of 5-10 minutes of physical activity per day in exercise breaks

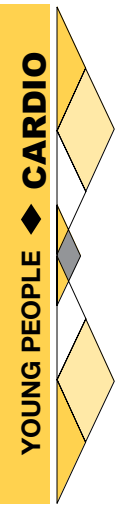
## Using Exercise Breaks

To take an Exercise Break, simply pull an activity and have fun!

Most activities can be done in a small area. A few may require a bit more space. The space requirements, set-up and how to perform the activity are explained on each card.

Initially, use only 1-2 activities per break, and demonstrate each activity for the participants. Once participants have learned several activities, you can create combinations of activities to perform during a single break. Some examples of combinations are included.

As they master activities, allow the participants to lead Exercise Breaks. You may wish to reward participants who have worked especially hard with the opportunity to lead the day's break. This will make Exercise Breaks special, build enthusiasm, and contribute to self-esteem.



## Using Music

Participants especially children enjoy moving to music. Select upbeat music and use it in the following ways:

- to signal the beginning of the Exercise Break
- as background music during the break
- for starting and stopping an activity
- for pacing

## Combination Breaks

Combination Exercise Breaks are created from several activities performed during one break. “Combinations” can be created from several activities all designed to improve the same fitness component or from activities designed to improve different components of fitness.

Examples of “Combinations” are included. You may create new “Combinations” by selecting activities that work on different fitness components you wish to improve, e.g., stretching for flexibility, movements for aerobic endurance, and calisthenic-type activities to improve muscle strength and endurance. Appropriate durations (approximate time) for each activity are given on the cards.

Participants may also create their own combinations. Allow them to work singly or in small groups to create a combination. They can then take turns leading others through their creation.

## I'm Alive, Alert, Awake, Enthusiastic

**Type of Activity:** Movement      **Approximate Time:** 1-2 minutes

**Equipment:** None

**Preparation:** Have participants sit on chairs pushed with enough room so they can easily stand. Divide participants into three groups.

**Instructions:**

1. Group 1 stands when the word Alive is sung, then sits back down; group 2 stands when Alert is sung, then sits down; group 3 stands when Awake is sung, then sits down. All groups stand when enthusiastic is sung.
2. Say or sing: "I'm alive, alert, awake, enthusiastic,  
I'm alive, alert, awake, enthusiastic,  
I'm alive, alert, awake,  
I'm awake, alert, alive,  
I'm alive, alert, awake, ENTHUSIASTIC!"  
- repeat -

Note: Words can be written so that participants know when they will have to stand.

## Head, Shoulders, Knees, and Toes

**Type of Activity:** Movement      **Approximate Time:** 1-3 minutes

**Equipment:** None

**Preparation:** Have participants stand with enough personal space.

**Instructions:**

1. Leader leads group and group follows demonstration.
2. Leader calls out: "Head, shoulders, knees, and toes, knees and toes;  
Head, shoulders, knees, and toes, knees, and toes;  
And eyes and ears and mouth and nose;  
Head, shoulders, knees, and toes, knees and toes."
3. As the leader says each body part, the participants touch it with their hands. Each round of the song the tempo is sped up, until participants are moving as fast as they can.

## Triple Shake

**Type of Activity:** Movement      **Approximate Time:** 1-3 minutes

**Equipment:** None

**Preparation:** Have participants stand with enough personal space.  
Can also be done seated.

**Instructions:**

1. Stand with arms hanging loosely by the sides.
2. Shake the right arm (fingers first, then hand, elbow, shoulders, then jiggle entire arm); left arm; both arms.
3. Shake the right leg (toes, then foot, calf, thigh, whole leg); then left leg. If seated, can do both legs.
4. Full body shake (start with feet, lower body, trunk, upper body, arms and head).

Congratulations! You have just done a “Triple Shake.”

Note: Do the Triple Shake to music such as “I’m All Shook Up,” “Shake, Rattle, and Roll,” etc.

## Back To Back

**Type of Activity:** Movement      **Approximate Time:** 3-10 minutes

**Equipment:** Optional: Audio media equipment, Music

**Preparation:** Clear some space in the middle of the room, or instruct participants not to bump into anything.

**Instructions:**

1. Move inside the room when the music is on, and stand back to back with someone as soon as the music stops. You can move by walking, jogging, skipping, or side-sliding.
2. If you are left without a partner, meet in the center and find a partner.
3. If you don’t have music you can say “Go” to start everyone moving and “Stop” to have them get back to back.

## Mingle, Mingle

**Type of Activity:** Movement

**Approximate Time:** 3-10 minutes

**Equipment:** Optional: Audio media equipment, Music

**Preparation:** Clear a space in the middle of the room, or instruct participants not to bump into anything.

### Instructions:

1. Move inside the room when the music is on; you can move by walking, jogging, skipping, or side-sliding.
2. When the music stops, call out a number (3, 4, or 5) and everyone has to get into groups of that size.
3. If you don't have music you can say "Mingle, Mingle" to start them moving and " # 3 " to have them get into groups of three.

## Body Parts

**Type of Activity:** Movement

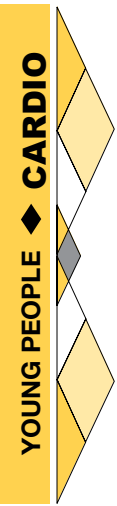
**Approximate Time:** 3-10 minutes

**Equipment:** Optional: Audio media equipment, Music

**Preparation:** Clear a space in the middle of the room, or instruct participants not to bump into anything.

### Instructions:

1. Move inside the large area when the music is on; you can move by walking, jogging, skipping, side-sliding, hopping, jumping, leaping, galloping, or by doing an animal walk.
2. When the music stops, call out a number (3,4, or 5) and a body part (elbow, foot, etc.). Everyone needs to get into groups of that size and put that body part together with the others.
3. If you cannot find the right number of participants to form a group of the proper size, you can meet in the center to find others.



## On Command

**Type of Activity:** Movement      **Approximate Time:** 3-10 minutes

**Equipment:** Optional: music or whistle

### Instructions:

1. Within the room, walk without touching others.
2. Use music or whistle to stop and start (or your “command”).
3. On “stop” name a skill to perform (touch the ground, change direction, turn around, etc.) and then have everyone continue walking.
5. Each time you name a new skill, the participants must do the previous skills before doing the new one (adding on).

### Example:

Walk, touch the ground

Walk, touch the ground, turn around

Walk, touch the ground, turn around, jump high, etc.

6. As the participants learn the exercises in the box, you may use this game to work on various fitness components by adding in stretching, strength, and aerobic exercises.

## Hop

**Type of Activity:** Movement      **Approximate Time:** 1-3 minutes

**Preparation:** Have each participants stand by his/her desk.

### Instruction:

1. For 10 to 15 seconds without stopping, HOP! Can use music to start and stop.

### Variations:

- Hop on left foot
- Hop on right foot
- Hop on both feet
- Hop with the opposite foot in your hand!
- Hop on left foot for 15 seconds, then hop on right foot for 15 seconds.



**Ski Slalom**

**Type of Activity:** Movement      **Approximate Time:** 3-5 minutes

**Preparation:** Have participants stand by their desks and draw an imaginary line by their feet.

**Instructions:**

1. See how long you can jump side to side over your imaginary line. Pretend you are skiing!

**Free Dance**

**Type of Activity:** Movement      **Approximate Time:** 3-10 minutes

**Equipment:** Optional: Audio media equipment, Music

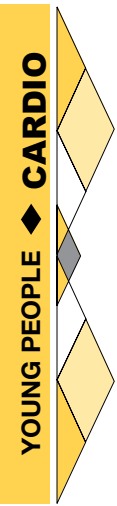
**Preparation:** Have participants stand.

**Instructions:**

1. Dance to the music in any way that you want to.

**Variation:**

Start and stop the music and freeze when the music stops.  
Each time music starts, do a different dance.



## Jump Tucks

**Type of Activity:** Movement

**Approximate Time:** 1-3 minutes

**Preparation:** Have participants stand.

**Instructions:**

1. From a standing position, jump straight up and raise your knees as high as you can. Be sure to land on both feet with knees slightly bent.
2. Repeat 5 to 10 times.

## Alternate Heel Slap

**Type of Activity:** Movement

**Approximate Time:** 3-5 minutes

**Preparation:** Have participants stand.

**Instructions:**

1. Run in place with your hands at your sides.
2. Exaggerate the run so that the right heel touches the right hand, and the left heel touches the left hand with each stride.

**Alternate Knee Slap**

**Type of Activity:** Movement

**Approximate Time:** 3-5 minutes

**Preparation:** Have participants stand.

**Instructions:**

1. Run in place with your knees rising high.
2. Lightly slap the right knee with the right hand as the knee comes up, and the left knee with the left hand.

**Slap Happy**

**Type of Activity:** Movement

**Approximate Time:** 3-5 minutes

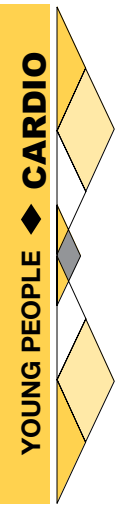
**Preparation:** Have participants stand by their desks.

**Instructions:**

1. Hop on your left foot while you bend your right knee behind, and slap your right heel with your left hand.
2. Then hop on your right foot while you bend your left knee behind and slap your left heel with your right hand.

**Variation:**

Bend the knee in front so that the heel slap occurs in front of your body instead of behind.



## Can Can

**Type of Activity:** Movement

**Approximate Time:** 3-10 minutes

**Equipment:** Optional: Audio media equipment, Music

**Preparation:** Have participants stand by their desks.

### Instructions:

1. With hands on your hips, hop once on your left foot while you raise your right knee.
2. Return to standing.
3. Hop on your left foot again, while you kick your right leg forward.
4. Return to standing
5. Repeat the dance steps on your right foot.
6. Continue to alternate your feet.

## Elbow-Touch Alternates

**Type of Activity:** Movement

**Approximate Time:** 3-5 minutes

**Preparation:** Have participants stand two arm's widths apart.

### Instructions:

1. Stand with your arms bent slightly to the sides.
2. Bring your right knee toward your left elbow.
3. Stand or hop, then bring your left knee toward your right elbow.
4. Repeat several times.

**Jump forward / Jog back**

**Type of Activity:** Movement

**Approximate Time:** 3-10 minutes

**Preparation:** Have participants stand two arm's widths apart.

**Instructions:**

1. With feet together, jump two steps forward.
2. Then turn and jog carefully back to starting point.
3. Repeat.

**Running Windmills**

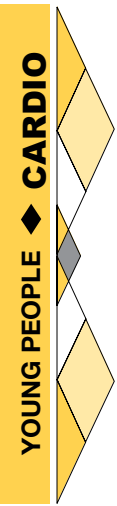
**Type of Activity:** Movement

**Approximate Time:** 3-5 minutes

**Preparation:** Have participants stand two arm's widths apart.

**Instructions:**

1. Jog in place and rotate your arms one at a time.
2. Circle arms behind you, up over head, and down in front.



## Self Propelled

**Type of Activity:** Movement

**Approximate Time:** 3-5 minutes

**Preparation:** Have participants stand two arm's widths apart.

**Instructions:**

1. Hop from one foot to the other, and circle your arms bent at the elbow with your hands and fingers pointing up.

## Sit, Stand, and Move!

**Type of Activity:** Movement

**Approximate Time:** 3-10 minutes

**Preparation:** Space the chairs apart so that each participant can walk around his/her chair.

**Instructions:**

1. Begin by sitting in the chair.
2. On command, stand up, walk around your chair, and sit back down.
3. Then repeat walking in the opposite direction around your chair.
4. Vary by leader calling out a movement to do around chair (hop, jump, skip, crawl, etc.).

**Do the Twist**

**Type of Activity:** Movement                      **Approximate Time:** 3-10 minutes

**Equipment:** Optional: Media audio equipment, Music

**Preparation:** Have participants stand.

**Instructions:**

1. With knees bent and arms out, twist the hips from side to side!

**Action Acting**

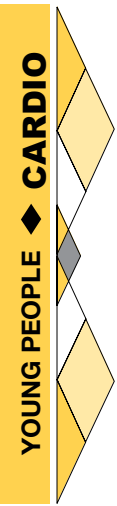
**Type of Activity:** Movement                      **Approximate Time:** 1-3 minutes

**Equipment:** Optional: Audio media equipment, Music

**Preparation:** Have participants stand.

**Instructions:**

1. Leader calls out the names of sports or other physical activities.
2. Participants pantomime (act out) one of the major actions of the sport or game in their space.
3. Lead them through an example: "walking" (walk in place, lifting feet and swinging arms from side to side).
4. Switch movements every 10-20 seconds. Adjust movement speed for variety.
5. Movements: Basketball (bounce invisible ball, do jump shots), jumping rope (jump invisible rope), swimming, volleyball, skiing, baseball, soccer, frisbee, skipping.
6. Add your own movements or have participants take turns calling out movements.



## STOP!

**Type of Activity:** Movement

**Approximate Time:** 3-10 minutes

**Preparation:** Clear space so that the participants can stand in a circle. Have the participants form circle -- they will be dancers.

**Instructions:**

1. Designate one participants to be the drummer. This participant will sit in the middle of the circle and play the “drum” (i.e. a text book and a pencil serve well).
2. All other participants move around in the circle trying to keep time with the music.
3. When the drum beat stops, the dancers must STOP immediately.
4. They are to “freeze” their position until the drumming starts again!

**Variation:** When the drum stops, call out an exercise for the participants to do in place until the music starts up again.



## Animal Walks

**Type of Activity:** Animal Walks

**Approximate Time:** 5-15 minutes

**Preparation:** Clear a path around the boundaries of the room.

**Instructions:**

1. Have one participant at a time lead the others around the room performing an animal walk of his/her choice:

Crab Walk - Hands and feet on the ground, while facing the ceiling. Move hands and feet like a crab.

Bear Walk - Hands and feet on the ground, facing the floor. Move right hand and right foot forward together; then left hand and left foot.

Cat Walk - Hands and feet on the ground, facing the floor. Move right hand and left foot forward together, then left hand and right foot.

Funky Chicken - Walk with knees bent and flap them in and out sideways while arms are bent and elbows are flapping back and forth.

Sea Crawl - Lie face down and support your upper body with your arms extended straight up. Walk with your hands while dragging your legs.

Kangaroo Hop - With arms bent up by the chest and hands curled in front, hop forward with feet together.

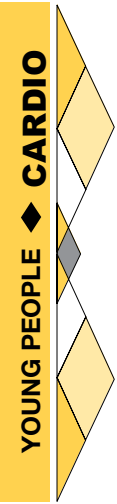
Frog Leap - Squat down with knees out to the sides of your arms, and leap.

Caterpillar - With hands and feet on the ground, inch along like a caterpillar.

Elephant Walk - Use one arm as a “trunk” extending from your mouth and nose; slouch forward and walk heavy.

Bunny Hop - Put hands and feet on the floor -- hands in front. Hop feet close to hands, then hop hands out in front again.

Injured Wolf - Move using only three limbs, hold the injured limb off the ground. The injured limb could be an arm or a leg.



## Creative Walks

**Type of Activity:** Creative Walks

**Approximate Time:** 5-15 minutes

**Preparation:** Clear a path around the boundaries of the room.

**Instructions:**

1. Have one participant at a time lead the others around the room performing the walk of his/her choice:

Jump - Propel body up and forward by both feet together.

Criss-Cross - Walk by crossing each foot over the midline of the body.

Heel-Toe - Walk exaggerating heel-toe motion.

Toe-Heel - Walk by putting toes down first, then heels.

Low-Profile - Walk keeping knees bent and staying low.

High-Profile - Walk with nose in the air, as tall as you can.

Grapevine - Walk sideways, cross feet in front, then in back.

Have participants invent their own walk, name it, and teach it to the others.

## Line Push-Ups In And Out Of School

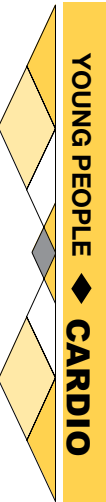
- A. Explain to participants that they will now do the Line Push-Ups. This will help them to review their body cues. Remind participants that “body cues” are hints or clues that give a message that they have been active.
1. Divide the class into partners for this activity. One person will count while the other person does the Line Push-Ups.
  2. Ask participants to find a line made by the flooring or floor tiles on the classroom floor, and if necessary, place a short strip of masking tape on the floor to make a line.
- B. Tell participants to put both hands and knees on the floor. The palms should be flat with the fingers extended. The line on the floor should be just above the extended fingers.

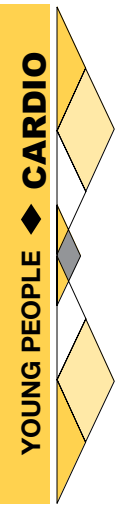
Give these commands:

- Move the right hand over the line and place it just above the line.
- Next, move the left hand above the line and place it beside the right hand.
- Move the right hand back to the starting position below the line.
- Now, move the left hand back to the starting position below the line.
- Continue to move the hands above the line, Right and then Left.
- Continue to move hands below the line, Right and then Left.

C. Establish a rhythm for this exercise by calling out these cues:

**UP**  
**UP**  
**DOWN**  
**DOWN**  
**UP**  
**UP**  
**DOWN**  
**DOWN**





- D. Have participants practice Line Push-Ups for 30 seconds, to 45 seconds, building to one minute. Once participants have accomplished their hand placements for Line Push-Ups, they can now use a push-up position and continue their arm movements. Encourage participants to practice on their own time and improve their scores.
- E. At the end of the exercise period, tell participants that this activity can help them to identify their body cues. Call on participants to identify each of the body cues they learned.

**Warm Face:** Your face feels warm because the physical activity you did caused your body's temperature to rise.

**Breathing Harder:** You are breathing harder because your body needs more oxygen for all of the muscles that you are using.

**Faster Heartbeat:** Your heart beats faster because it is pumping blood to all the muscles that you are using.

**Sweating:** You may begin to perspire or "sweat" because your body is hot. The "sweat" helps to cool down your body's temperature.

**Working Muscles:** You may feel your muscles moving because they are working to help you exercise.

- F. Congratulate participants on the completion of this physical activity.
  - 1. Encourage them to do their Line Push-Ups at home for a fun activity to keep them active.
  - 2. Suggest to participants that a good time to do Line Push-Ups is while they are watching television.
- G. Remind participants to drink water whenever they become thirsty after doing their Line Pushups.

# Line Push-Ups

**Start:**



**Right up:**



**Left up:**



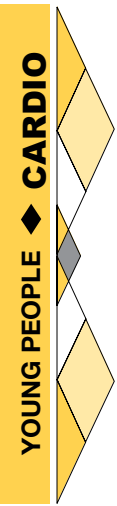
**Right down:**



**Left down:**



**... Repeat !**



## Partner Stand-Up

**Type of Activity:** Partner Activities

**Approximate Time:** 3-5 minutes

**Preparation:** Have the participants pair off by choice, or have them play Back to Back (exercise break) to find a partner.

**Instructions:**

1. Partners sit back to back with knees bent and elbows interlocked.
2. Try to stand up at the same time by pushing against each other's backs for support.

## Bottoms Up

**Type of Activity:** Partner Activities

**Approximate Time:** 3-5 minutes

**Preparation:** Have the participants pair off by choice, or have them play Back to Back (exercise break) to find a partner.

**Instructions:**

1. Partners sit down facing each other, and place the bottoms of their feet together (knees are bent and arms are on the ground behind the body for support).
2. Push against your partner's feet and try to lift your bottom off the ground!

## Bug Tug

**Type of Activity:** Partner Activities

**Approximate Time:** 3-5 minutes

**Preparation:** Have the participants pair off by choice, or have them play Back to Back (exercise break) to find a partner.

**Instructions:**

1. Stand back to back with your legs wider than your shoulders.
2. Reach between your legs with both hands and grasp your partner's hands.
3. Take turns walking a few steps forward and then a few steps back without letting go of your partner's hands.

## Partner Sit-ups

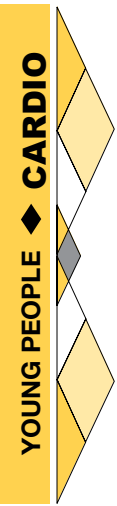
**Type of Activity:** Partner Activities

**Approximate Time:** 3-10 minutes

**Preparation:** Have the participants pair off by choice, or have them play Back to Back (exercise break) to find a partner.

**Instructions:**

1. One participant lies on his/her back with knees bent.
2. The other participant holds the partner's feet in place.
3. With hands crossed over chest, the participant lying down does a sit-up and touches elbows to the middle of bent knees, then returns to start position. Repeat.
4. Have each partner do 10 sit-ups, then switch; or ask participants to "see how many sit-ups you can do when the music is turned on. Partners count. ready, go!"



## Flat Tire

**Type of Activity:** Strength

**Approximate Time:** 1-3 minutes

**Preparation:** Be sure each participant has room to get in push-up position.

**Instructions:**

1. Start in a push-up position, and slowly lower yourself to the ground as you “let out your air” like a tire going flat.
2. If possible, return to start position by doing a push-up; or move to “hands and knees” and then to a push-up position.

## Knee Push-ups

**Type of Activity:** Strength

**Approximate Time:** 1-3 minutes

**Preparation:** Be sure each participant has room to be in push-up position.

**Instructions:**

1. Try to do as many push-ups as possible on your knees.
2. Your body should be in a straight line from your knees to your head.



**Triceps Dip**

**Type of Activity:** Strength                      **Approximate Time:** 1-3 minutes

**Preparation:** Have participants sit on the floor.

**Instructions:**

1. Sitting on the floor, place your hands behind you with your fingers facing your feet.
2. Put all of your weight on your hands and your feet as you lift yourself up off the floor (stomach facing the ceiling).
3. Bend and straighten your elbow to raise and lower your body.
4. Keep your back straight.

**Power Punch**

**Type of Activity:** Strength                      **Approximate Time:** 1-2 minutes

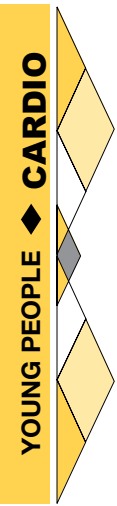
**Preparation:** Have participants stand two arm's widths apart.

**Instructions:**

1. With arms raised in front of the body, make a fist with both hands.
2. Punch one fist in front of the body, and then the other. Repeat several times.

**Variation:**

Punch up in the air, and keep punching upward as your arm returns to the front of your body.



## Squat Thrusts

**Type of Activity:** Strength

**Approximate Time:** 1-5 minutes

**Preparation:** Have participants stand by their desks two arm's widths apart.

**Instructions:**

1. Start in a standing position.
2. Bend your knees and squat, putting both hands on the ground to support your body.
3. Thrust legs backwards until they are straight.
4. Push off both feet to a squat position (feet near hands).
5. Stand up; repeat.

## Chair Curl Ups

**Type of Activity:** Strength

**Approximate Time:** 1-3 minutes

**Preparation:** Have participants sit with enough room to straighten their legs. Have a partner hold the back of the chair to steady it.

**Instructions:**

1. Sit on the edge of your chair and hold onto the edges.
2. Extend both legs straight out to the floor.
3. Slowly curl your knees to your chest, and then extend them back out.

## Blast Off

**Type of Activity:** Strength

**Approximate Time:** 1-3 minutes

**Preparation:** Have participants stand an arm's width apart.

**Instructions:**

1. With feet together and knees bent, swing arms back and forth and jump up as high as you can!
  2. Repeat several times.
- "Ready, Set, 5...4...3...2...1 -- Blast Off!"

## Heel Lifts

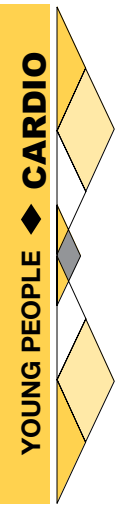
**Type of Activity:** Strength

**Approximate Time:** 1-2 minutes

**Preparation:** Have participants stand an arm's width apart.

**Instructions:**

1. Stand with your feet about 4 inches apart and your arms at your sides.
2. Lift your heels off the floor to stand on the balls of your feet. Hold for 2-3 seconds.
3. Lower heels slowly; repeat several times.



## Squats

**Type of Activity:** Strength

**Approximate Time:** 1-3 minutes

**Preparation:** Have participants stand an arm's width apart.

**Instructions:**

1. Stand with your hands on your hips, and your feet shoulder width apart.
2. Slowly bend your knees to a 90 degree angle as if sitting in a chair.
3. Then straighten your legs to a standing position.
4. Be sure to keep your back straight the whole time.

**Variation:**

Single Leg Squats - same as above, except that one leg is held out in front of the body with the knee bent. Hold on to the edge of a chair or desk to aid balance.

## Elevators

**Type of Activity:** Strength

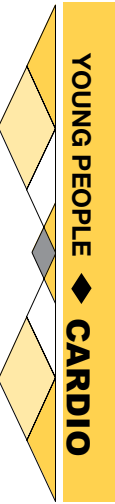
**Approximate Time:** 1-3 minutes

**Preparation:** Have participants stand an arm's width apart.

**Instructions:**

1. With feet shoulder width apart, slowly bend at the hip and knee as if sitting on a chair.
2. Then slowly return to standing position.
3. Repeat.

## Mirror Moving Game



Prior to this activity, set up an audio media device with a variety of lively music.

A. Explain to participants that they will do this physical activity with a partner and that they need to check their Body Cues following this activity.

1. Have participants find a partner and stand facing each other about two feet apart.
2. Ask participants to limber up and relax so they can move in rhythm to the music.
3. Tell participants that they will closely observe and follow the movements of their Pathways Goal Partner in this physical activity.

B. Point out to participants that one partner is a Leader and the other partner is a Mirror.

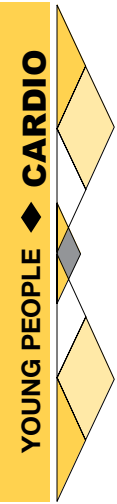
1. Ask participants to place their hands upright and at shoulder height with their palms facing forward and about an inch from the other person's palms.
  2. Remind participants that they are facing each other as in looking into a mirror so they must be very watchful so that when the Leader does something, the person who is the Mirror will follow.
  3. Explain that their feet cannot move and that they must use just their hands and arms.
- C. Caution participants that this activity is not about trying to fake out each other by moving too fast. They need to build teamwork and communication by watching each other and letting one person be the Leader.

D. Tell participants to do a practice in which the Leader will move their hands and arms and the Mirror reflects these movements.

1. Give a short period of practice without the music.
2. Start the music, and tell the Leader to keep in rhythm to the music.
3. Reverse the roles of the participants and repeat the process.

#### 4. Optional:

- Let Leaders and Mirrors travel around the room together.
- Have three participants on a team with two Mirrors to each Leader.
- Try different speeds of music.



- E. Have participants check their **Body Cues** and ask for a show of hands for those who have warm faces, faster heartbeat, muscles that feel tired and are sweating or breathing harder.
- F. Congratulate participants on their completion of this Mirror Movement game and encourage them to do this at home with their family.

## High and Low Stretches

**Type of Activity:** Stretches

**Approximate Time:** 1-2 minutes

**Instructions:**

1. Tell participants that they will be doing some high, then some low, stretches.  
Participant leads the class.
2. Stand up on tiptoes and reach for the sky. Hold for count of 5, then return to standing position. Repeat.
3. Bend the knees, squat, and put both hands on the floor in front of you. Keeping hands on floor, straighten legs as much as possible. Hold for count of 5. return to standing position. Repeat.
4. Repeat 2 and 3 above.

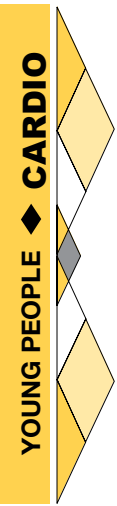
## Arm Circles

**Type of Activity:** Stretches

**Approximate Time:** 1-3 minutes

**Instructions:**

1. Gently circle both arms in a forward circle, nice and slow.  
Repeat approximately 5 - 10 times.
2. Gently circle both arms in a backwards circle.  
Repeat approximately 5 - 10 times.
3. Circle forward, then circle backward. Repeat.



## Side Bends

**Type of Activity:** Stretches

**Approximate Time:** 1-3 minutes

**Instructions:**

1. Stand with feet shoulder width apart.
2. Raise your right hand over head, and rest your left arm across the belly.
3. Gently stretch sideways, toward the left. Hold at least 10 seconds.
4. Switch hand positions and stretch to the right.

## Shoulder Shrugs

**Type of Activity:** Stretches

**Approximate Time:** 1-3 minutes

**Instructions:**

1. Shrug both shoulders up toward your ears, then let them drop.
2. Repeat slowly approximately 5 times. Rest. Repeat.



## Rag Doll

**Type of Activity:** Stretches

**Approximate Time:** 1-3 minutes

**Instructions:**

1. Stand with your feet slightly apart, and knees slightly bent.
2. Slowly bend forward and reach for your toes.
3. Stay relaxed like a rag doll.
4. Repeat several times.

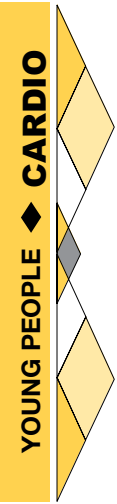
## Foot Circles

**Type of Activity:** Stretches

**Approximate Time:** 1-2 minutes

**Instructions:**

1. Standing on your right foot, or sitting, circle your left foot to the right several times and then to the left.
2. Switch feet.



## Forward Lunges

**Type of Activity:** Stretches

**Approximate Time:** 1-3 minutes

### Instructions:

1. Standing with your feet together step forward, bending your front knee.
2. Keep arms up and out to the side for balance.
3. Keep your back leg and your back straight.
4. Push off your front foot to original position.
5. Alternate front foot each time.

## Straddle Stretch

**Type of Activity:** Stretches

**Approximate Time:** 1-3 minutes

### Instructions:

1. Sit on the floor with legs in straddle position.
2. Bend the right knee, and touch the left leg with the right foot.
3. Keeping the left leg straight, slowly reach both hands toward your left foot.
4. Slowly return to the starting position. Repeat 5 times.
5. Straighten the right leg, and bend the left knee until the left foot touches the right leg.
6. Keeping the right leg straight, slowly reach both hands toward your right foot.
7. Slowly return to the starting position.

## Reach for the Sky

**Type of Activity:** Stretches

**Approximate Time:** 1-2 minutes

**Instructions:**

1. Place feet shoulder width apart.
2. Raise your arms over head.
3. Then raise up onto the balls of your feet.
4. Alternate arms reaching for the sky!

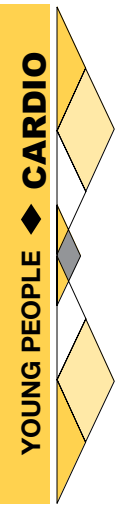
## Trunk Twists

**Type of Activity:** Stretches

**Approximate Time:** 1-2 minutes

**Instructions:**

1. Place feet shoulder width apart.
2. Raise your elbows up with your hands touching in front of chest.
3. Slowly twist your upper body at the waist from one side to the other.



## Combinations

**Name of Activities:** Sit, Stand, Move! (movement break)  
Chair Curl Ups (strength break)

### Instructions:

1. Lead the participants in the activities listed above.
2. After each trip around the chair, the participants can do curl ups, and then repeat.
3. In combination, these activities will take approximately 5 to 10 minutes.

## Combinations

**Name of Activities:** Squats (strength break)  
Power Punch (strength break)  
Rag Doll (stretch break)

### Instructions:

1. Lead the participants in the activities listed above.
2. The squats will work the participants' lower body; the punches will work the upper body; and the stretch will help them relax.
3. In combination, these activities will take approximately 5 minutes.

**Combinations**

- Name of Activities:**
- Tricep Dip (strength break)
  - Blast Off (strength break)
  - Reach for the Sky (stretch break)

**Instructions:**

1. Lead the participants in the activities listed above.
2. The dips will work the participants' arms; the jumps will work the lower body; the stretch will help them relax.
3. In combination, these activities will take approximately 5 minutes.

**Combinations**

- Name of Activities:**
- Arm Circles (stretch break)
  - Foot Circles (stretch break)
  - Hop (movement)

**Instructions:**

1. Lead the participants in the activities listed above.
2. In combination, these activities will take approximately 5 minutes.



# ACKNOWLEDGEMENTS



**Pathways** was made possible through collaboration with seven indigenous nations and five universities. The study was made possible by grants from the National Heart, Lung, and Blood Institute in Bethesda, Maryland. We would like to express our deepest appreciation and sincere thanks to the students, parents, leaders, school staff/administration, and American Indian communities in the following locations:

Gila River Indian Community (Akimel O`odham )

Tohono O`odham

Nation, Navajo Nation (Dine)

Oglala Sioux Tribe (Oglala Lakota)

Rosebud Sioux Tribe (Sicangu Lakota)

San Carlos Apache Tribe (Dee')

White Mountain Apache Tribe (Ndee')

And five universities:

Johns Hopkins University

University of Arizona

University of Minnesota

University of New Mexico

University of North Carolina

Plus all the staff who assisted in the development, implementation, and evaluation of the Pathways study.

The **Pathways** program promotes physical activity and healthful eating habits among children in Native American communities. Earlier in this century, heart disease was rarely noted among Native Americans. In recent years, however, heart disease has become the leading cause of death in Native Americans. Also, diabetes has become epidemic and is another leading cause of death. Several factors may be responsible for these dramatic increases, particularly the increasing prevalence of obesity. Obesity in childhood can impose a risk for obesity in adulthood. Pathways can be easily adapted in various communities and settings.

The **Pathways** program was based on the Social Learning Theory that suggests that most health behaviors are social behaviors that are learned in a social context. Pathways targets changes in specific environmental, personal, and behavioral factors which influence health behavior.

Pathways is a school-based health promotion program that includes physical activity, nutrition/food service, classroom curriculum and family involvement. The primary purpose of the Pathways study was to prevent obesity among American Indian children by promoting increased physical activity and healthful eating behaviors. The Pathways intervention was conducted with 1,704 third through fifth grade children from 41 schools in seven American Indian Nations. More information about Pathways can be found at: <http://hsc.unm.edu/pathways>.

