

*Name of Activity:* **Morning Routine**

*Grade Level:* K-5

*Formation:* Standing at desks

*Equipment:* None

*Rules/Directions:*

1. Have students begin the day with a series of simple activities lasting 30 seconds or more:
  - Jumping jacks
  - Knee lifts
  - Flap arms like a bird
  - Hopping
  - Scissors (feet apart then cross in front, feet apart then cross in back)
2. Follow each activity with a basic stretching movement:
  - Reach for the sky
  - Runner's stretch
  - Butterfly stretch (sit with bottom of feet together)
  - Knee to chest
  - Rotate ankles
  - Scratch your back
3. Hold stretches for 10 - 30 seconds.
4. Repeat a different simple activity followed by a new basic stretch as many times as desired.

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