



# Restorative Fitness

## Community Building

### Check-in Questions/Tasks:

- Who is your favorite athlete?
- Do you have a favorite dance move? If so, what is it?
- Share the most healthy food choice in your diet.
- What fitness tip/advice can you share with others?
- What prevents (stops) people from being fit?

## Movement Activities

### NAME, MOTION & REMEMBER

The first person says his/her name and makes a movement. The next person repeats the first person's name and motion before showing his/her own. The third person repeats the names and motions of the first two people before showing his/her own. Keep going until everyone has had a turn.

### SHOWING EMOTIONS WITH OUR BODIES

Invite everyone to stand and stretch their arms high in the air while inhaling. Then, ask them to lower their arms, exhaling. Without words, invite them to show sadness with their bodies. Hold that for a moment. Invite them to release sadness and then to show curiosity with their bodies (no talking). Ask them to release curiosity. Then ask them to do the same with other emotions.

### DRUMMING

Invite everyone to use their hands or legs as instruments. Invite them to create a beat they wish with their instruments (hands or legs), simultaneously. It may be coordinated or it may be each person doing his/her own thing.

Positive songs can also be played or lyrics downloaded to give students ideas for creating beats.

### FITNESS AFFIRMATIONS

Say an affirmation and show praise (finger snaps or fist pumps in the air):

1. I deserve to be healthy. Praise.
2. I will have a healthy diet. Praise.
3. I am physically and mentally strong. Praise.
4. I am focused and motivated. Praise.

ACTIVITIES INSPIRED BY:  
CIRCLE FORWARD