



Wellness! ROCKS!



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E-NEWS

IN THE KNOW AND ON THE MOVE

Recess Rocks grooves—**silently**—through school hallways

Give your students a brain power boost every time you walk to and from specials, recess and lunch! As detailed in our [Active Classroom](#) program, silent “Hallway Grooves” activate the energy created when body and brain move together.

For example:

- Use spider fingers overhead, ant carrying a piece of food overhead, hummingbird wings, bumblebee hands at side of body, butterfly arms or soaring eagle—connect to your lesson plan on arachnids, insects and birds.
- Use American sign language overhead—link to lesson plans on five senses.
- Use African drumming hands, Irish step arms, Midwest cowboy lasso, Egyptian arms—link to lesson plan about places in the world.
- Use fingers overhead to calculate math facts—connect to math fact lesson.

Have you made up your own fun, silent hallway moves? Share them with us and we'll post them on our Facebook page. Plus we'll draw one lucky winner to be featured in our May Wellness Rocks! Deadline is April 30th.

Ready for more Hallway Grooves? Find them in the Recess Rocks Toolkit!

ZOOM here now for your FREE Recess Rocks toolkit.



Recess Rocks enlivens Minds in Motion workshop

On March 10th, Recess Rocks lent its exuberant style to the *Minds in Motion* workshop held in Middletown. Sponsored by the Connecticut Association for the Gifted, this fun, fast-paced day included keynote addresses, parent workshops, and hands-on learning activities for K-8th graders like circus skills, instrument making, robotics, yoga, cooking and Recess Rocks of course!

The energetic kindergartners and first graders in our workshop watched a high-energy hula-hooping demonstration, and had a blast discovering that hooping can be a heart-healthy activity both on and off the body. After decorating their own Recess Rocks tee shirts, the kids wrapped up with a lively Recess Rocks recess class.

Curious about heart-healthy hooping? Try these moves at home!

- Hoop on your waist, arm, legs or ankle.
- Pass the hoop from hand to hand around your body.
- Spin the hoop overhead while passing from hand to hand.
- Place the hoop on the floor, put one foot inside and the other foot outside the hoop. Switch feet positions; quicken your pace.



KIDS CORNER



Ever cross your heart when making a promise? Then you know your heart is located a bit to the left in the middle of your chest. Did you know that your heart is a muscle, about the size of your fist? Sure, you've got lots of muscles all over your body—in your arms, legs and back, even in your fingers and toes. But your heart muscle is special! It sends blood coursing through your veins so your body gets the oxygen and nutrients it needs.

You can keep your heart healthy by making it pump faster. Here's how you can tell:

- Place your index and middle finger on one side of your neck, right below your chin. Feel your pulse?
- Ask someone to time you for 10 seconds as you count the beats. Write down the number of beats and multiply by 6. This is your resting heart rate per minute.
- Turn on your favorite song or play the Recess Rocks music video. Jump, whirl and run around!
- Check your heart rate again. Did it go up? Awesome, your exercise made your heart muscle healthier!

Exercising your heart muscle makes your whole body stronger and your brain smarter too. Check it out here <http://www.recessrocks.com/brain.php>

HEY KIDS! Share videos or images of your moves and we'll post them on our Facebook page, but get permission first! We'll draw one lucky winner to be featured in our May Wellness Rocks! Deadline is April 30th.



Make Your Own Fruit Rainbow

When the sun begins to shine through the rain, a rainbow forms in the sky; next time that happens, run outside and look for the rainbow. Can't wait? Try making a rainbow snack right now!



Gather and wash your fruits and vegetables well, and cut each using a gentle sawing motion.

- **Red strawberry.** Cut a few in half, then in half again; now you have "quarter" pieces.
- **Orange cantaloupe.** Ask an adult for a piece with the rind sliced off; cut fruit into squares.
- **Yellow pepper.** Cut in half, scoop out the seeds and white ribs, then slice.
- **Green kiwi.** Ask an adult to peel off the fuzzy brown skin, then cut entire fruit into fun shapes.
- **Blueberries.** Try cutting these tiny fruit in half.

Arrange everything on a plate according to a rainbow's pattern, then eat up your colorful creation. Try eating new taste combinations, like a blueberry with the pepper, or making substitutions, like sugar peas for the kiwi.

WOW! You just had the 5 fruits or vegetables you need each day, plus the more bright colors you eat the healthier you will be!

DID YOU KNOW?

Let's Go! is a nationally recognized childhood obesity prevention program promoting a simple but effective "5-2-1-0" daily message: 5 or more fruits and vegetables, 2 or less hours recreational screen time, 1 or more hours physical activity and 0 sugary drinks (and more water and low fat milk a day). Let's Go! aims to increase physical



www.lets-go.org

activity and healthy eating for children from birth to 18 by reaching out to families where they live, study, work and play.

Recess Rocks is honored to attend the Let's Go! Aroostook County Annual Conference this April. Miss Kim will be presenting to the Let's Go! Champions—area teachers, principals, nurses, childcare providers and community activists. She will also conduct an interactive Celebrations! class for the whole group plus break-out Active Classroom workshops. We are excited to introduce our programming to the State of Maine.

Hop here now to learn more about Recess Rocks programs
<http://www.recessrocks.com/program.php>

QUOTE CUES



AUSTRALIA

For kids, play's the ticket to physical fitness not exercise. A mini treadmill might look appealing if you want your child to exercise, but what is the real cost of buying children's fitness equipment? Health professionals like Dr. Tony Okely, associate professor at the University of Wollongong in New South Wales, Australia, and an expert on child and physical activity and obesity, warns against using fitness equipment for children because it's not developmentally appropriate.

"Exercise is defined as physical activity that is structured, planned and repetitive, with an aim of increasing one or more components of health-related fitness. As such, it is highly appropriate for adults but not for children. The focus for children should be on physical activity—any gross motor movement involving muscles that raises energy expenditure above resting levels—that is fun, develops movement and sport-specific skills, and has plenty of variety."

Dr. Shirley Alexander, staff specialist in the Weight Management Services department at the Children's Hospital at Westmead, New South Wales, agrees with Okely. *"Physical activity needs to be fun and engaging; kids need to be able to use their sense of exploration and learn about their environment and their limitations."*

Click here to learn more <http://www.theage.com.au/lifestyle/diet-and-fitness/play-not-exercise-for-fit-kids-20120307-1uk01.html>

ASK!

CLICK HERE

TO BRING RECESS ROCKS TO YOUR COMMUNITY

GIVE US FEEDBACK

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