

Activity Breaks

Physical activities can be used at any point during a meeting, especially when energy and attention seem to be slumping. Most activities can be extended from a few minutes to as long as 10 minutes, depending on the training schedule. When leading activity breaks, always remember to be safe, be comfortable, and have fun.

Have You Ever

The Have You Ever game is an active, fun way to explore and celebrate the rich diversity of experiences that different people bring to any group. It works best with larger groups.

- Ask everyone to stand, and identify a leader amongst the participants. The leader reads questions that may or may not apply to each person. See list of sample questions below. When the answer does apply to an individual, they are required to do something active. Encourage creativity with actions.
- Have a list of about 20 Have You Ever? questions that are tailored to the particular group, setting, and program goals. Make sure all the items are positive and avoid topics that might lead to embarrassment or ridicule. Make sure that a few of the questions will apply to almost everyone in the group, so that all participants will engage in movement at some point.
- If there is room for a big circle, participants can run, skip, hop, jump, or dance into the middle and do a “high five” with anyone else who comes in. When space is limited, other actions, such as waving hands in the air, clapping hands overhead, or doing a little dance in place can be used.

Examples

- Have you ever climbed to the highest point in your state or country of birth?
- Have you ever ridden a horse, camel, or an elephant?
- Have you ever been on a canoe trip or an overnight camping trip?
- Have you ever bicycled or walked to work?
- Have you ever competed in a 10K race running or walking?
- Have you ever eaten eggplant or any other unusual produce item?

Activity Breaks, continued

- Have you ever cooked a meal for more than 50 (or 100) people?
- Have you ever eaten frogs' legs (or any other unusual food)?
- Have you ever been in love with someone who was vegetarian?
- Have you ever had a close relative who lived to be over 100?
- Have you ever hiked to the bottom of the Grand Canyon (ridden a donkey)?
- Have you ever played wiffle ball?
- Have you ever belly danced?
- Have you ever rocked a grandchild?
- Have you ever participated in a marathon (half-marathon) (triathlon)?

This project was funded using U.S. Department of Agriculture grant funds. The USDA is an equal opportunity provider, employer, and lender.

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Suggested Reference Citation:
Institute of Child Nutrition. (2023). *Activity breaks*. University, MS: Author.

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