Quick Student Challenges

Overview: The following is a list of activities that can be completed as individuals on Field Day to fill time during lunch and recess waves. These challenges can also be used at home as family activities, during your health. moves. minds. event or anytime to get your school moving.

Student Instructions: Each activity completed will be worth points for your team. Choose whichever activity you prefer. As you complete an activity, check it off and choose another activity. Bring your timecard with you to the afternoon activity because the checked off activities will each be worth 10 points for your team. In addition, a few activities will be chosen at random to be worth bonus points!

☐ ABCs of Teamwork: As a group, move your bodies into position to form the letter A. As soon as the letter A is recognizable, move on to form the letter B. Keep going all the way to letter Z.

☐ Practice Being Gentle: Have a water balloon toss. Stand in a circle. Pass a water balloon around while discussing how we can hurt other people’s feelings if we are not careful and gentle with our words. Each time the balloon is caught, the person who passed it takes a step back increasing the size of the circle. See how large you can get the circle without breaking the balloon. Score yourself a 10-point bonus for each complete trip around the circle that your balloon can make.

☐ #ChalkYourWalk: Create an original work of chalk art, either on your chalkboard or on the sidewalk outside. Choose a theme for your creation. Everyone needs to contribute something to the drawing that fits into your theme.

☐ We’ve got a song in our hearts: Practice a song that you can sing together. Find someone who works here and serenade them with it.

☐ Visit the Zen Den: Go to www.cosmickids.com and visit the Zen Den. Choose from several different videos to watch and follow along for some mindfulness practice.

☐ Circle of Compliments: Gather in a circle and invite anyone who wishes to share a compliment for something they have done so far at Field Day.
☐ **Cheerleaders:** Spread some positivity – create a cheer for your team. Find a class that is on your team and perform the cheer for them to generate even more team spirit.

☐ **Kindness for Custodians:** Clean the desks in your classroom and pick up all the papers and trash off of the floor.

☐ **We’ve Got Moves:** Learn or create a dance that you can do as an entire class.

☐ **Feeding Our Hearts by Feeding Others:** Visit [www.freerice.com](http://www.freerice.com). This website works with charitable sponsors who will donate rice to communities in need. Choose a topic to challenge yourselves and see how much rice you can get the sponsors to donate!

☐ **Showing Gratitude:** Write some thank-you notes to some of the adults in your school community to let them know that you appreciate them. Bus drivers, crossing guards, cafeteria staff. There are many adults who help us every day and a thank-you note would really brighten their day.

☐ **Relax and Restore:** Practice progressive muscle relaxation [https://youtu.be/cDKyRpW-Yuc](https://youtu.be/cDKyRpW-Yuc) to release tension to be sure you are loose and ready for this afternoon’s big team activity!

☐ **Practice Your Listening Skills:** Divide into groups of two-four. Give each group a piece of chalk and head out to the blacktop. Each group can draw a mini 4-square grid and number the squares 1-4. Players take turns being the player and the caller. On a player’s turn, the caller will say one number. The player must jump into that square and then jump back out. The caller will then say two numbers. The player must jump to those two squares in the order called and then jump out of the grid. Play continues, with the caller adding one number each time, until the player makes a mistake or loses their balance and steps out of the grid. Then it’s time for a new player and caller.

☐ **Practice a Mindful Minute:** Clear your mind, be still and focus only on your breathing for one minute.

☐ **Secret Kindness Ninjas:** Think of something kind that your class can do for another class or someone else in your school community. Try to deliver this kindness to them stealthily without revealing yourselves!

☐ **Laughter is Good for our Health:** Everyone share their favorite (appropriate) joke or riddle.

☐ **Sleep is Important:** View this video about why sleep is so important ([https://youtu.be/_aAmaCe9v4](https://youtu.be/_aAmaCe9v4)) and then settle yourselves onto your class carpet, rest mats, or a soft patch of grass outside and take a 15-minute rest break.
Being Mindful of our Surroundings: Take turns being IT and being OUT. The person who is IT closes his or her eyes. Silently, someone else is chosen to be OUT and steps outside into the hall. IT then has three guesses to figure out who is missing. Everyone should have a turn to be either IT or OUT.

Being Mindful of What we Consume: Come up with a list of 10 ways that we can use LESS (less water, electricity, paper, etc.).

Stay Hydrated: Watch this video about why it’s important to drink plenty of water (https://youtu.be/31F0laJjyy8) and then hydrate yourselves by getting drinks from every drinking fountain in the school.

Healthy Choices: Stand or sit in a circle. Someone begins by naming a food that is good for our bodies. The next person repeats that food and adds another food. Keep going with each person repeating all of the previous foods and adding one to the list each time. If you can go all the way around the circle without a mistake, give yourselves a 10-point bonus.

Team Building Challenge: Start with a pile of blocks – enough for one for every person in your class. Take turns placing the blocks to build a building or tower. Everyone needs to add one block to the structure. If the structure falls, start over.

Being Mindful of the Time: You will need a stopwatch. Teacher (or designee) acts as the official timekeeper. Everyone takes turns guesstimating how long 10 seconds is. Can anyone come within .5 seconds without looking at a clock?

Take a Mindful Walk: Take a walk outside. Pay attention to each step you take, the noises you hear, the feeling of the sun, the wind on your face, or any smells that are in the air.

Acknowledgement: SHAPE America gives a special thanks to Amanda Amtmanis, health and physical educator at Spencer and Macdonough Elementary School, for the development of this resource.