

## Activity Breaks

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

### Have You Ever?

This 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 the participants to stand. 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.)
- If there is room for a big circle, participants can run/skip/hop/jump/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.
- 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.

Examples:

- Have you ever climbed to the highest point in your state or country of birth?
- Have you ever ridden a horse (or a 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 has been funded at least in part with Federal funds from the U.S. Department of Agriculture, Food and Nutrition Service through an agreement with the Institute of Child Nutrition at The University of Mississippi. The contents of this publication do not necessarily reflect the views or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. government.

The University of Mississippi is an EEO/AA/TitleVI/Title IX/Section 504/ADA/ADEA Employer.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights; Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

© 2017, Institute of Child Nutrition, The University of Mississippi, School of Applied Sciences

Except as provided below, you may freely use the text and information contained in this document for non-profit or educational use with no cost to the participant for the training providing the following credit is included. These materials may not be incorporated into other websites or textbooks and may not be sold.

The photographs and images in this document may be owned by third parties and used by The University of Mississippi under a licensing agreement. The University cannot, therefore, grant permission to use these images.

For more information, please contact [helpdesk@theicn.org](mailto:helpdesk@theicn.org).

01/2017

