

BOKS BURSTS: GET KIDS MOVING & HAVING FUN AT HOME



Recent news surrounding the Coronavirus has left many families without childcare and many school communities understaffed. At BOKS, we created our BOKS Burst program to arm parents and educators with a tool to help get kids moving with quick and easy activity breaks.

These "bursts" of physical activity are a great way to entertain your kids with healthy exercises that serve as a fun alternative to screen time. BOKS Bursts are short (1 to 10 minutes) and can be used at-home or in-classroom with little to no equipment. Use these activities at times when kids need a brain break or you're looking for some family time. BOKS Bursts can help students manage emotions, relationships and decisions.

TO RECEIVE MORE ACTIVITIES LIKE THESE SIGN UP FOR WEEKLY BURSTS:
<https://www.bokskids.org/enroll-school/boks-burst-weekly/>

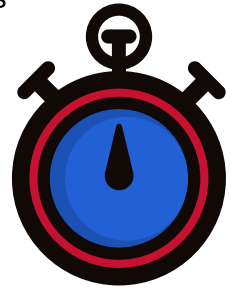
WEEK 1

BURST 1 HURDLE HOPS, SQUATS, FAST FEET

Individual, small (inside/outside) 5-10 minutes, grades 1-8

Directions: Do each of the following moves in place for 30 seconds for 5 rounds or sets

1. 30 seconds of jumping from side to side over a pretend hurdle
2. 5 squats
3. 30 seconds of jumping front to back over a pretend hurdle
4. 5 squats
5. 30 seconds of fast feet (feet jogging quickly in place like a football player)
6. 5 squats
7. Repeat

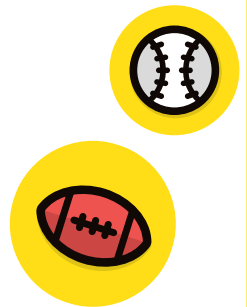


BURST 2 BOKS SPORTS GALORE

Traditional, individual, small (inside/outside) 5-10 minutes, grades 1-6

Directions: Do each of the following in place for 20 seconds. Second time through have kids use their opposite hands and feet. Third time through have kids call out which move to do

1. Act like a baseball player swinging a bat
2. Act like a basketball player shooting a ball into the basket
3. Act like a hockey player skating as fast as they can
4. Act like a football player and practice fast feet (jogging quickly in place)
5. Act like a professional skier and practice going side to side than jumping over jumps
6. Act like a tennis player practicing their serve
7. Repeat



BURST 3 JUMPING JACK CHALLENGE

Partner, small (inside/outside) 5-10 minutes, grades K-8

Directions: Do each of the challenge for 2-3 minutes:

1. Partner A performs 1 push up first
2. Partner B performs 1 push up second
3. Partner A performs 2 push ups third
4. Partner B performs 2 push ups fourth
5. Continue this push up ladder for 2 minutes. See which pair completes the most push ups in 2 minutes.
6. Remind the kids to pace themselves!



WEEK 1

BURST 4 ANGLE SQUATS

Traditional, small (inside/outside) 5-10 minutes, grades 1-6



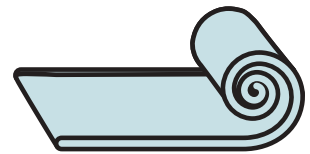
Directions:

1. Kids perform squats with their feet and knees in particular angles. Instructors ensure knees should be over the feet when performing this Burst.
2. On cue, kids are asked to do a zero-degree squat with feet and knees parallel and close together. Repeat 10 times.
3. Kids are then asked to perform a squat with feet and knees turned out in a 45-degree position. Repeat 10 times.
4. Kids are then asked to perform a squat with feet and knees turned out in a 90-degree angle. Repeat 10 times.

Variations/Challenges: Adult or "Lead Partner" can change the angles and incorporate a slight jump in the squats by changing the angle. For example, the adult can ask for a 45 degree to a 0 degree to a 90 degree in succession and repeat and change the pattern as needed.

BURST 5 UP AND DOWN

Yoga, small (inside) 5-10 minutes, grades K-8



Directions: Have your kids all lie down on the floor and close their eyes. Have them put their hands on their stomach (belly). Focus their attention on how their belly goes up and down as they breathe. As the kids are focusing on their breathing the trainer can say:

1. Every inhale opens a door. Every exhale walks you right through.
2. Each inhale creates space. Each exhale moves you into the space.
3. Every inhale fills you up. Every exhale relaxes you.
4. Every inhale lifts and does the work for you. Every exhale softens or relaxes you right in.
5. Repeat.

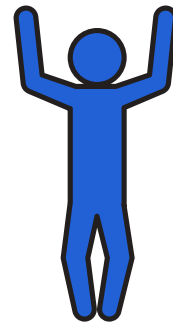
WEEK 2

BURST 1 TABATA JUMPING JACKS

Individual, small (inside/outside) 5-10 minutes, grades K-8

Directions: Do each of the following activities for 20 seconds with 10 seconds rest.
4-8 rounds or sets.

1. 20 seconds of fast jumping jacks
2. 10 seconds of rest
3. Repeat for 4-8 more rounds or sets



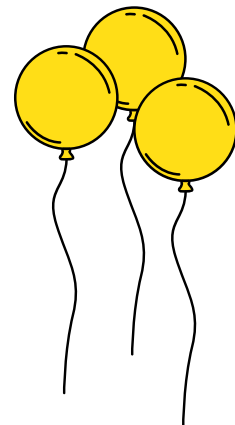
BURST 2

BOKS AS IF

Traditional, individual, small (inside/outside) 5-10 minutes, grades 1-8

Directions: Do each of the following activities for 20-30 seconds. Repeat and have the kids call out the activities

1. Take big steps in place as if you were wading through thick creamy yogurt
2. Jog in place as if a scary bear is chasing you
3. Jump up and down in place as if you were popcorn popping
4. Reach up in the air as if you were grabbing balloons out of the air
5. March in place and play the drums as if you were in a marching band
6. Paint as if the paintbrush is attached to your head
7. Jump up as if you were going to do a cannon ball splash into a pool
8. Swim as if you were in a giant pool of applesauce
9. Shake your body as if you were a wet dog
10. Repeat



BURST 3 BOKS LADDER CHALLENGE

Partner, small (inside/outside) 5-10 minutes, grades 1-8

Directions: Pick 2 movements (Ex. jumping jacks and squat)

1. One child works at a time
2. Partner A does each movement once
3. Then, Partner B does each movement once
4. Partner A does each movement twice
5. Partner B does each movement twice
6. Keep increasing the reps by one each cycle
7. Play for 2 minutes and see how many reps the partners can get to



WEEK 2

BURST 4 DANCE IT UP



Traditional, small (inside/outside) 5-10 minutes, grades K-8

Directions:

Perform all the movements below in 15 second intervals while playing a song of your choice from "BOKSKIDS" Spotify list:

- Flossing – move hips right to left while holding your arms in a straight position with one arm hanging in front and the other behind your body. Essentially flossing your hips through your arms.
- Rake the lawn – pretend to hold and rake the leaves in one direction than another.
- Disco dancing – Point one finger in the air while holding your arm in a diagonal position above your head with the other arm and finger pointing to the floor.
- Sprinkler – move your arm like the motion of a sprinkler and switch arms when desired.
- Lawnmowing – pretend to cut the grass with the lawnmower in different directions.
- Changing the light bulbs – use one hand to reach about your head and pretend to change the light bulb in the ceiling, switch hands when desired.
- Repeat until the end of the song.

BURST 5 RIGHT ARM UP, LEFT ARM UP

Yoga, 5-10 minutes, grades K-8



Have your kids all lie down on the floor or be in a sitting position.

Have them put their hands on their stomach (belly).

1. Lift right arm up into the air above their head. Lower the right arm back down and place on their stomach.
2. Lift left arm up into the air above their head. Lower the left arm back down and their stomach.
3. Lift both arms up into the air above their head. Lower both arms back down and place on their stomachs.
4. Now try the same activity but focus on breathing throughout the movement. Have the kids close their eyes and put their hands on their stomach. Focus their attention on their belly going up and down.
5. Take a big inhale through your nose and lift right arm up into the air above their head. Exhale through your mouth and lower (or soften) the right arm back down and place on their stomach.
6. Take a big inhale through your nose and lift left arm up into the air above their head. Exhale through your mouth and lower (or soften) the left arm back down and on their stomach.
7. Take a big inhale through your nose and lift both arms up into the air above their head.
8. Exhale though your mouth and lower (or soften) both arms back down and place on their stomachs.

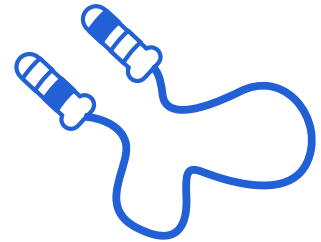
WEEK 3

BURST 1 BOKS GIVE ME 10!

Individual, small (inside/outside) 5-10 minutes, grades 1-8

Directions: Do each of the following activities 10 times each for 5 rounds or sets

1. Jump rope – pretend you have a jump rope in your hand
2. Elbows to knees – lift your right knee up and touch your left elbow and then switch to left knee up to right elbow (5 times each side)
3. Mummy kicks – keep legs and arms straight and lift one up at a time and touch the opposite hand to foot (5 times each side)
4. Jumping jacks
5. Side lunges – touch your feet
6. Squats
7. Tuck jumps – jump up and bring your knees up as far as you can
8. Repeat



BURST 2 DECK OF CARDS

Individual, small (inside/outside) 5-10 minutes, grades 1-8

Directions: Assign a movement to each of the 4 suits from a deck of cards, remove the face cards

- Jumping jacks – diamonds
- Squats – hearts
- Lunges – clubs
- High knees – spades

Pick a card from the deck and then have the kids perform the number and type of movement that corresponds with the chosen card. Let the kids take turns at choosing the cards. Repeat.



BURST 3 FOLLOW THE LEADER

Partner, small (inside/outside) 5-10 minutes, grades 1-6

Directions: Each child finds a partner. Partner A leads choosing 1 of 4 activities listed below. Partner B must follow. Adult to cue kids to change movements. After 4 rounds or 1 – 2 minutes, switch so that Partner B becomes the leader. Add your own movement in following rounds.

1. Jumping jacks
2. Butt kickers
3. Bend down touch the ground



WEEK 3

BURST 4 INCH WORM

individual, small (inside/outside) 5-10 minutes, grades K-9+
Equipment needed: Bean bags or other small item to pass



Directions:

1. From a standing position, bring both hands to the floor while keeping legs as straight as possible- you can bend your knees a bit to get your hands to the floor if you have to!
2. Walk your hands away from your feet until you're in a high plank position.
3. Hold plank for 10 seconds.
4. Slowly walk your feet back up to your hands.
5. Repeat as many times as possible, or until time runs out.

Variations/Challenges:

- Add a pushup, toe taps, knee pulls, etc. to your plank hold!
- Turn it into a relay- form teams if you have enough people and divide them into 2 groups across from each other. One kid will inch worm across the activity space and tag their teammate, who will then inch worm back across the room until all kids have had a turn!

BURST 5 TIP OVER

Yoga, small (inside) 5-10 minutes, grades K-8



Have your kids sit down on the floor legs crossed in front of them. Hands down by their side.

1. Staying soft and easy, take a big inhale and tip over to your right side, pressing your right arm and forearm on the ground.
2. Reach your opposite arm overhead and hang there for a few long deep breaths.
3. Big exhale and bring your torso up through the center and reach to the other side.
4. Repeat 1 time.

WEEK 4

BURST 1 BOKS UP AND DOWN



Individual, small (inside) 5-10 minutes, grades 1-8

1. In your chair have the kids follow the commands up (stand up), down (sit down), jump (jump up and down), squat
2. The leader can play along with the class (doing opposite movements) to try and confuse them.
3. Give the commands both quickly and slowly for variety.
4. Choose a new leader after a few minutes.

For more fun you can try squatting up and down in your chair to this song "Bring Sally Up, Bring Sally Down" - [Play YouTube Video with This Link](#)

BURST 2

MARCHING MANIA

Individual, small (inside/outside) 5-10 minutes, grades 1-8

Directions: While staying seated in your chair. Repeat each activity 10 times.



1. Marching (soft feet)
2. High Knees (lifting your knee one at a time as high)
3. Fast feet (As fast as you can running in place)
4. Inside-outside (Touching your arch with opposite hand alternating feet- as fast as you can)
5. Marching (Soft feet)
6. Straight legs (lifting both legs straight in front of you, bend and straighten - hold onto chair)
7. Running with hands (Speed running while seated using your hands and feet)
8. Seated ladder climb (Opposite leg steps up while arm reaches high)
9. Chair squats (Stand up then sit down-repeat)
10. Marching (Soft feet)

BURST 3

PUSH UP PLANK CHALLENGE

Partner, small (inside) 5-10 minutes, grades 1-8



1. Partner A starts by doing 5 push-ups, while Partner B holds a plank position
2. Then Partner B does 5 push-ups while Partner A holds the plank.
3. Repeat with Partner A doing 4 push-ups, while Partner B holds a plank.
4. Continue each round decreasing the number of push-ups until you get to 1.

WEEK 4

BURST 4 LET'S CLIMB BURST

Individual, small (inside/outside) 5-10 minutes, grades 1-8



Directions: The goal of this Burst is to perform several variations of hill/mountain climbers.

1. Kids place hands on the floor and support their weight in a high plank position.
2. Kids are asked to cycle the knees in towards the chest in a right, left, repeat fashion.
3. Perform 10-40 repetitions depending on the group. Kids stand and rest briefly.
4. Kids get back in high plank position again and bring one of the knees in towards chest while touching the sole of the foot of the active leg on the floor and cycling the opposite leg.
5. Perform 10-40 repetitions and then stand to rest briefly.
6. Kids get in high plank position and ask them to kick both knees in towards the chest at the same time, then kick straight back out to extension.
7. Kids then kick the legs out sideways while fully extended so that legs create a v formation, then jump the legs back together and kick the knees back to the chest and repeat the actions.
8. Perform 10-40 repetitions.

Variations/Challenges: For advancing variations, please ensure that the kids are age and physical stage appropriate.

- Try to bring the foot all the way up to the side of the hand on the same side. For example, left foot is drawn high towards the shoulder area and beside the left hand. Then repeat with the right and so on for 10-30 reps.
- Try to perform mountain climbers with one leg. Use the left or the right leg only and either hold the opposite leg in the air or on top of the other leg. Kick knee in towards chest and then back out straight. Repeat 10-15 times.

BURST 5 LIFT UP

Yoga, small (inside/outside) 5-10 minutes, grades K-8

Have your kids stand with their hands down by their side.

1. Big inhale and lift your arms up over your head.
2. Exhale and bring your arms back down by your side, sink or lower your hips down and bend your knees.
 1. Big inhale and lift your arms up over your head.
 2. Exhale and relax your arms and bring them back down by your side, sink or lower your hips down and bend your knees.
3. Repeat 2 times.



WEEK 5

BURST 1 ONE FOOT PYRAMID

Individual, small (inside) 5-10 minutes, grades 1-8

Directions:

1. Kids stand adjacent to a table with 6 plastic cups on the table top and stand and balance on one leg.
2. On the 'go' cue, kids grasp one cup of the table and place it on the floor attempting to not touch the other foot on the floor.
3. Kids continue until a pyramid of 3 on the bottom, 2 in the middle and one on top is complete and standing. Repeat and change legs.

Variations/Challenges:

Add more cups to increase difficulty & duration. Change the hand they use to complete the BURST. Increase duration by continuing to rebuild the pyramid on the table top after the floor pyramid is complete.



BURST 2 MINUTE TO WIN IT BURST

Traditional, individual, small (inside/outside) 5-10 minutes, grades K-8

Directions: Complete each set of brain busters as many times as possible in a given time interval (ex: 60 seconds):

1. Jump – Spin (90 degrees) - Clap.
2. Stomp - Jump –Spin (90 degrees).
3. Squat – Spin (90 degrees) - Clap.
4. Stomp - Stomp -Clap.
5. Jump – Spin (90 degrees) – Jump.



BURST 3 BOKS GET UP/DOWN CHALLENGE

Partner, small (inside/outside) 5-10 minutes, grades K-8

Directions: Have kids partner up with someone next to them.

1. Standing back to back with partner, link arms
2. From a standing position, children slowly walk their legs out simultaneously while keeping their backs together
3. Once the group has walked their legs out as far as they can, they should be sitting on the floor.
4. The challenge is to then get back up in a standing position, while keeping their backs together
5. Children will need to get their feet back under themselves without separating or touching the group.
6. Let them try for a couple of times and/or switch partners.



WEEK 5

BURST 4 SPORTS CELEBRATION BURST

individual, small (inside/outside) 5-10 minutes, grades pre-K - 6



Directions:

1. Kids take a shot with an imaginary hockey stick then jump into the air and raise their arms overhead to celebrate scoring a goal.
2. Repeat 10 times, and urge a different celebration each time.
3. Kids swing an imaginary golf club and watch the ball as it heads to the hole. Kids celebrate however they choose by moving about within their space.
4. Repeat 10 times, and urge a different celebration each time.
5. Kids jump in the air and catch an imaginary football. Kids spike the imaginary ball and perform their touchdown dance.
6. Repeat 10 times, and urge a different touchdown dance every time.

Variations/Challenges: Incorporate different sports and the actions and motions involved in scoring.

BURST 5 GRATITUDE ACTIVITY

Mindfulness, small (inside/outside) 5-10 minutes, grades K-8



Gratitude is acknowledging what is good in life and is often associated with feeling a greater degree of happiness. Have your BOKS kids tell you what they are grateful for. Keep it fun and maybe even write it down on a giant poster board to hang up in your space. Remember it can be anything like "I'm grateful for my parents" or "I'm grateful for my teacher". Some other examples might be "I'm grateful for the delicious apple I ate yesterday" or "I'm grateful for the walk I had with my friend". As a trainer, give some examples to help get kids started.

WEEK 6

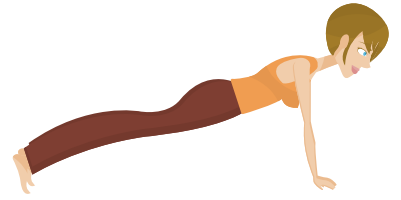
BURST 1 INDIVIDUAL PLANK BALANCE

Individual, small (inside/outside) 5-10 minutes, grades 1-8

Directions:

1. Start in plank position with extended arms and legs.
2. Place knees on ground.
3. Lower body down toward ground.
4. Perform 3 bent-leg push-ups.
5. Raise body and extend arms while keeping knees on ground.
6. Keep arms extended and lift knees off ground to be in a plank position as in step 1.
7. Perform 3 straight-leg push-ups.

Variations/Challenges: Balance an object (eraser, pencil case) on kid's back as they perform the burst.



BURST 2 BOKS SAYS IN YOUR CHAIR

Partner, small (inside/outside) 5-10 minutes, grades K-8

Directions: The adult or 1 lucky kid will lead the group in BOKS says:

1. Have all the kids sitting down facing forward in a chair.
2. BOKS Says:
 - a. Stand up
 - b. Sit down
 - c. Fast feet while sitting
 - d. Stand up and squat
 - e. Stand up and jump
 - f. Run behind the chair to the left or right
 - g. Turn body left
 - h. Turn body right
 - i. Bring knees to chest, one by one
 - j. Lift legs straight out
3. After 1 minute, have the kids shake out their legs, pick a new leader and play again by mixing up the movements



BURST 3 BOKS BOUNCERS

Partner, small (inside/outside) 5-10 minutes, grades K-8

Directions:

1. Partner A is sitting down with arms out and legs straight in front.
2. Partner B jumps over Partner A's left arm, legs and right arm. Then Partner B turns around and jumps over right arm, legs and left arm.
3. Repeat 2 or 3 times and then switch places so that Partner B is sitting and Partner A is jumping.



WEEK 6

BURST 4 SPRING DANCE PARTY

Traditional, small (inside/outside) 5-10 minutes, grades K-6

Directions: Do each movement for 30 seconds:

1. Free dance for 30 seconds.
2. Pretend you have a hula hoop and keep that hula hoop up for 30 seconds.
3. Wiggle while standing for 30 seconds.
4. Spin to the left then spin to the right for 30 seconds – airplane arms.
5. Two foot hop and backward swim with your arms for 30 seconds.
6. Repeat.



BURST 5 BOKS OF HAPPINESS

Mindfulness, small (typical classroom) 5-10 minutes, grades K-8

Bring in a box or a jar. Each day have the kids tell you one thing that put a smile on their face and write it down (have the BOKS kid of the week or another kid write it) and add to the BOKS box. At the end of the session count up how many BOKS smiles you have in your box.

