



Station Cards Table of Contents

The following station card ideas are a comprehensive list for grades K-8.

Select activities that are developmentally appropriate for your students. Cards are listed in order.

- Health cards focus on skills around
 - Grades K-5: respect, teamwork, communication
 - Grades 6-8: equity, diversity, inclusion, empowerment, gratitude, teamwork, and positive self-talk.
- Moves cards focus on fitness or PE skills.
- Minds cards focus on mindfulness/self-awareness skills.

Station card ideas:

Health

Grades K-5

- Make up a handshake with five different parts
- Use the equipment to make up a game (provide any equipment you like)
- Partner challenge: Sit back-to-back, link elbows, and try to stand up and sit back down
- Partner shoe tie: Untie your shoes, try to tie your shoes using only one of your hands and your partner's hand
- Respectful listening 1: Partner A describes how being respectful can be mindful. Partner B listens and repeats something Partner A said. Partner C provides praise.
- Respectful listening 2: Partner A (Apple as in Lesson 2) defines mindfulness. Partner B (Banana as in Lesson 2) listens and repeats something Partner A said. Partner C provides praise to both Partner A and Partner B. Be sure students switch roles at each station.
- Respectful listening 3: Partner A (Apple as in Lesson 2) is to share how they can use mindfulness in their life. Partner B (Banana as in Lesson 2) listens and repeats something they said. Partner C provides praise to both Partner A and Partner B.
- HALT Scenario: Diamond got to school and forgot she had a test in class. During recess, some of her friends came up to her and asked her play, but she didn't really feel like playing. Diamond wasn't really sure why she didn't want to play because recess is her favorite part of the day. Use the HALT acronym to figure out what Diamond might be feeling. Discuss in your group.

Grades 6-8

- Write a gratitude note to give to someone later.
- Write down three things you like about yourself.
- Think of a compliment to give someone in your group. Remember, it should be genuine. Write it down and share it with them later.
- Create a mini-poster with a positive message to yourself to keep in your locker, your room, kitchen, or somewhere you will see it daily. (Provide markers, colors, crayons and paper/index cards.)

Station Cards Table of Contents

- Use the equipment to make up a game. (Provide any equipment you like.)
- Partner Shoe Tie: Untie your shoes and try to tie your shoes using only one of your hands and your partner's hand.
- Walk & Talk: Read and discuss the following prompt and answer the questions as you and your group walk around the perimeter of the gym:

Prompt: The second-grade school teacher posed a simple enough problem to the class. "There are four blackbirds sitting in a tree. You take a rock and hit one of them. How many are left?"

"Three," answered the first 7-year-old boy with certainty. "One subtracted from four leaves three."

"Zero," answered the second 7-year-old boy with equal certainty. "If you hit one bird, the others will fly away."

1. How would you have answered the teacher's question?
2. What does diversity mean to you? Do you think it means the same thing to other people?
3. How do people's perspectives play a role in their values and beliefs?

Moves

- How many times can you successfully catch a beanbag in your group?
- Waddle like a penguin
- Bear walk
- Crab walk
- Frog jump
- Keep up the balloon: Students try not to let the balloon touch the ground for as long as they can
- Fitness Cards: Use a deck of cards and provide a legend. Students will perform the type of exercise and number of repetitions depending on the card flipped.
- Hearts – scissor jumps
- Spades – mountain climbers
- Diamonds – sit-ups
- Clubs – student choice
- Not in My Hoop: Each student has a hoop and a bean bag. Students remain in plank position as they try to get rid of all the bean bags in their hoop by putting them in other players' hoops.
- Offer students to hold a different position. Some students may be challenged by holding their hands over their head.
- Students that use wheelchairs can play the game with the hula hoop on a table.
- Group choice



Station Cards Table of Contents

- 50 front kicks
- Jump rope (or invisible jump rope) as long as you can without stopping
- Make up a dance or exercise routine
- Dribble Knockout: Dribble the ball using your hands and try to knock your teammate's ball out of their control
- Forearm Pass: Do as many forearm passes as possible without dropping the ball

Minds

- Sit with your eyes closed and name five things you can hear.
- Sit with your eyes closed and list four things you notice about the object. (Leave bean bags or a variety of any small items for students. You can use this as a check-in by having students write down the features they notice.)
- Mindful Eating: Eat one raisin with your eyes closed. Chew slowly and notice the texture, taste, feel, and smell as you eat.
- Note: Please be sure of student allergies or any other special accommodations around food before choosing this activity.
- Better Breathing like blowing out a candle
- Better Breathing like smelling a flower
- Better Breathing like blowing up a balloon in your stomach
- Squeeze your facial muscles and relax five times
- Squeeze your shoulder muscles and relax five times
- Squeeze your thigh muscles and relax five times
- Practice a Mindful Minute
- Cobra pose
- Downward Dog
- Boat pose
- Warrior I pose
- Tree pose
- Savasana
- Happy Baby pose

**Make up a handshake
with 5 different parts.**

**Use the equipment to
make up a game.**

Partner Challenge

Sit back to back linking elbows and try to stand up and sit back down.

Partner Shoe Tie

Untie your shoes, then try to tie your shoes using only one of your hands and your partners hand.

Respectful Listening #1

Partner A is to describe how being respectful can be mindful.

Partner B listens and repeats something they said.

Partner C provides praise.

Respectful Listening #2

Partner A (Apple as in Lesson 2) is to define mindfulness.

Partner B (Banana as in Lesson 2) listens and repeats something they said.

Partner C provides praise to both Partner A and Partner B.

Respectful Listening #3

Partner A (Apple as in Lesson 2) is to share how they can use mindfulness in their life.

Partner B (Banana as in Lesson 2) listens and repeats something they said.

Partner C provides praise to both Partner A and Partner B.

H.A.L.T. Scenario

Diamond got to school and forgot she had a test in class. During recess, some of her friends came up to her and asked her to play, but she didn't really feel like playing. Diamond wasn't really sure why she didn't want to play because recess is her favorite part of the day. Use the H.A.L.T. acronym to figure out what Diamond might be feeling. Discuss in your group.

Write a gratitude note to give to someone later.

**Write down three things you like
about yourself.**

Think of a compliment to give someone in your group. Remember, it should be genuine. Write it down and share it with them later.

Create a mini-poster with a positive message to yourself to keep in your locker, your room or somewhere you will see it daily.

**Use the equipment to
make up a game.**

Partner Shoe Tie

Untie your shoes, then try to tie your shoes using only one of your hands and your partners hand.

Walk & Talk

Read and discuss the following prompt and answer the questions as you and your group walk around the perimeter of the gym:

Prompt: The second-grade school teacher posed a simple enough problem to the class. “There are four blackbirds sitting in a tree. You take a rock and hit one of them. How many are left?”

“Three,” answered the first 7-year-old boy with certainty. “One subtracted from four leaves three.”

“Zero,” answered the second 7-year-old boy with equal certainty. “If you hit one bird, the others will fly away.”

1. How would you have answered the teacher’s question?
2. What does diversity mean to you? Do you think it means the same thing to other people?
3. How do people’s perspectives play a role in their values and beliefs?

**How many times can
you successfully catch a
bean bag in your group?**

Waddle like a penguin.

Bear Walk



Crab Walk



Frog Jump

Keep Up the Balloon

Try not to let the balloon touch the ground for as long as you can.

Fitness Cards

Use a deck of cards and provide a legend. Students will perform the type of exercise and number of repetitions depending on the card flipped.

1. Hearts – scissor jumps
2. Spades – mountain climbers
3. Diamonds – sit-ups
4. Clubs – student choice

Not in My Hoop

Each person has a hoop and a bean bag. Everyone is in plank position and tries not to have any bean bags in their hoop by putting the bean bags in other players hoops.

Group Choice

50 front kicks

**Jump rope as long
as you can without
stopping (or invisible
jump rope).**

**Make up a dance or
exercise routine.**

Dribble Knockout

Dribble the ball using your hands try to knock your teammates ball out of their control.

Forearm Pass

Do as many forearm passes as possible without dropping the ball.

**Sit with your eyes closed and name
five things you can hear.**

Sit with your eyes closed and list four things you notice about the object.

Mindful Eating

**Eat one raisin with your eyes closed.
Chew slowly and notice the texture,
taste, feel, and smell as you eat.**

**Practice Better
Breathing like you're
blowing out a candle.**

**Practice Better
Breathing like you're
smelling a flower.**

**Practice Better
Breathing like you're
filling your stomach with
a balloon.**

**Squeeze your facial
muscles and relax
five times.**

**Squeeze your shoulder
muscles and relax
five times.**

**Squeeze your thigh
muscles and relax
five times.**

Practice a Mindful Minute.

Cobra Pose



Downward Facing Dog Pose



Boat Pose



Warrior I Pose



Tree Pose



Savasana



Happy Baby Pose





health.moves.m!nds.™