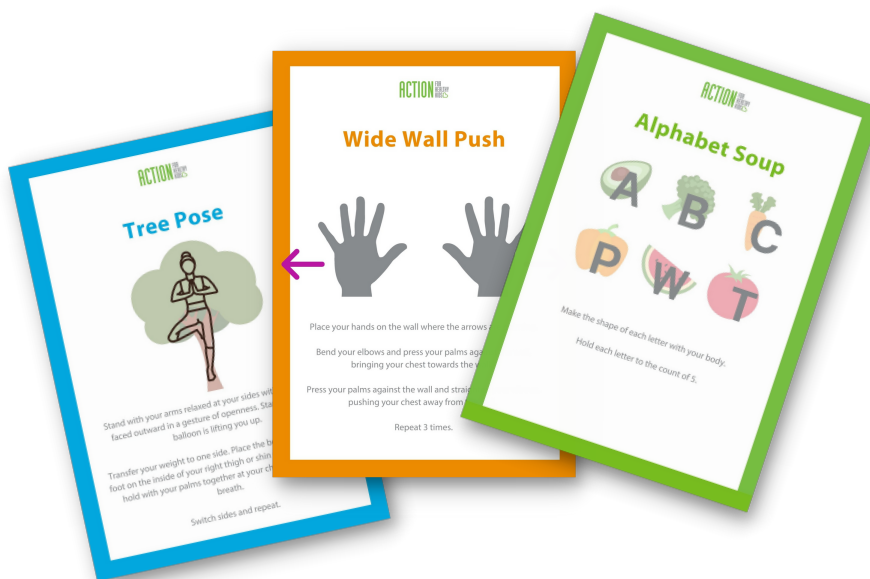


# Active Sensory Hallways Printable Posters



**Pair this activity set with AFHK's Active Sensory Hallways.**

<https://www.actionforhealthykids.org/activity/active-sensory-hallways/>

Print these posters out to use as separate activity stations or as a path in a hallway or along a wall. Want to include repetition of activities? Print multiple copies. Whether at school or at home, these activities help children move their bodies while reflecting on healthy habits for both the body and the mind. This is just one example of the many ways to create active spaces in the classroom, around school, and at home.

Recommended for PreK-5th

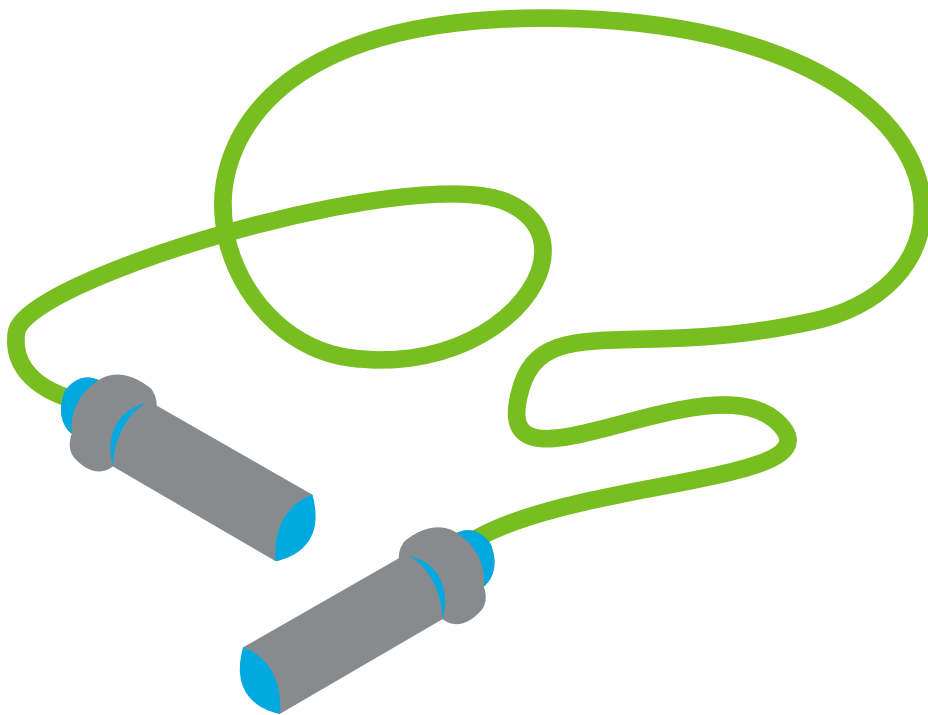
# Mountain Pose



Stand with your arms relaxed at your sides with your palms faced outward in a gesture of openness. Stand tall, like a balloon is lifting you up.

Take three deep breaths.

# Jump Rope

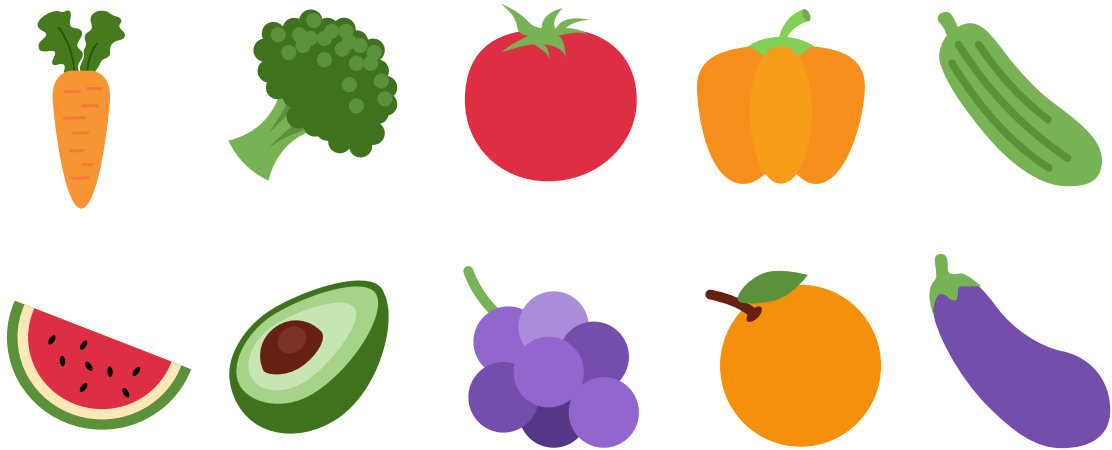


Pretend you are holding a jump rope.

Bring your arms to your sides and bend at your elbows bringing your arms out in front. Make tiny circles with your wrist.

Jump in place...  
5 times on two feet  
5 times on one foot  
5 times on the other foot

# Mindful Bite



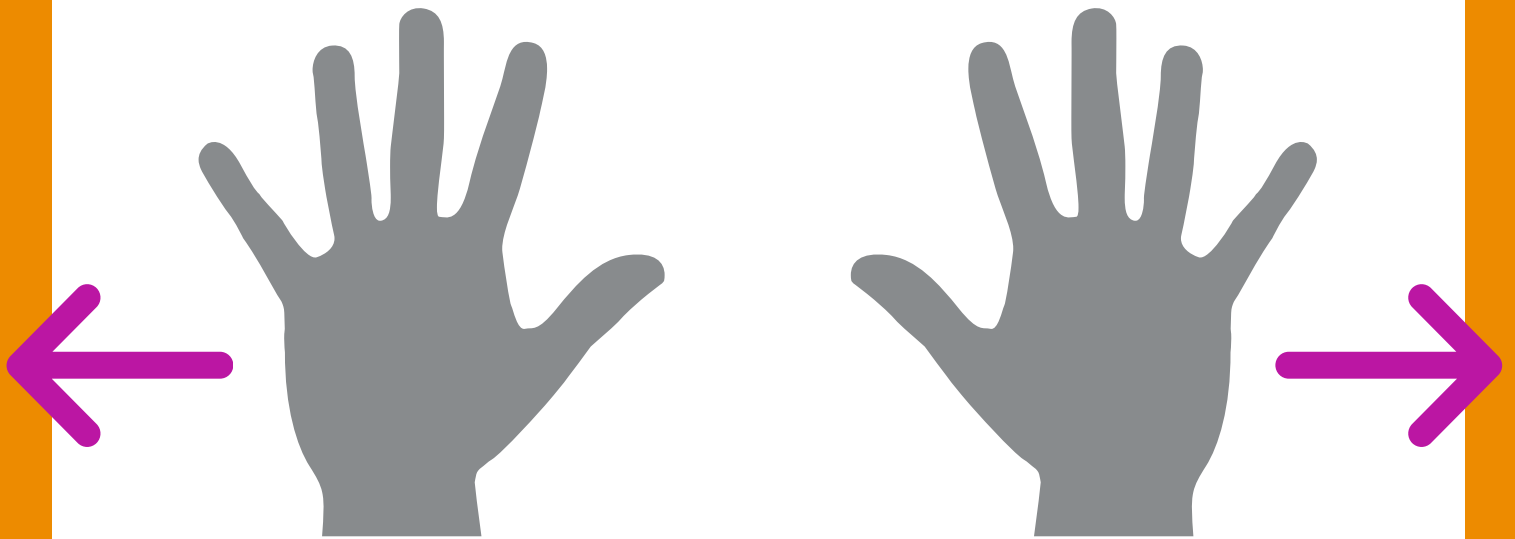
Point to a food that you've tried before.  
Close your eyes and take a big imaginary bite.

CHOMP

Pretend to chew your bight slowly and think about...

- ... what it feels like
- ... what it tastes like
- ... what it smells like

# Wide Wall Push



Place your hands on the wall where the arrows are pointing.

Bend your elbows and press your palms against the wall,  
bringing your chest towards the wall.

Press your palms against the wall and straighten your elbows,  
pushing your chest away from the wall.

Repeat 3 times.

# Trace and Breathe

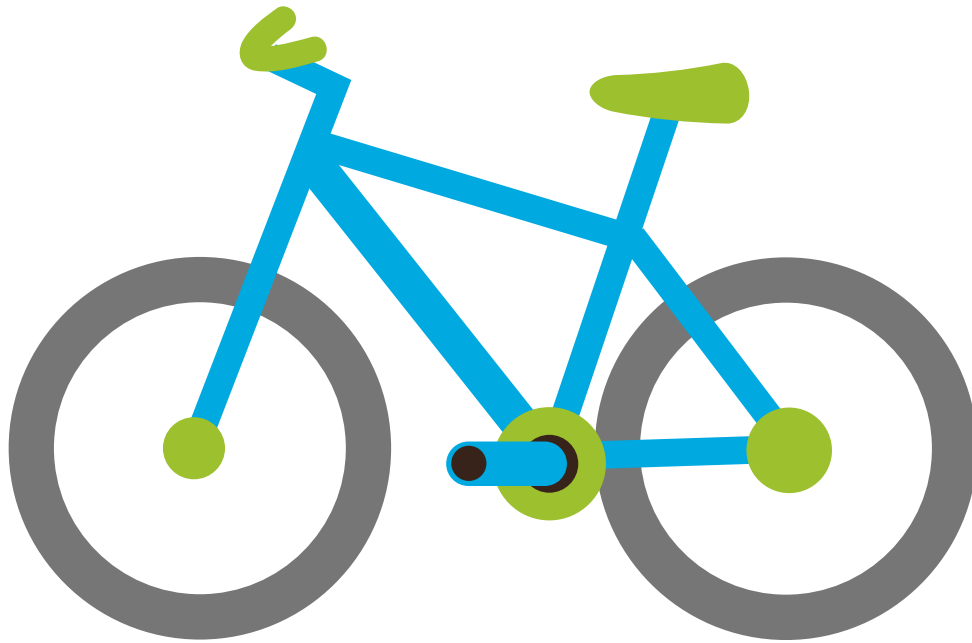


Place your finger on the green star. Trace the purple line to the blue star while taking a slow deep breath in.

Trace the purple line back to the green star while exhaling slowly.

Repeat 3 times.

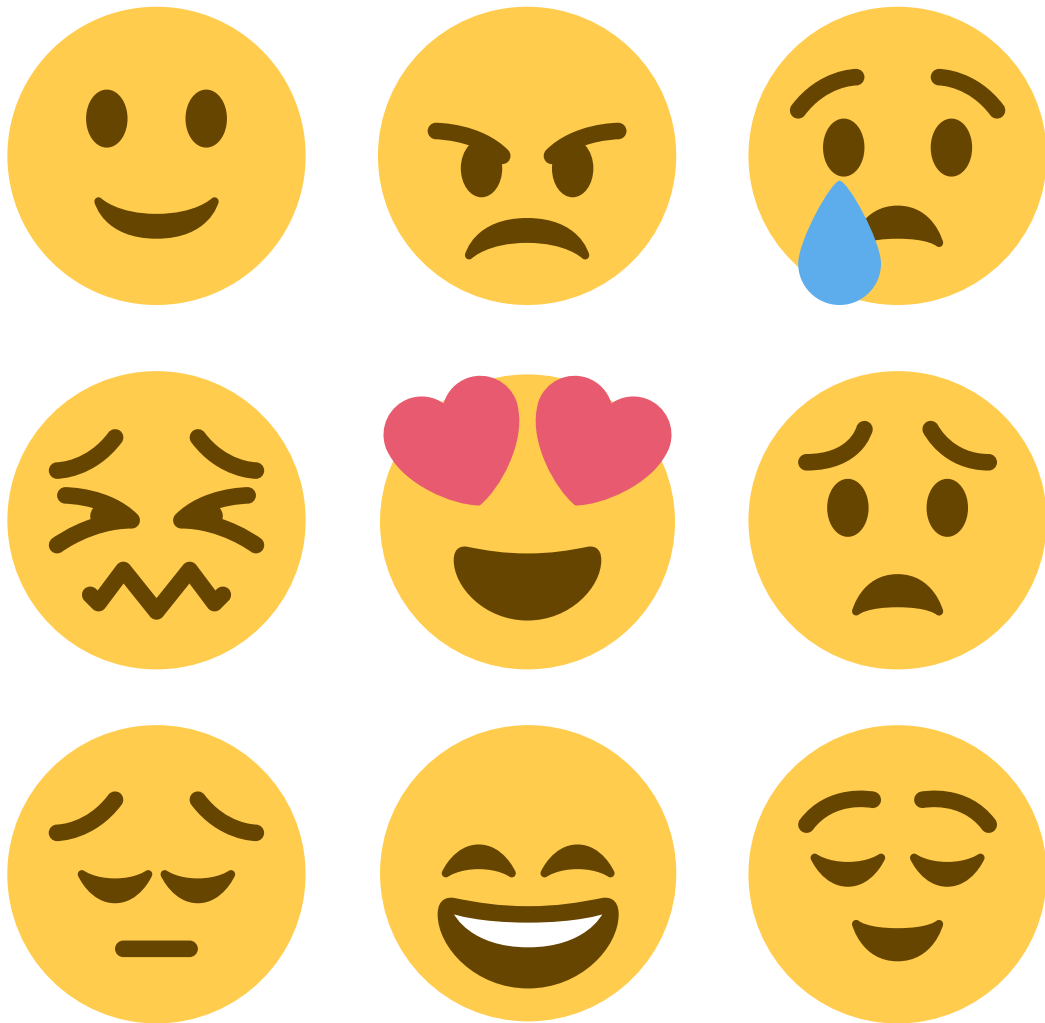
# Pedal



Pretend you are riding a bicycle.

Sit on the ground and put your hands behind you to help you balance. Lift your legs and peddle your legs to the count of 10.

# Feelings Faces

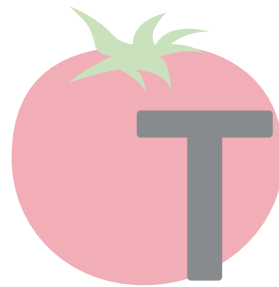
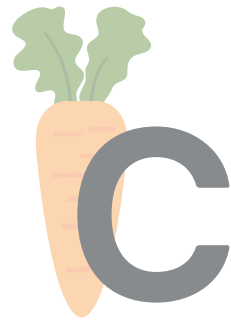


Point to each face and name that feeling.

Practice your feelings faces by matching your expression.



# Alphabet Soup



Make the shape of each letter with your body.

Hold each letter to the count of 5.

# Tree Pose



Stand with your arms relaxed at your sides with your palms faced outward in a gesture of openness. Stand tall, like a balloon is lifting you up.

Transfer your weight to one side. Place the bottom of your left foot on the inside of your right thigh or shin (not the knee) and hold with your palms together at your chest. Take a deep breath.

Switch sides and repeat.

# Frog Jump

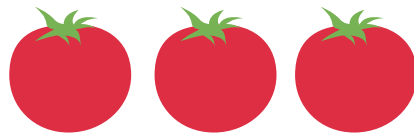


Stand up tall with your arms down by your sides. Bring your arms out in front as you open your palms and straighten your arms as you step your feet apart. Exhale as you squat down to the ground, keeping your back straight and the top of your head pointed towards the sky.

Hop like a frog 5 times.

# Fruity Fit

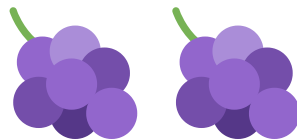
**Toe Touches =**



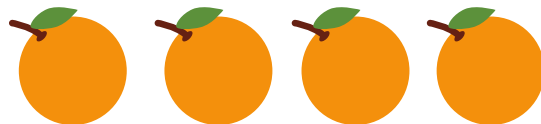
**Arm Circles =**



**Twists =**

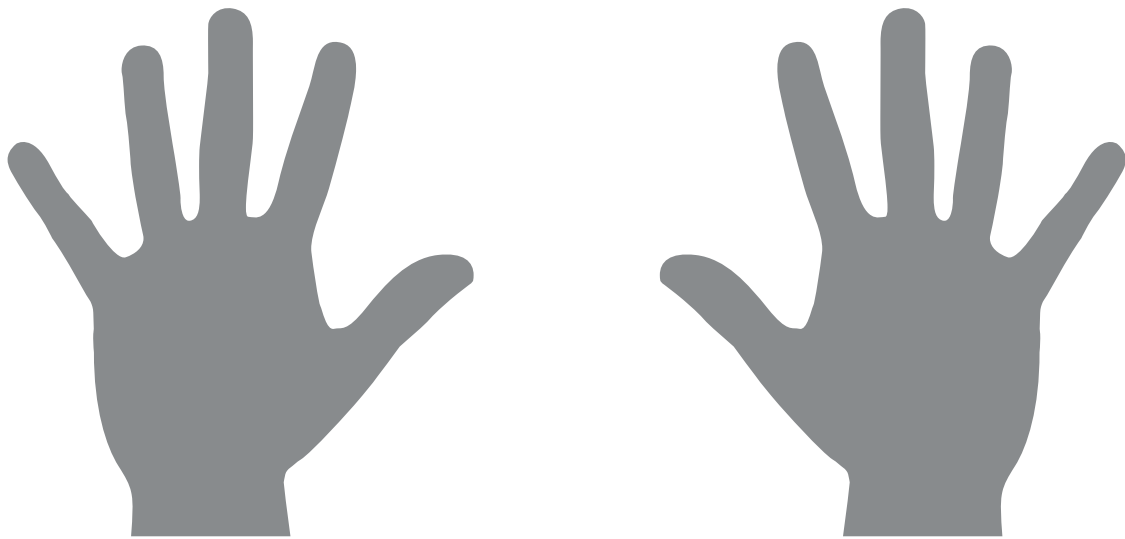


**March in Place =**



Count the number of fruit to figure out how many of each exercise to complete.

# Wall Push



Place your hands on the wall close together with thumbs touching. Use the handprints as a guide.

Bend your elbows and press your palms against the wall, bringing your chest towards the wall.

Press your palms against the wall and straighten your elbows, pushing your chest away from the wall.

Repeat 3 times.

# Belly Breath



Place your hands on your belly.

Take a slow, deep breath in through the nose and out through the mouth. Watch your belly rise and fall with each breath.

Repeat 5 times.