

Activity Title: Take 30 Seconds

Description: Participants will do a few exercises for 30 seconds each.

Purpose: To improve our mood, concentration and energize ourselves.

Time: About 10 minutes

Ages: All ages!

Suggestions: Tweak the exercises depending on the ages of your group and the amount of space you have. If you have participants with special needs tweak the exercises accordingly so that they can participate. You may want to play music in the background. When people hear the music they should start and when the music stops they should stop.

Materials: Stopwatch or a timer (could use the timer on a cell phone), could use music (from a phone, CD player...)

What to Do:

1. First have everyone move away from their chairs to a space where there is some room to move. If it's nice you could go outside. If you don't have a lot of room, you could choose exercises that you can do from your chair.
2. Presenters should introduce themselves.
3. Ask: What words come to mind when you hear the word exercise? Listen and tell them that there are a lot of different types of exercise and that "exercise" can help us re-energize ourselves.
4. Encourage youth and adults to participate at a level they feel comfortable. One presenter should demonstrate the activity and the second presenter will be in charge of the timer.
5. Instruct everyone to spread out as much as they can.
6. "When I say go, we will (*presenters should explain and demonstrate the activity*) for 30 seconds. When I say stop, we will stop." The presenter with the timer says "Go" and then "Stop" after 30 seconds.

Exercises to choose from (feel free to add your own!):

**With your knees slightly bent, slowly reach to the ceiling with the tips of your fingers. Then slowly reach towards your toes with the tips of your fingers. Repeat.

**Close your eyes and stand silent. Empty your mind and send all thoughts away. Think of nothing. As thoughts begin to pop into your head send them away and focus on the silence.

**March in place for 30 seconds.

**Silently think of everything you are blessed with for 30 seconds. How many things can you think of?

**Do jumping jacks (or non-jumping jumping jacks—alternate which arm and leg are extended)

**Put your elbows at your side and lift your legs one at a time to hit your knee.

**Lift your head up as if it is being pulled by a string (like a puppet). Then slowly move your head so that it leans towards one shoulder. Bring your head back to center and then lean your head towards the other shoulder. Then back to center and so on.

**In your head complete the sentence... “Life is too short to...” with as many different ideas as you can. Possible ideas may be... *Life is too short to make your bed. Life is too short to worry about what people think of you. Life is too short to watch commercials.*

**Dance for 30 seconds!

**In your head complete the sentence... “Life is too short to not...” with as many different ideas as you can. Possible ideas may be... *Life is too short to not eat dessert. Life is too short to not play in a pile of leaves. Life is too short to not spend time outside every day.*

**Sing and do “Head, Shoulders, Knees and Toes” as a group. Try slow, then faster and faster.

**Hop on one foot. Then switch to the other foot.

Reflection Questions: (You don’t have to talk about all of them. Pick the ones you like.)

1. Which one of those was the most fun? The least fun?
2. Did “exercising” help you get refocused for the rest of the meeting?
3. Which one of those was the most challenging? The easiest?
4. Does everyone find the same exercises easy? Why not?
5. How would you have felt if we had done only jumping jacks the entire time?
6. We just saw that everyone likes different activities and is good at different things. What does that mean for our 4-H club?

Possible conversations in response to #5 and 6:

***Variety at meetings is important because different people like different things.*

***There are a lot of different volunteer tasks and volunteers with different strengths.*

***People should reflect about their strengths and volunteer for tasks that they are good at.*

***4-H isn’t like doing jumping jacks the whole time!*

***4-H offers a variety of projects, experiences, and activities for youth to try and learn from.*

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