

Action Break



A Cool Wind Blows



Time

10 minutes

1. **TELL** participants that physical activity is anything that gets your body moving and that later in the training they will learn more about physical activity. The *Action Breaks* throughout the curriculum are great examples of this concept and provide the youth with easy ways to incorporate physical activity into their lives.

2. **SAY:**



This Action Break is called “A Cool Wind Blows,” and it comes from Lesson 4 in the curriculum.

Doing the Activity

1. **SET UP** chairs in a half-circle. **USE** one fewer chair than there are youth.
2. **CHOOSE** one youth to remain standing in front of the chairs, facing the group. **ASK** remaining youth to sit on the chairs.

3. **EXPLAIN** the activity:

- A person will call out a statement that describes some members of the group. The person must begin the statement by saying, “A cool wind blows for anyone who _____,” filling in the blank with any descriptive quality about some members of the group. The statement should also apply to the youth standing in the middle of the circle, so he or she can try to find a seat too. For example, the person could say: “A cool wind blows for anyone who played basketball yesterday.” If any of the youth played basketball the previous day, the wind makes them move. Those who played basketball must get out of their seats and move to a completely different empty seat in the circle of chairs. The goal is to find a seat before all the seats are gone.
- The activity has two rules:
 - Youth cannot move to a seat on either side of the one they just stood up from (unless only two youth, who are sitting next to each other, stand up).
 - They cannot push or hurt each other to get a seat.
- There always will be one youth left who doesn't find a seat. That person should then stand in the middle of the circle and say another statement that describes members of the group, such as, “A cool wind blows for anyone who has brown eyes,” and so on.
- The person in the middle can call out “Tornado!” at any time and *everyone* (including the youth who was standing at the time) must find a different seat.

A Cool Wind Blows (continued)



Time

10 minutes

4. **ENCOURAGE** youth to think of descriptive qualities that relate to media, food, and physical activity. Some examples include:
 - Anyone who listened to music today
 - Anyone who drank soda yesterday
 - Anyone who played a video game yesterday
 - Anyone who has more than 10 friends on a social networking site
 - Anyone who drank fat-free or low-fat milk today
 - Anyone who did a physical activity yesterday
 - Anyone who likes grapes
 - Anyone who likes to play soccer
 - Anyone who has a blog
 - Anyone who went online today
 - Anyone who sent a text message today
 - Anyone who chatted online this week
 - Anyone who visited a social networking site today
 - Anyone who walked to school yesterday
5. **START** the activity. **ASK** the standing youth to say, “A cool wind blows....”
6. **MAKE SURE** the game moves quickly so youth are moving often. **CONGRATULATE** youth when the activity is over.
7. **ASK** youth if they had fun. **ASK** if they think “A Cool Wind Blows” counts as physical activity. **TELL** them that it does count. **EXPLAIN** that anything that has them moving quickly, jumping around, and getting out of breath is a great way to be physically active and have fun, too!
8. **ENCOURAGE** youth to try this activity with their family, friends, or sports teams.