



Activity Suggestions for your School

Great Ideas for your **Pause to Play** team to try!

Organize activities in your school:

- Host a **Games Night** at the school for students and families. Local businesses that sell board games might be able to assist you.
- Set up **games in the gym** that large groups can play all together such as dodge ball.
- Host an **assembly** and invite a community guest to your school
 - Local athlete, or players from local sports teams i.e. London Knights, London Majors Baseball, UWO Western Mustangs, London Lightning Basketball
 - School Superintendent or Trustee
- Ask students to organize and run a school-wide activity incorporating DPA, or plan **'teachers vs. students' competitions** such as a fitness challenge.
- Invite a **local community agency or business to share their expertise**. Run an event or class at your school in the evening (yoga, karate, dance, etc.)
- **Challenge classes** or divisions to participate and publish the class that **'Paused to Play'** the most in the principal's newsletter. **Collect data from class log sheets and compare results**. See "Pause to Play...for Math!" for more ideas.
- Encourage students to use the time before and after school to be active by walking, cycling or using other forms of active travel to get to and from school. Walk with buddies for added safety and fun.
- Use mural paper to **create a graffiti wall** where students can write or draw activities they chose to do instead of viewing screens.
- **Incorporate Pause to Play** during a week when you will already be holding an activity (e.g. Jump Rope for Heart, I Walk, Education Week, etc.).

Organize activities in the community:

- Contact your local library to **book a tour** and find out how you can work together. Be sure to visit the **Pause to Play web page** on the library web site:
www.londonpubliclibrary.ca/pausetoplay
- Challenge another school to a **Pause to Play competition** or plan to **run Pause to Play with other schools** in your area.
- Obtain a copy of the **City of London's Bike and Walk Map** and ask volunteers to host a hike on one of the many trails.

See the complete Toolkit at www.healthunit.com.