Instant Recess®

Short (3- to 10-minute) physical activity breaks built into the workday that can be done anywhere, by anyone, at any time.

All you need is a place, some time, maybe some music and you are ready to gather everyone for recess.

Getting Started

• Make space. Find a space where staff can safely gather for Instant Recess. It doesn’t have to be very large – just enough room for everyone to move a little.

• Find time. Designate a regular time for recess that will not interfere with patient care or customer service.

• Keep it simple. Start small with simple stretches or movements. Find more ideas on kp.org/instantrecess.

Need inspiration? Try one of these ideas …

1 TAG TEAM This is a fun exercise for small groups (5-20 people). Put on some upbeat music, get in a circle, and start with a march in place. Then take turns until each person has come up with a move that everyone follows.

2 ROUTINES Yoga, boot camp, dance … we have it all ready for you on kp.org/instantrecess.

3 GET CREATIVE Break out of the box with nostalgic recess games like hopscotch or jump rope. You can also try meditation, drawing, or painting.

4 STAIR CHALLENGE No planning necessary, just grab some co-workers and hit the stairs.

kp.org/instantrecess