

Homework on the topic "Active break"

1. Create an individual active break plan:
 - Create an individual plan for active breaks for the upcoming school week. Decide what activities you would like to do during your breaks. Remember that you can choose from different categories we discussed in class (movement games, stretching exercises, conditioning exercises, concentration exercises, relaxation zone, board games zone, art zone, study zone, library zone, culinary zone). Try to include various types of activities to make your plan diverse.
2. Activity Journal:
 - Keep an activity journal throughout the week, noting what activities you did during your breaks and how you felt afterward. Pay attention to how active breaks affect your mood, energy level, and concentration.
3. Reflection:
 - At the end of the week, write a short reflection on your experiences. Did the active break plan work? Which activities were the most satisfying? Did you notice any benefits from incorporating active breaks into your school day?

Remarks:

- Prepare your homework for discussion in the next lesson.
- Remember that the goal is to promote healthy habits and an active lifestyle, not to assess or compare activities among students.
- Remember that an active break should be a pleasure, not another chore. Choose activities that you enjoy and that help you relax.