

ACTIVITY: Stomp Out Your Stress!

Purpose

- Studies have shown that exercise reorganizes the brain so that it is more resistant to stress.
- Exercise provides a distraction from stressful situations, as well as an outlet for frustrations
- A quick burst of exercises gives you an endorphins lift.
- This activity provides a quick, fun way to relieve stress and can be done anywhere with a hard floor.

ESTIMATED TIME

10 minutes

MATERIALS

Required:

- A. Roll of bubble wrap cut into individual segments of at least 8 inches in length or width

Optional:

- A. Upbeat musical selection
- B. Player (laptop, phone, etc.)
- C. Speakers

Exercise Instructions

- Place the bubble wrap on the floor.
- Jump up and down on it!

Try This!

Play a musical chairs version. When the music stops, the stomping must stop. It's easy to determine who is eliminated!



Activity

This activity is designed to give participants a quick release of energy and frustration. It is simple, quick and fun. There is almost no set up required other than cutting bubble wrap into individual segments. The larger the segment, the longer the exercise can last. Make sure that the room has a hard floor and a door that closes so you don't disturb other groups.

This activity is an excellent transition from one topic to another, or a way to end a meeting on a high note.

The musical chair version allows you to control the length of time people stomp on the bubble wrap. This is important if you need to keep to an agenda.

Some people may not want to stomp on the bubbles. Popping the bubbles with your fingers is an satisfying alternative.

Discussion Questions/ Key Points

- There are many ways that you can release stress and frustration. The key is to practice these methods when you need them.
- What are some other fun, simple ways to deal with stress?

Let's Try This!

This is pretty simple. Put the bubble wrap on the floor and jump up and down on it! Enjoy the pop!

If you don't want to jump, feel free to pop the bubbles with your fingers.

Follow-up

N/A

Sources/ More Information

Bubble wrap is not on the Supply Chain office supply formulary so needs to be purchased separately. It can be found at office supply stores, Wal-Mart, Sam's and Costco.