



# TAKE A BREAK! CARDS

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## Teacher Directions

These Take A Break! Cards are an innovative and fun way to promote physical activity and mental alertness throughout the day. Pull out these cards whenever you feel your class needs a break! Each card contains a 3-5 minute activity to help students stay active and alert during class.

### Objective:

Students will learn how physical activity “breaks” throughout the day will help their concentration, attention, and mood.

### Directions:

1. Print out the four sets of Take A Break! Cards. One set is blank so that your class can come up with their own ideas. Each set of cards is designed to be printed back-to-back so that when you cut the cards apart, each card has a matching front and back side. If you can, print on cardstock. You may even want to laminate!
2. Keep the cards in a special jar, hat, or can. When your class is getting restless, “Take A Break!” Have a student volunteer to draw a card out of the hat, and lead the class in the activity.
3. Your students will be much more likely to concentrate on their work after they’ve moved around and released some of their pent up energy, so have fun being active!

TAKE A BREAK!

**STRETCH IT  
OUT!**

TAKE A BREAK!

**CHARADES**

# TAKE A BREAK



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CARD FRONTS PAGE 1

TAKE A BREAK

**CHARADES**

TAKE A BREAK

**YOGA**

TAKE A BREAK

**SIMON SAYS**

TAKE A BREAK

**FREEZE DANCING**

TAKE A BREAK

**STRETCH IT OUT**

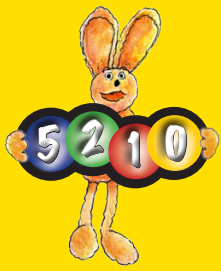
TAKE A BREAK

**MIRROR DANCING**

TAKE A BREAK

TAKE A BREAK

# TAKE A BREAK



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CARD BACKS PAGE 1

TAKE A BREAK

## YOGA

Relax and stay in this pose for 30 seconds. Then switch legs, and hold for another 30 seconds.

TAKE A BREAK

## CHARADES

As a team or on your own, act out sports or other activities while your classmates try to guess what you're doing.

TAKE A BREAK

## FREEZE DANCING

Put on some music and start dancing! When the music stops, everyone FREEZE!

TAKE A BREAK

## SIMON SAYS

1. One person is "Simon," and everyone else faces Simon.
2. Simon calls out instructions such as, "Simon says touch the top of your head." Everyone should touch the top of their head.
3. If Simon tells you to do something without saying "Simon says," then everyone should ignore the instruction.
4. If you don't follow a "Simon says" instruction, or if you follow an instruction that doesn't start with "Simon says," you're out!

TAKE A BREAK

## MIRROR DANCING

One person will perform a dance move while facing their family or friend. The other person will try to copy. Try mirroring funny faces too!

TAKE A BREAK

## STRETCH IT OUT

Do each of these stretches for 30 seconds:

- Reach for the sky
- Knee to chest
- Scratch your back
- Butterfly stretch (sit on floor with bottoms of feet together)
- Squat down low

TAKE A BREAK

TAKE A BREAK

# TAKE A BREAK



CARD FRONTS PAGE 2

TAKE A BREAK

**CLASS TRAIN**

TAKE A BREAK

**CLASS SONG**

TAKE A BREAK

**OVER, UNDER,  
AROUND  
& THROUGH**

TAKE A BREAK

**FREEZE DANCING**

TAKE A BREAK

**DUCK, DUCK  
GOOSE**

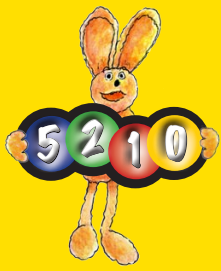
TAKE A BREAK

**SPORTS  
GALORE**

TAKE A BREAK

TAKE A BREAK

# TAKE A BREAK



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CARD BACKS PAGE 2

## TAKE A BREAK

### CLASS SONG

Choose one of these silly songs.  
Sing together while you act it out:

1. The Farmer in the Dell
2. The Wheels on the Bus
3. Row, Row, Row Your Boat
4. B-I-N-G-O Was His Name-O
5. Old MacDonald Had a Farm

## TAKE A BREAK

### CLASS TRAIN

Form a single file line. One student leads the "train" around the room, making stops to let passengers off (drop students off at their desks).

## TAKE A BREAK

### FREEZE DANCING

1. Students stand in a circle, which teacher hands one colored UNO card to each student.
2. Students perform the activity that corresponds to the color of the card for 15 seconds: (Blue=jump, Red=squats, Yellow=twist, Green=swim)
3. When teacher says "Pass it on!" students pass their card to the person on their right, and then complete the activity that corresponds to their new card.

## TAKE A BREAK

### OVER, UNDER, AROUND & THROUGH

1. Students stand around the outside of the room.
2. The teacher decides on a pattern where students go over, under, around, or through real or imaginary objects. Some examples are over a mountain, under a limbo stick, around a rock, through a dark cave.

## TAKE A BREAK

### SPORTS GALORE

The student or teacher calls out the following actions for other students to mime for at least 15 seconds:

batting a baseball, jumping rope, juggling  
hoola-hooping, swimming, playing volleyball  
or dunking a basketball

## TAKE A BREAK

### DUCK, DUCK, GOOSE!

1. The students sit in a circle. One student is chosen to walk around the circle, tapping students and saying "duck."
2. This student chooses one classmate by tapping them and yelling, "Goose!" The student who was chosen as the goose will try to tag the tapper before he/she runs around the circle to steal the "goose's" seat. If the tapper is tagged before they sit, they are out of the game.

## TAKE A BREAK

## TAKE A BREAK

# TAKE A BREAK



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CARD FRONTS PAGE 3

TAKE A BREAK

**HIT THE DECK**

TAKE A BREAK

**LITTERBUG**

TAKE A BREAK

**IT'S A ZOO IN HERE!**

TAKE A BREAK

**SILENT SIGNS**

TAKE A BREAK

**FROZEN VOCABULARY**

TAKE A BREAK

**AS IF!**

TAKE A BREAK

TAKE A BREAK

# TAKE A BREAK



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CARD BACKS PAGE 3

## TAKE A BREAK

### LITTERBUG

1. Each student chooses a partner.
2. Ball up a piece of scrap paper and place it on the floor.
3. Ask the partners to pick up the paper using the body parts called out by the teacher.
4. Examples: elbow and elbow, foot and foot, knee and forearm, foot and elbow, etc.

## TAKE A BREAK

### HIT THE DECK

One student selects a card from a deck of playing cards, and the class will do a corresponding activity for each suit:

Heart: crunches for 20 seconds

Diamond: jog in place for 20 seconds

Club: modified pushups for 20 seconds

Spade: jumping jacks for 20 seconds

## TAKE A BREAK

### SILENT SIGNS

1. Teacher sends one student to go to the map.
2. Teacher chooses location (state, country) and tells everyone in the class except the student at the map.
3. Class uses movement without talking to guide the student to the correct location:- East: knee lifts- West: jumping jacks- North: raise the roof- South: squats.

## TAKE A BREAK

### IT'S A ZOO IN HERE!

1. Teacher or student selects an animal.
2. Students imitate the way the animal walks or moves for at least 30 seconds.
3. Students continue until teacher signals to move like the next animal.

## TAKE A BREAK

### AS IF!

Teacher reads the following sentences to the class, which they act out for 30 seconds:

Jog in place AS IF a big scary bear is chasing you, walk AS IF you're walking through pudding, jump AS IF you are popcorn popping, paint AS IF the paintbrush is attached to your head, swim AS IF you are in a pool full of Jell-O, shake AS IF you are a wet dog!

## TAKE A BREAK

### FROZEN VOCABULARY

1. Begin by having students do an activity for at least 30 seconds: jumping, twisting, jogging, hopping, knee lifts, air guitar, etc.
2. Students continue activity until teacher calls out a vocabulary word, and then they freeze.
3. Teacher calls on volunteer to use the word in a sentence, spell the word, or define the word.
4. Begin a new activity when the volunteer uses the word correctly

## TAKE A BREAK

## TAKE A BREAK

# TAKE A BREAK



CARD FRONTS PAGE 4

TAKE A BREAK

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TAKE A BREAK



# TAKE A BREAK



CARD BACKS PAGE 4

TAKE A BREAK

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