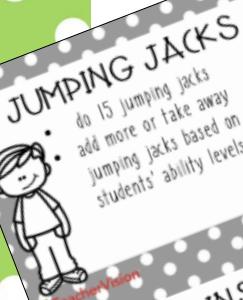


BRAIN BREAKS

By Tina Wheeler



PUSH UPS
• do 10 push ups
add more or take away push
ups based on students'
ability levels

LINE UP BY...
• height
• first name alphabetically
• birthday

JUMPING JACKS
do 15 jumping jacks
add more or take away
jumping jacks based on
students' ability levels

SPINS
• stand up
• spin around in a circle 3
times
• sit back down

PUSH UPS
• do 10 push ups
add more or take away push
ups based on students'
ability levels

LINE UP BY...
• height
• first name alphabetically
• birthday

What is a Brain Break?

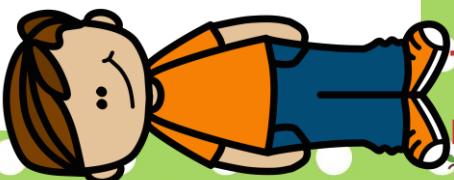
Brain break resources are everywhere! But what *is* a brain break? A brain break is exactly what it sounds like: a break for the brain. A brain break activity is intended to create a mental "pause" in order to help the brain to stay focused.

Brain breaks are intended to either energize students or relax them. Students can engage in brain breaks before, during, or after activities in order to refocus on their task.

So, print, cut, and laminate the following cards. Pull one out for your kiddos before you see mental exhaustion set in. Keep them focused and attentive to their learning by allowing kiddos a few small breaks to let their brains relax, refocus, and renew.

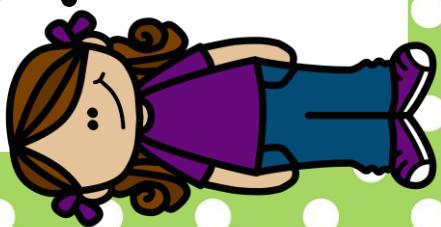
JUMPING JACKS

- do 15 jumping jacks
- add more or take away jumping jacks based on students' ability levels



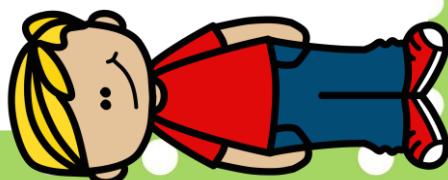
PUSH UPS

- do 10 push ups
- add more or take away push ups based on students' ability levels



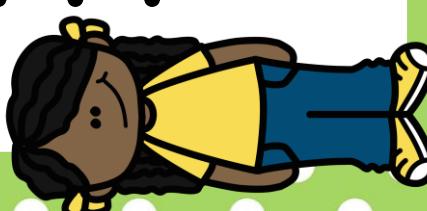
SPINS

- stand up
- spin around in a circle 3 times
- sit back down



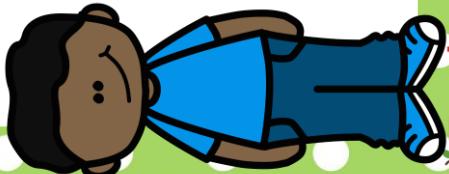
LINE UP BY ...

- height
- first name alphabetically
- birthday



APPLE PICKERS

- reach up and "pick" an apple
- repeat for 1 minute while alternating arms



©TeacherVision

JUMP ROPE

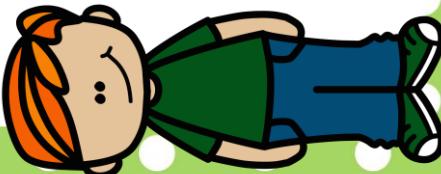
- using an imaginary rope, jump rope
- try jumping for 30 seconds, 1 minute, or 90 seconds



©TeacherVision

DANCE PARTY

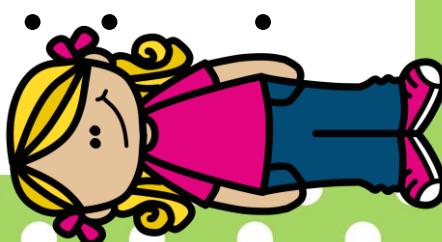
- play some fun music for 30 seconds or more
- dance in any style until the music stops



©TeacherVision

FIND THE COLOR

- call out a color
- students find an object in the room matching that color
- students quickly stand by the object

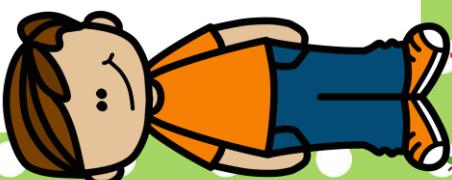


©TeacherVision

©TeacherVision

HIGH FIVES

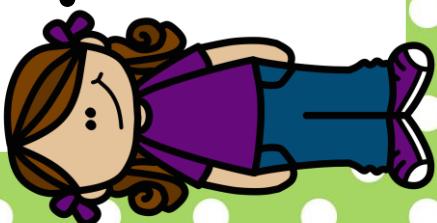
- walk around the room
- as students meet, they should give each other a high five



©TeacherVision

STOMP THAT WORD

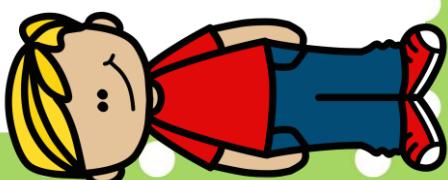
- say a word out loud
- students should repeat the word back, stomping their feet on each syllable of the word



©TeacherVision

PASS IT

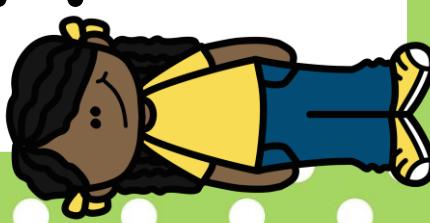
- using a small ball or paper wad, pass the ball around the room
- see if everyone can pass it without dropping it



©TeacherVision

PENCIL JUMP

- place a pencil on the floor
- jump over the pencil 10 times

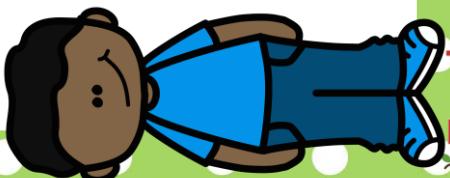


©TeacherVision

©TeacherVision

RUN IN PLACE

- standing beside their desks, students run in place
- continue for 30, 60, or 10 seconds



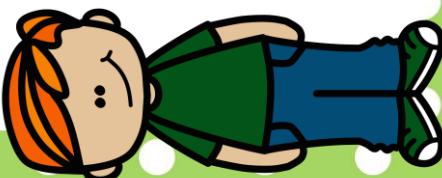
MARCHING

- have students get in a line
- lead the students around the room
- students should march as they walk



TAKE A WALK

- take a quick walk around the school or gym
- if the weather is nice, take a quick nature walk



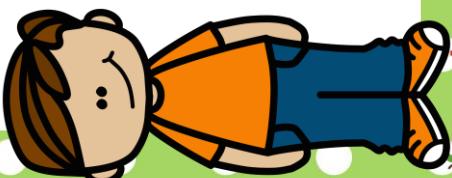
CLAP IT OUT

- clap a pattern
- students repeat the clapping pattern back
- continue, making the pattern harder each time



ROCK, PAPER, SCISSORS

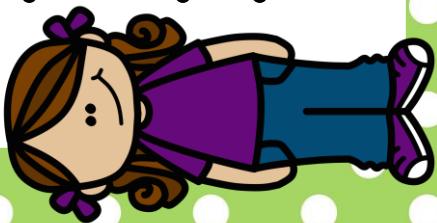
- students pair up
- students play Rock, Paper, Scissors
- have students switch partners after each round



©TeacherVision

CRUNCHES

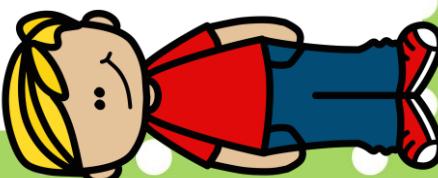
- students lay down on the floor
- do 10 crunches
- do several sets, or just one



©TeacherVision

STAND UP, SIT DOWN

- alternate saying, "Stand up," or "Sit down."
- students should follow your directions by standing or sitting in their chair



©TeacherVision

HEAD, SHOULDERS, KNEES AND TOES

- sing this song together while doing the actions
- play the song on YouTube if you have a projector

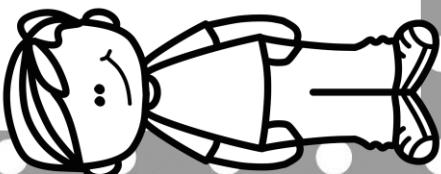


©TeacherVision

©TeacherVision

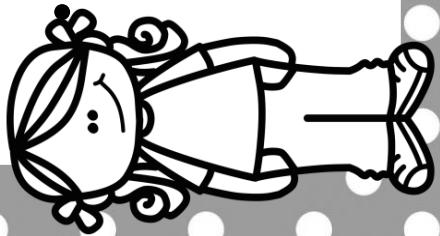
JUMPING JACKS

- do 15 jumping jacks
- add more or take away jumping jacks based on students' ability levels



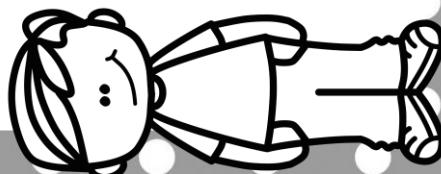
PUSH UPS

- do 10 push ups
- add more or take away push ups based on students' ability levels



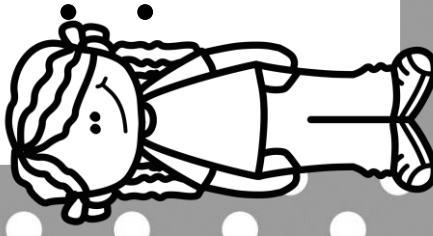
SPINS

- stand up
- spin around in a circle 3 times
- sit back down



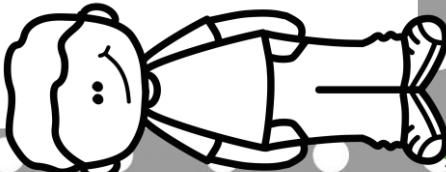
LINÉ UP BY ...

- height
- first name alphabetically
- birthday



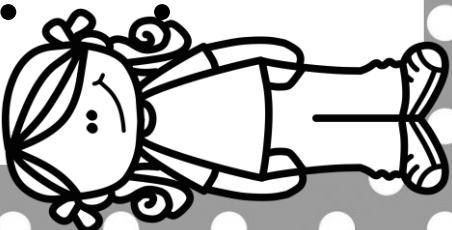
APPLE PICKERS

- reach up and "pick" an apple
- repeat for 1 minute while alternating arms



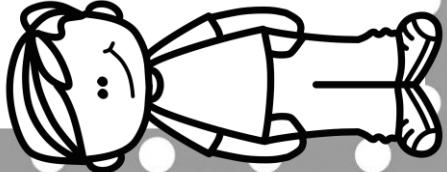
JUMP ROPE

- using an imaginary rope, jump rope
- try jumping for 30 seconds, 1 minute, or 90 seconds



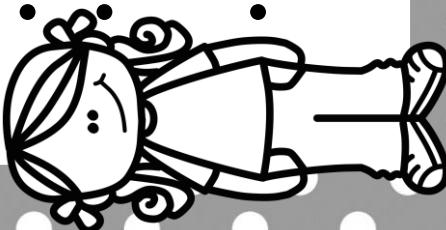
DANCE PARTY

- play some fun music for 30 seconds or more
- dance in any style until the music stops



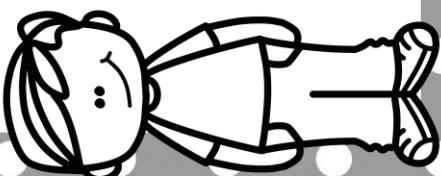
FIND THE COLOR

- call out a color
- students find an object in the room matching that color
- students quickly stand by the object



HIGH FIVES

- walk around the room
- as students meet, they should give each other a high five



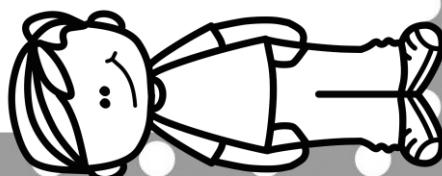
STOMP THAT WORD

- say a word out loud
- students should repeat the word back, stomping their feet on each syllable of the word



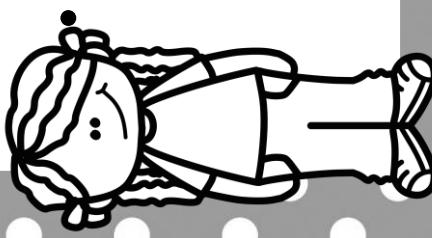
PASS IT

- using a small ball or paper wad, pass the ball around the room
- see if everyone can pass it without dropping it



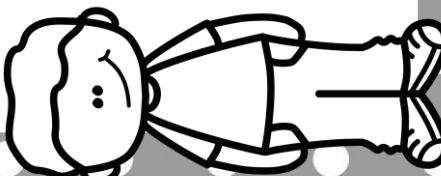
PENCIL JUMP

- place a pencil on the floor
- jump over the pencil 10 times



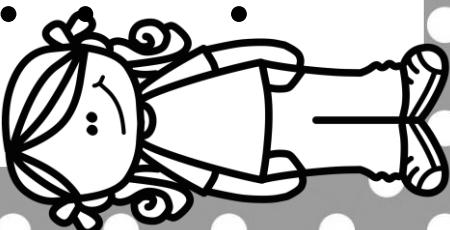
RUN IN PLACE

- standing beside their desks, students run in place
- continue for 30, 60, or 10 seconds



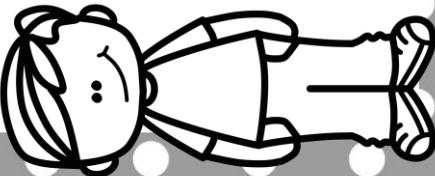
MARCHING

- have students get in a line
- lead the students around the room
- students should march as they walk



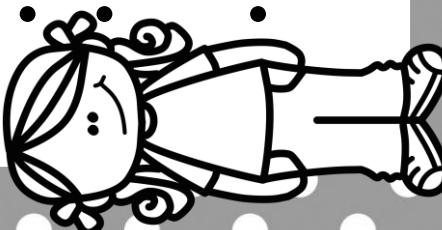
TAKE A WALK

- take a quick walk around the school or gym
- if the weather is nice, take a quick nature walk



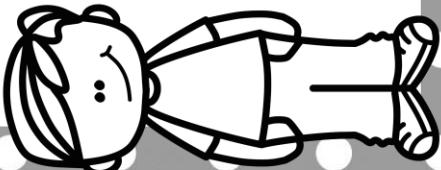
CLAP IT OUT

- clap a pattern
- students repeat the clapping pattern back
- continue, making the pattern harder each time



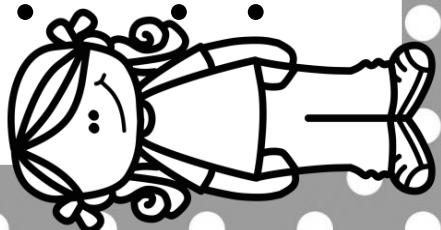
ROCK, PAPER, SCISSORS

- students pair up
- students play Rock, Paper, Scissors
- have students switch partners after each round



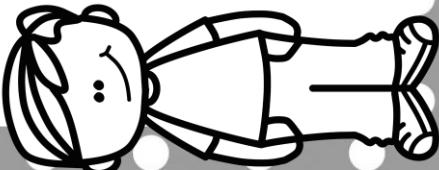
CRUNCHES

- students lay down on the floor
- do 10 crunches
- do several sets, or just one



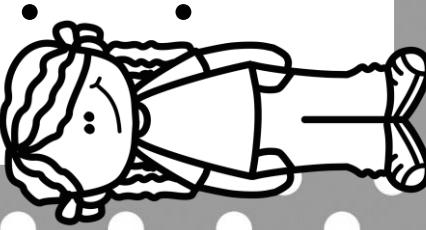
STAND UP, SIT DOWN

- alternate saying, "Stand up," or "Sit down."
- students should follow your directions by standing or sitting in their chair



HEAD, SHOULDERS, KNEES AND TOES

- sing this song together while doing the actions
- play the song on YouTube if you have a projector



CREDITS

Thank you to the following for providing the fonts and graphics used in this resource.



This resource was created for



www.misstinasroom.blogspot.com