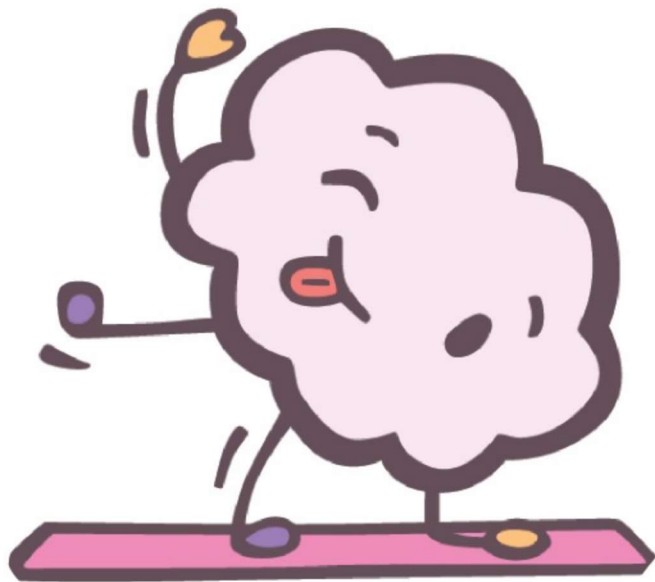


take a

# BRAIN BREAK

90 BRAIN BREAKS FOR THE CLASSROOM OR HOME

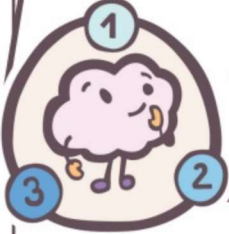


MINDFULMAZING

**BRAIN BREAK** CALMING

**54321**

Name 5 things you see, 4 things you hear, 3 things you feel, 2 things you smell and 1 thing you taste.



**BRAIN BREAK** CALMING

**Mountain Stretch**


Stand tall with your arms hanging by your side. Then, slowly raise your arms above your head and reach up, up, up as high as you can. Pretend you are reaching for a mountain top. Hold for five seconds, then repeat.




**BRAIN BREAK** CALMING

**Body Scan**


Starting with your face, squeeze as tight as possible, and then release. Move down, squeeze and release your neck, shoulders, chest, abdomen, hands, arms, buttocks, legs, and toes. Finish by squeezing everything at the same time.



**BRAIN BREAK** CALMING


**Cloud Watch**

Look up to the sky and watch the clouds. Can you make out any shapes or interesting objects? How are the clouds changing and moving over time?



**BRAIN BREAK** CALMING

**Star Breathing**



Draw a star and trace it with your index finger while breathing in and out. Or trace an imaginary star in the air or on your desk.

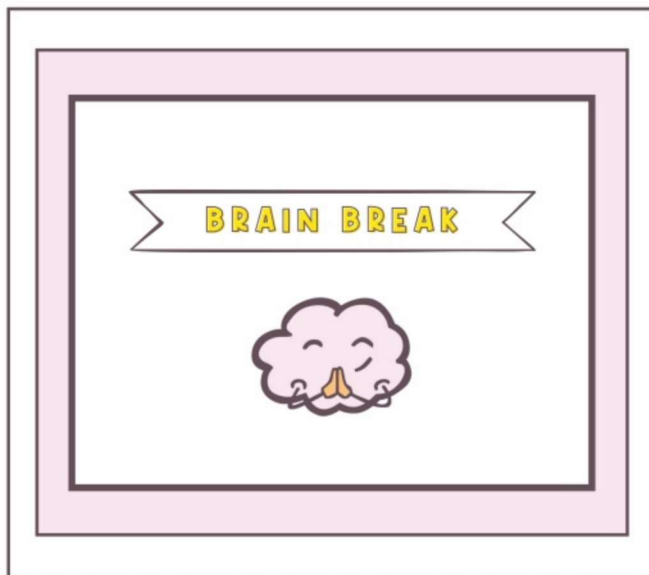
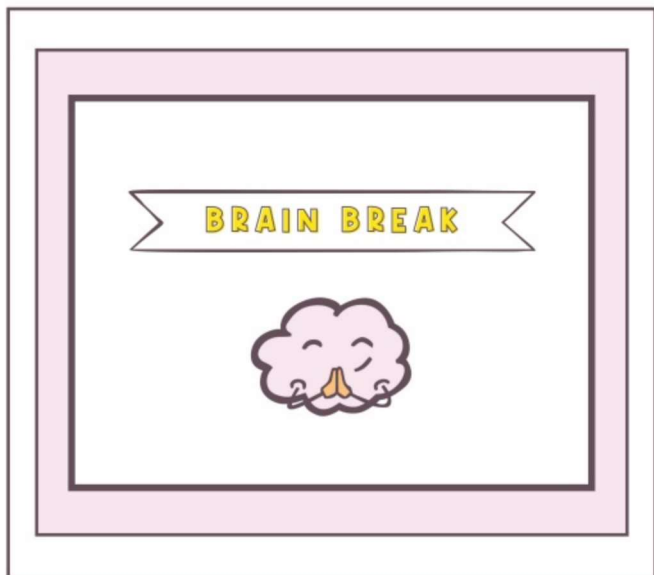
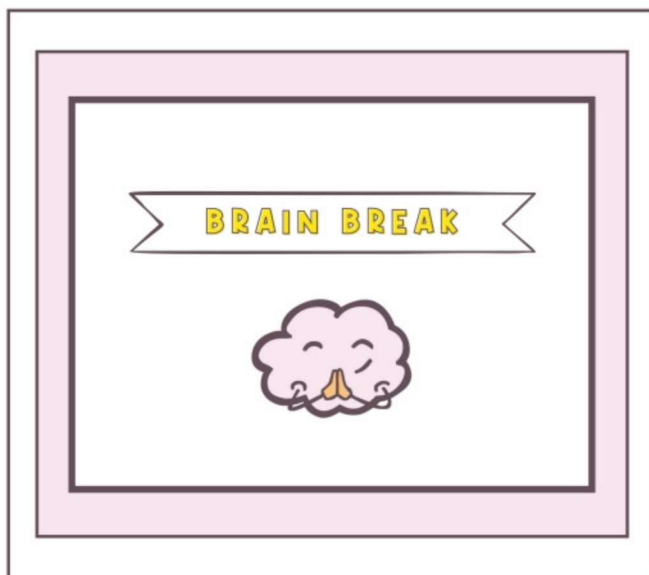
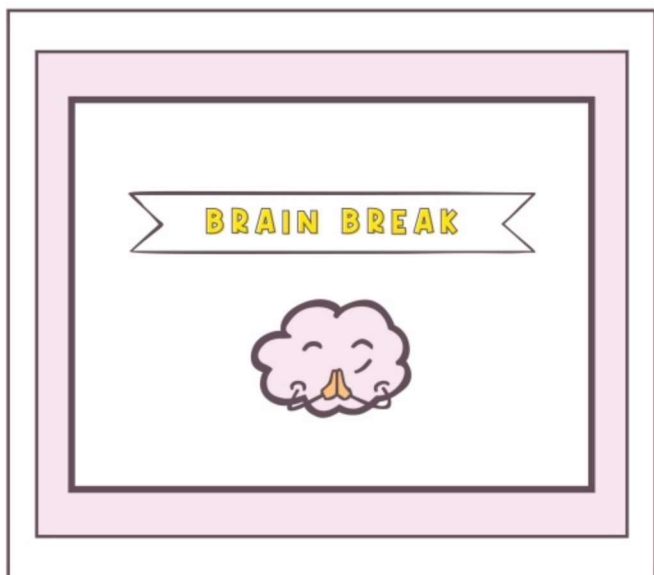
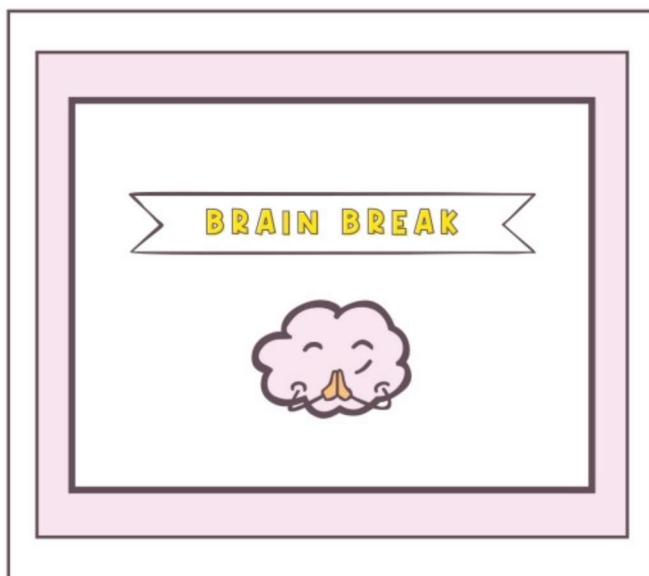
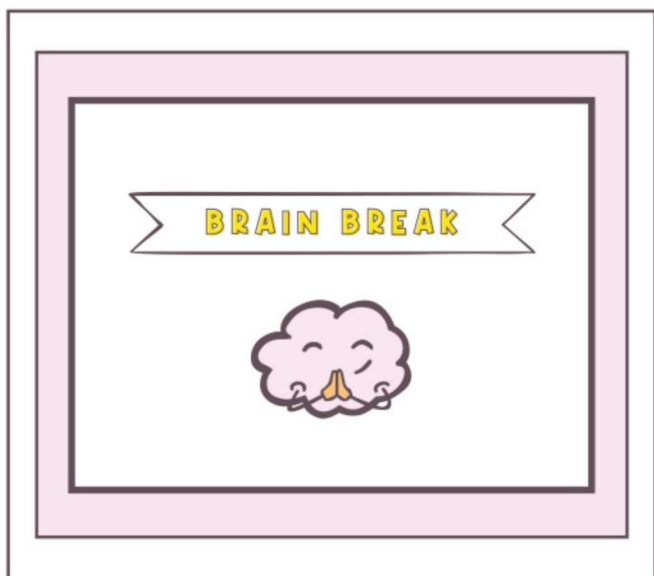
**BRAIN BREAK** CALMING

**Rainbow Surprise**




Draw and color a rainbow, then slowly trace the lines while breathing. Or trace an imaginary rainbow in the air or on your desk.

If you wish backs to your cards, print double-sided on card stock paper







**BRAIN BREAK** 

**Silence is Golden**

Do nothing, and say nothing for two minutes.


**Pro tip:** Use a visual timer or play a soothing video of waves or soft music.



**BRAIN BREAK** 

**Balancing Act**

Balance on one leg as long as you can. When you topple, balance on the other leg. Try making it harder by waving your arms in the air or closing your eyes.



**BRAIN BREAK** 

**Make It Rain**


Sitting or standing, start by mimicking raindrops on your desk, table or knees—alternate your fingers (pitter, patter). Then, try two fingers, then more, until you are using your whole hand.




**BRAIN BREAK** 

**Heart Beat**

Jog on the spot for one minute, then place your hand over your heart and feel and listen to your heartbeat. Pay attention to the beat. Is it fast or slow? Notice how it changes and begins to slow down in time.




**BRAIN BREAK** 

**4 7 8 Breathing**


- Inhale through your nose as you count to four in your head.
- Then, hold for seven seconds.
- Make a whooshing exhale from your mouth for eight seconds.

**4 7 8**

**BRAIN BREAK** 

**Mindful Sounds**


Ring a bell or chime and try to pay attention to the last moment you can hear the sound as it fades into the distance.







If you wish backs to your cards, print double-sided on card stock paper





**BRAIN BREAK** 


**Doodle Delight**  
 Spend a few minutes doodling. Get your best pens and markers. No pen or paper? Doodle on a friend's back or a table.




**BRAIN BREAK** 


**Warrior Pose**  
 Step your left foot back and keep the outer left hip forward. Keep your upper body facing the front. Bend your right knee, and keep it parallel to the floor. Spread and lift your arms over your head. Hold for 30 seconds.

**BRAIN BREAK** 


**Standing Forward Bend**  
 Sweep your arms down and melt towards the floor, bending from your hips, not your back. Shift your weight forward onto the balls of your feet and let your arms hang. Rock back and forth for 30 seconds.




**BRAIN BREAK** 


**1 Minute Meditation**  
 Sit quietly with your eyes closed for one minute; pay attention to your breath going in and out.

**Adult:** Set a timer or put on a one-minute meditation video.




**BRAIN BREAK** 

**Color Breathing**  
 Trace a circle in the air and imagine your breath is a color filling **up** the circle. Then breathe out and retrace the circle breathing **out** a color. Repeat three times. Change directions!

**BRAIN BREAK** 

**Gratitude**  
 Name three things you are thankful for today.



If you wish backs to your cards, print double-sided on card stock paper





## BRAIN BREAK



### Silly Synchronizations

Touch your left ear with your right hand and, at the same time, touch your nose with your left hand. Then switch hands and touch your right ear with your left hand and your nose with your right hand.



## BRAIN BREAK



### Comedy Time

Tell a joke, say a silly riddle or show a funny video.



## BRAIN BREAK



### Coloring

Relax the mind and have fun too. Let's all color for five minutes.



## BRAIN BREAK



### Popcorn

Everyone sits; at any point, you can jump up and shout, "pop," if no one else jumps up, remain standing, but if someone else shouts "pop" at the same time as you, everyone sits. Can the entire class pop without having to take your seat?



## BRAIN BREAK



### Night Guard at the Museum

Choose one student to be the museum guard. Everyone else freezes like a statue of something you would find in a museum. When the guard isn't looking, you try to move; if the guard catches you, you're out.



## BRAIN BREAK

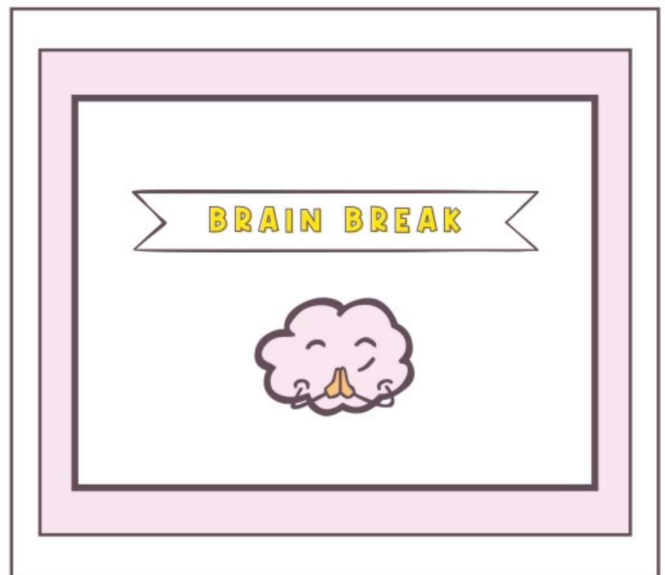
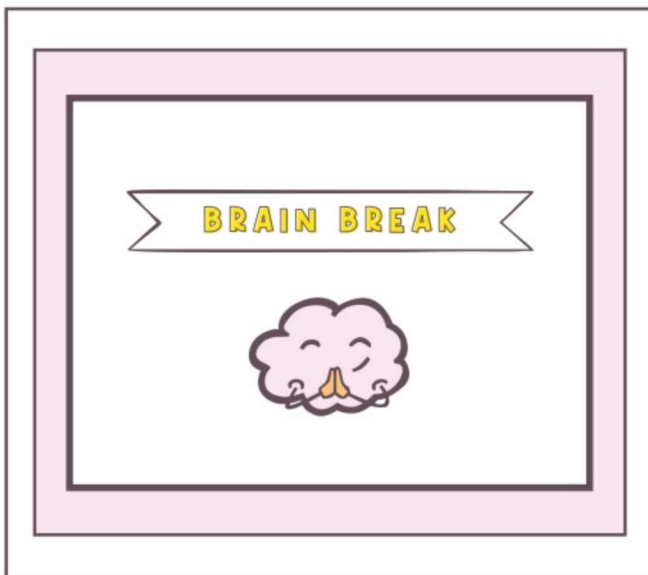
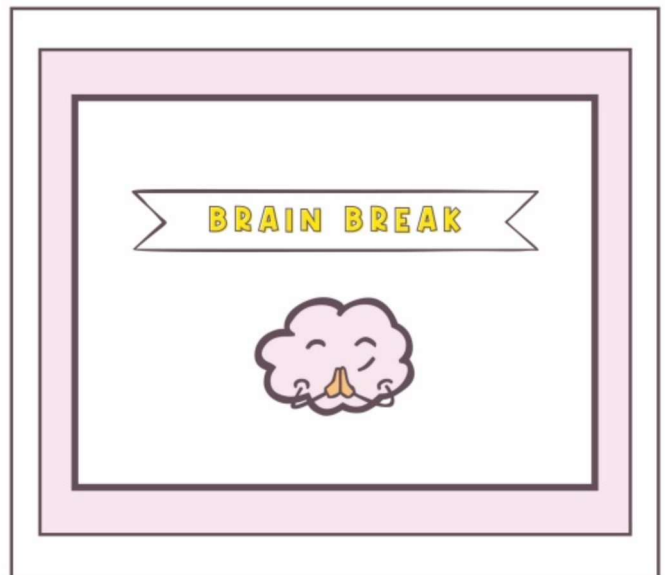
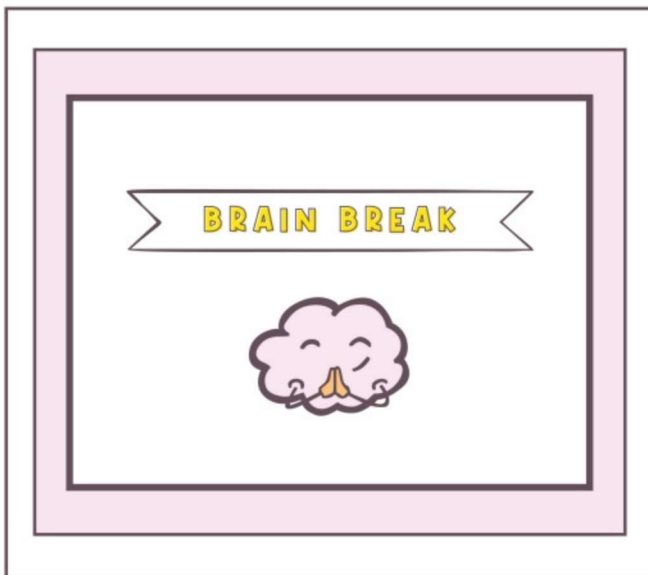
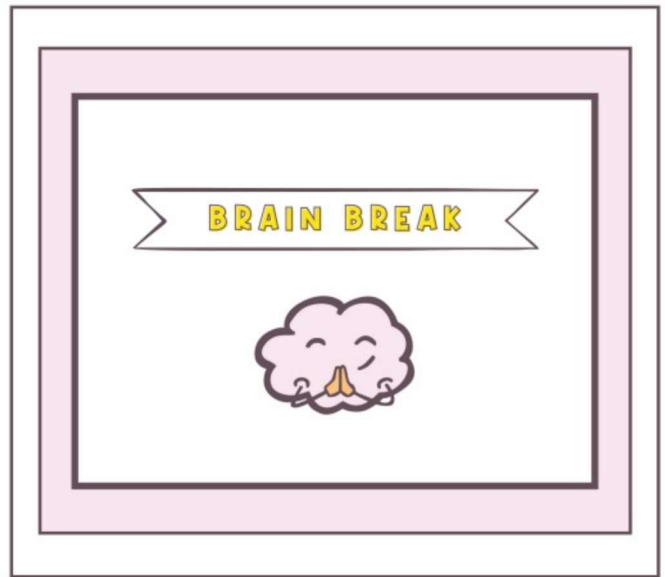
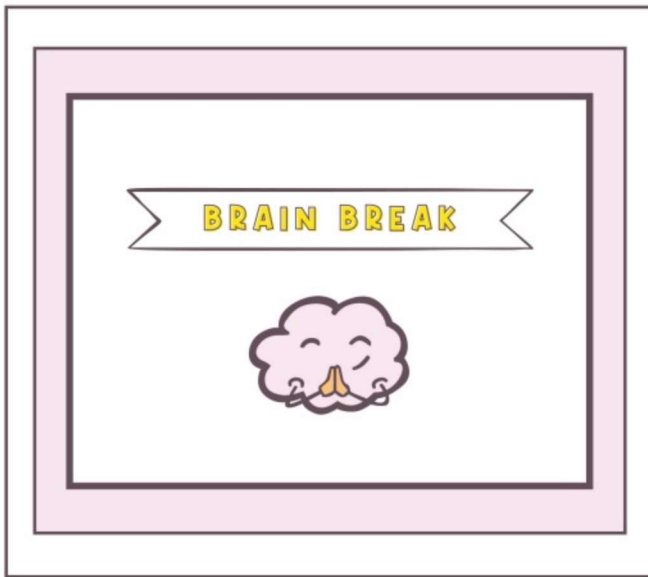


### Silent Cheers

Let's stand up and silently cheer. We can use gestures too. How animated can you get?



If you wish backs to your cards, print double-sided on card stock paper



## BRAIN BREAK



### Quick Charades

Act out these scenarios in 3 minutes:

- Flying a plane
- Blowing bubbles
- Hanggliding



## BRAIN BREAK



### Blend It Up

Pretend you are in a blender (you are a strawberry or a blueberry), and when I flip the switch, you will wiggle and jiggle until you are all blended up. Switch up the speeds.



## BRAIN BREAK



### Animal Pretend

Take turns choosing an animal. Now act like that animal for 30 seconds.



## BRAIN BREAK



### Rub Your Head, Pat Your Belly

Have you ever tried rubbing your head and patting your belly? It's harder than you think. Go on, give it a try (Guaranteed to improve your concentration and make you smile.)



## BRAIN BREAK



### Color Picker

Pick a color, any color you like. Now find as many objects around the room that match this color. Option to do seated or moving around the room.



## BRAIN BREAK



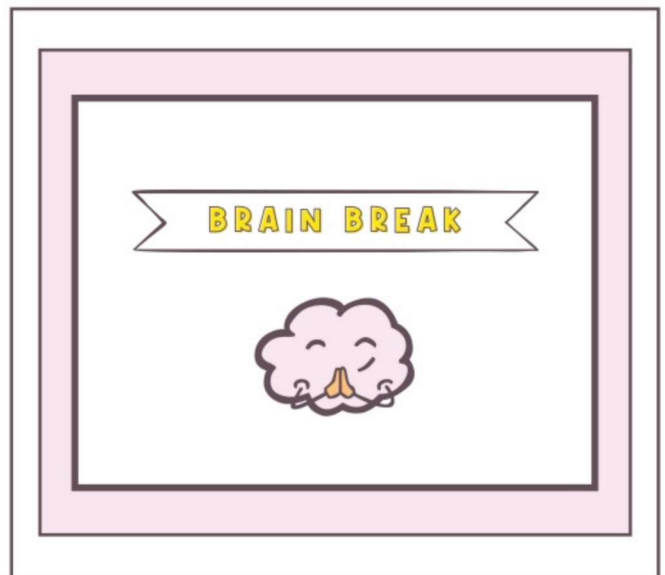
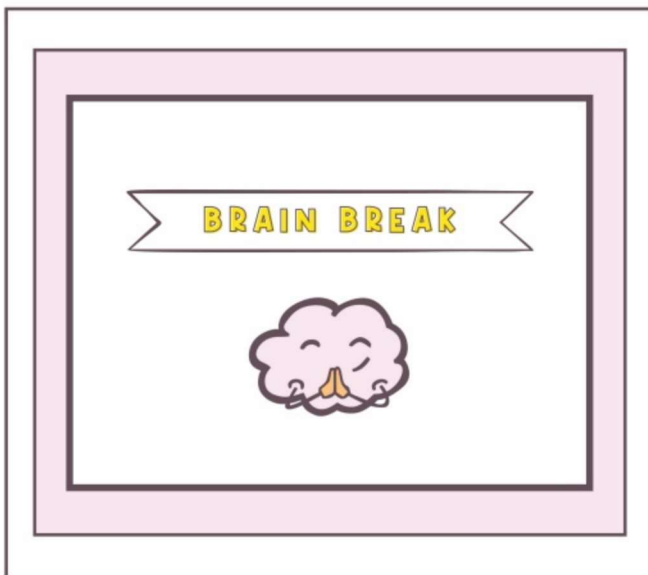
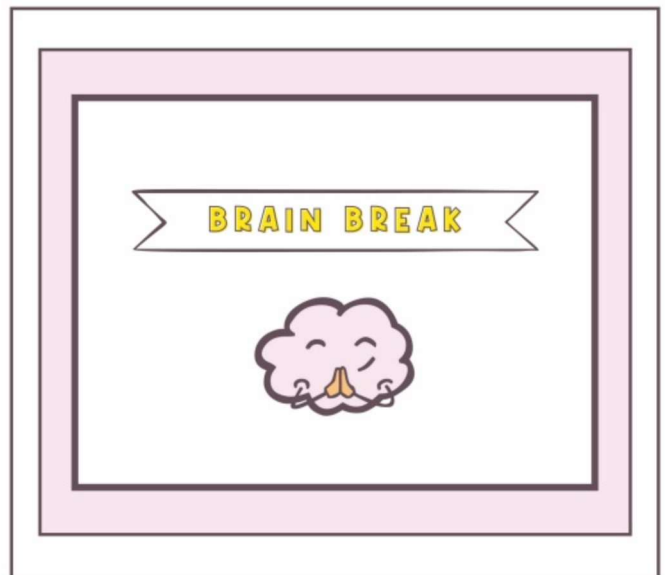
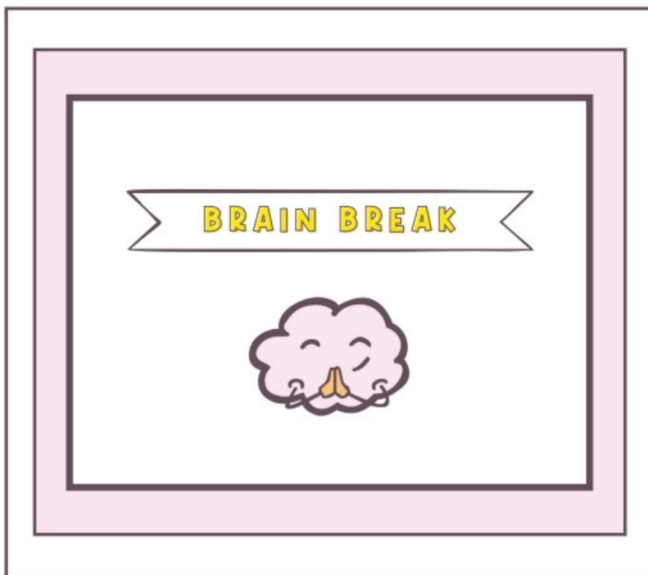
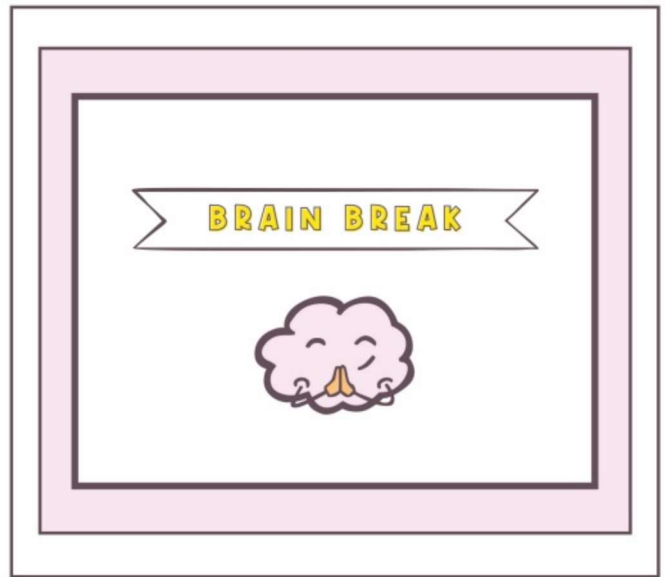
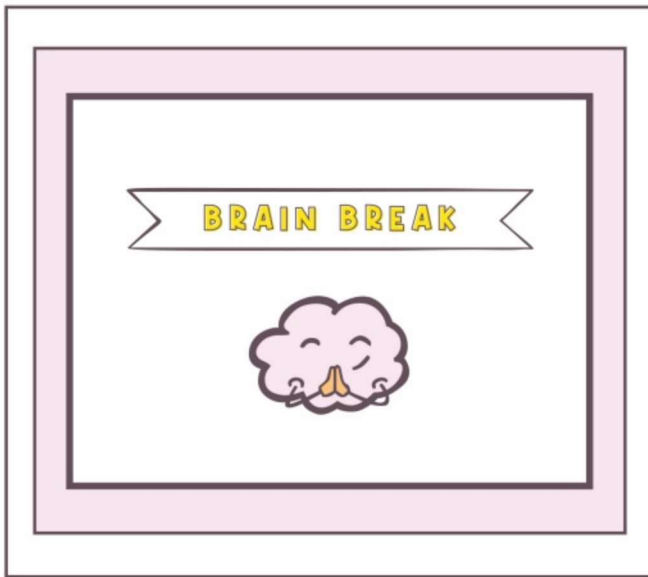
### Row Your Boat

Pretend you are in a rowboat; there's a storm coming; you need to get to shore. Now row as fast as you can.





If you wish backs to your cards, print double-sided on card stock paper



## BRAIN BREAK



### Air Guitar

Get ready to put on the performance of your life. Spend two minutes playing your air guitar to a song playing or think of a song in your head.



## BRAIN BREAK



### Simon Says

Simon gives commands. Be careful only to obey orders that begin with the words "Simon Says." If Simon says, "touch your nose," without first saying, "Simon says," players must not touch their nose. And if you do, you're out!

## BRAIN BREAK



### Eye Spy

Player 1 chooses a color of an object within sight and says, "I spy with my little eye something (insert color...) Other players take turns guessing things that are that color—consider allowing players to ask questions.



## BRAIN BREAK



### The Wave

Make sure everyone knows the order of the "wave." Have the first child stand up and sweep their arms over their head and back round again (like a big circle). In order, each child will wave.



## BRAIN BREAK



### Camp Fire Hands

Pretend you are warming your hands over a crackling campfire. Breathe deeply and rub your hands together for 30 seconds.



## BRAIN BREAK

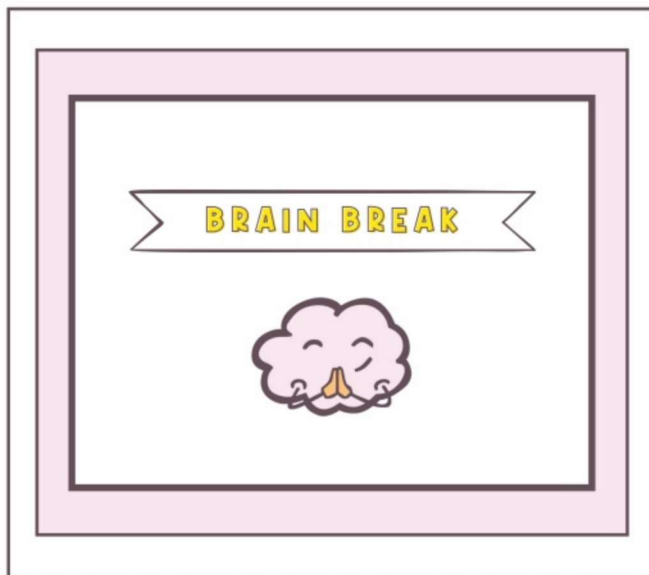
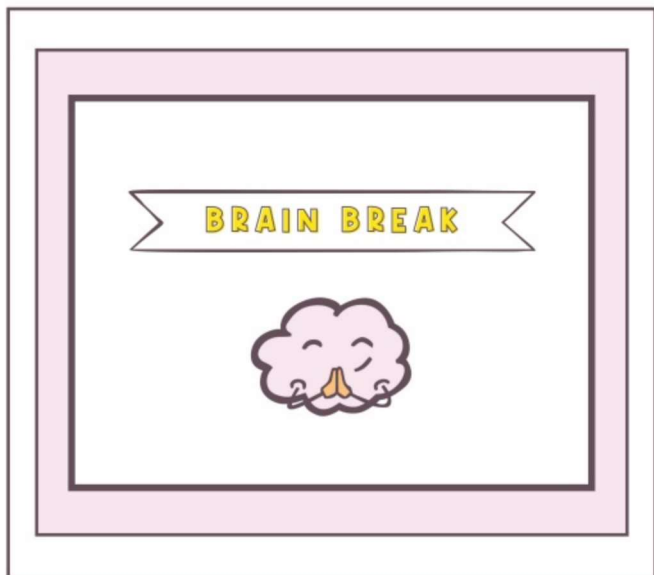
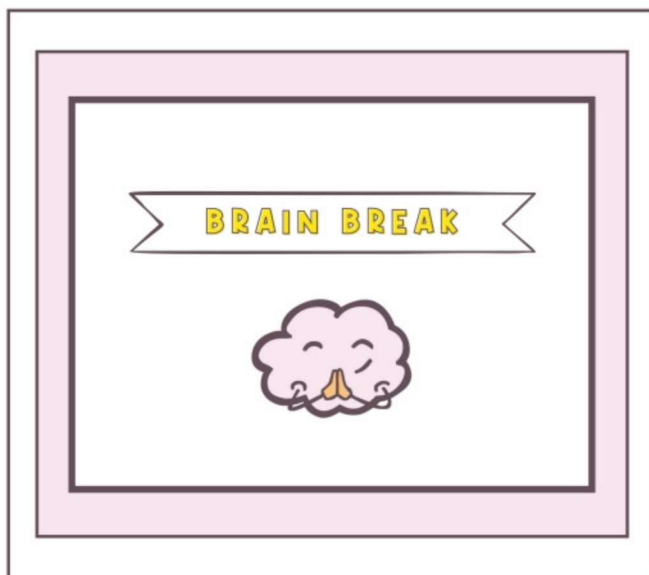
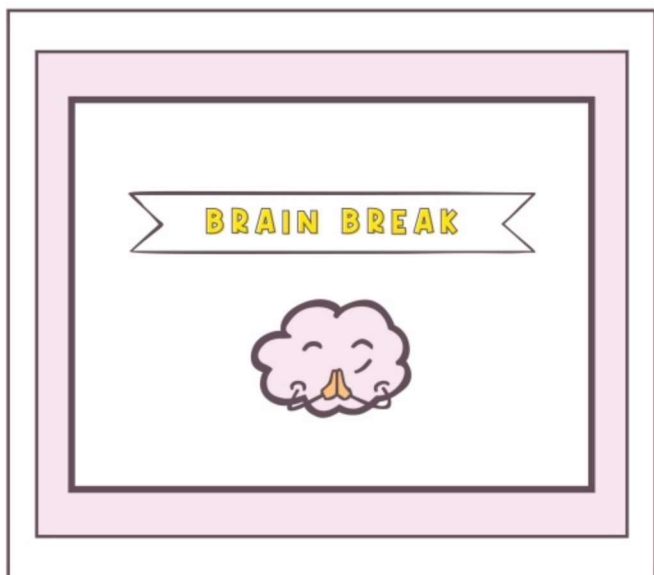
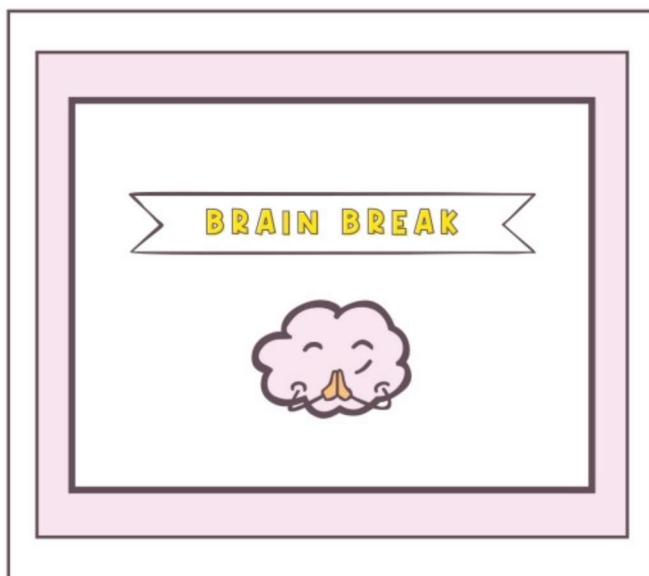
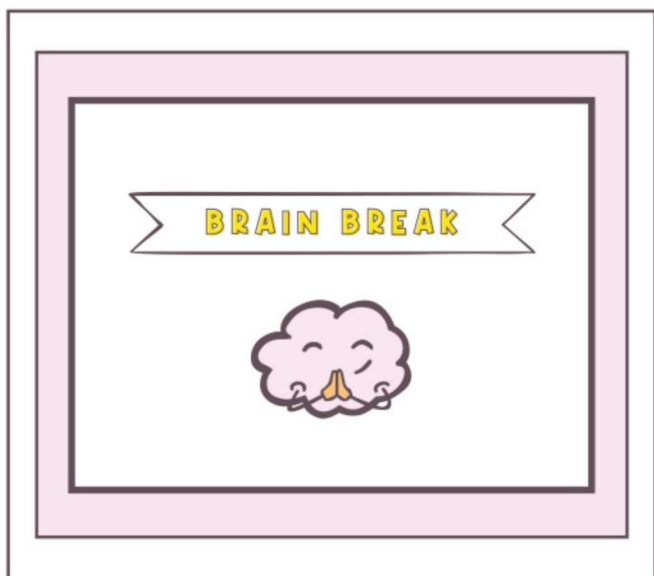


### Telephone

Sit in a circle or stand in a line. The first person whispers a phrase into the next person's ear. That player then whispers the word or phrase to the next. The last player says the phrase out loud so everyone can hear how much it has changed.



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## BRAIN BREAK



### Stir the Pot

Visualize standing in front of a huge cauldron full of warm caramel. Slowly stir in a clockwise direction. Use your arms and wrists and even get your hips into it. After a few minutes, switch the direction.



## BRAIN BREAK



### Elbow to Knee

Stand up. Hold your ears with your hands. Tap your right elbow to the top of your left knee. Now touch your left elbow to your right knee. Repeat five times.



## BRAIN BREAK



### YMCA

Put on the classic YMCA song and have everyone participate. (Show the moves first). For even more fun, make a video!



## BRAIN BREAK



### Zombie Walk

Pretend you are a zombie and walk like a zombie for one minute.



## BRAIN BREAK



### Air Spelling

Spell out your name or a word or phrase into the air in front of you.



## BRAIN BREAK

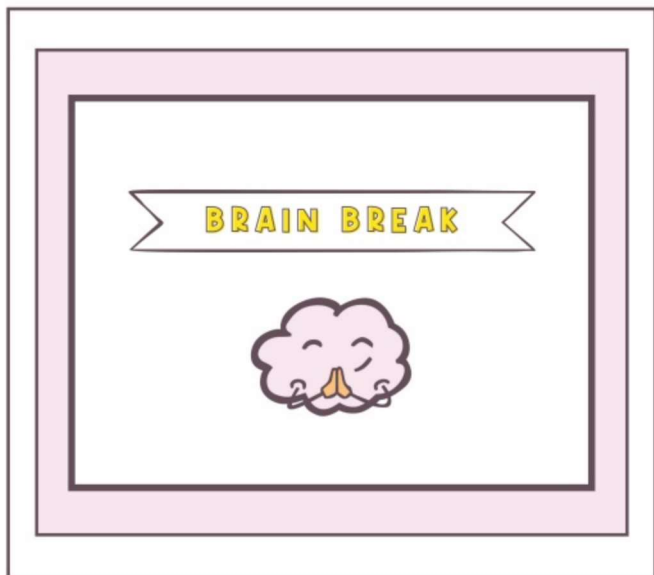
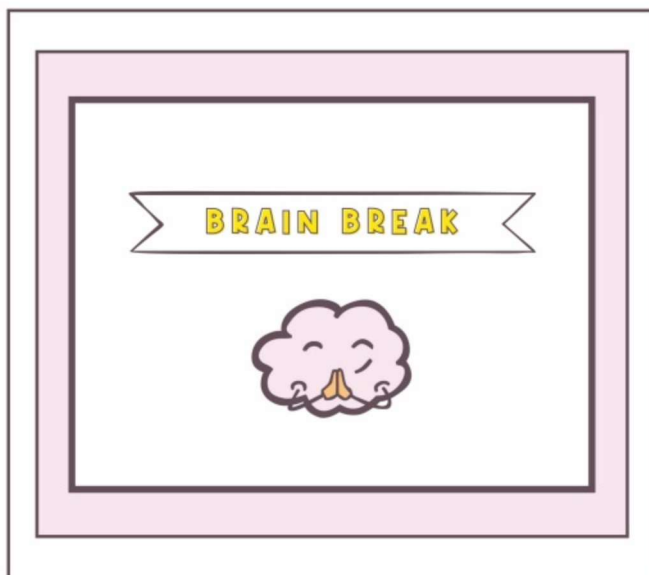
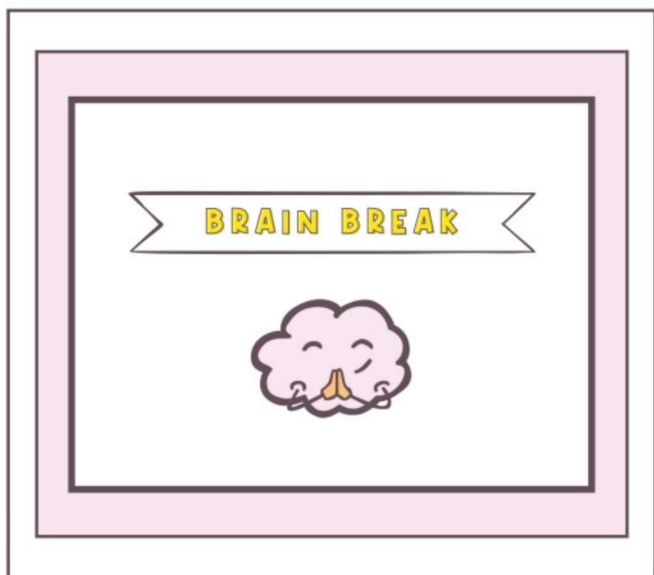
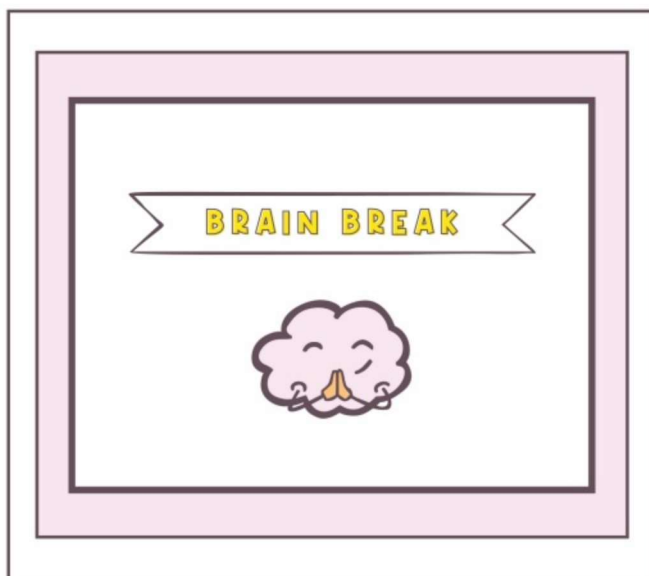
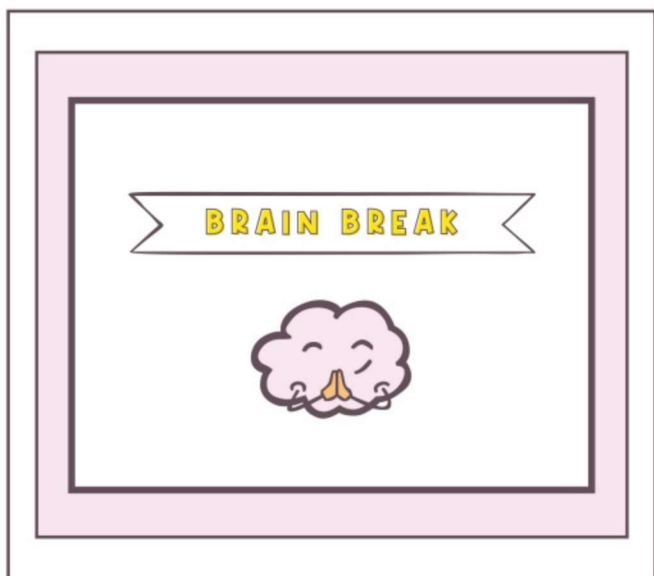


### Run on the Spot

Run on the spot for one minute; you can also spin in a circle or spread your arms like wings and pretend to fly (if space allows).



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## BRAIN BREAK



### Rocket Ship

Crouch down and get ready for blast-off. Count down from seven, and when you get to zero, push off like a rocket jumping as high as you can with your body straight.



## BRAIN BREAK



### Freeze Dance

Everyone dances to some fun music; when the music stops, everyone stays perfectly still until the music restarts. Make it even more fun by trying to make the kids smile. If they smile, they are out and have to sit down.



## BRAIN BREAK



### Tree Pose

Balance on one leg as long as you can (try to put the sole of your foot on your inner calf or thigh). After you fall, balance on the other.



## BRAIN BREAK



### Mirror Mirror

In this fun cooperative game, you must imitate each other's movements. Assign one person to be the leader, and everyone else follows along!



## BRAIN BREAK



### Animal Wiggles

- Waddle like a penguin for 30 seconds
- Slither like a snake for 30 seconds
- Wiggle like an octopus for 30 seconds.



## BRAIN BREAK



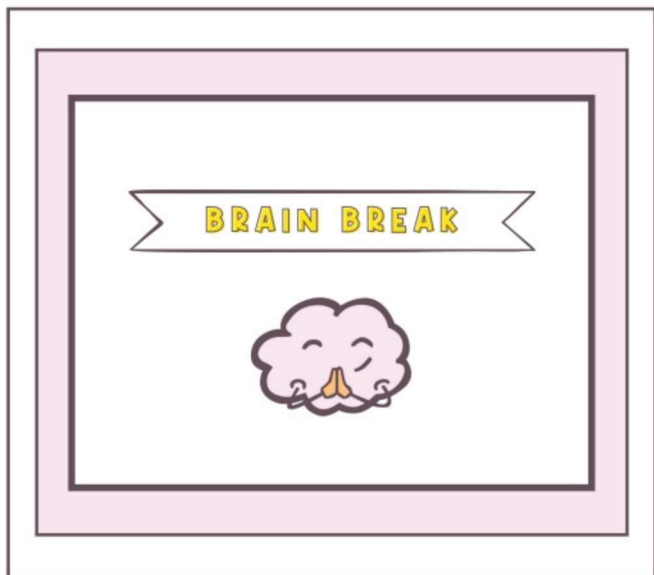
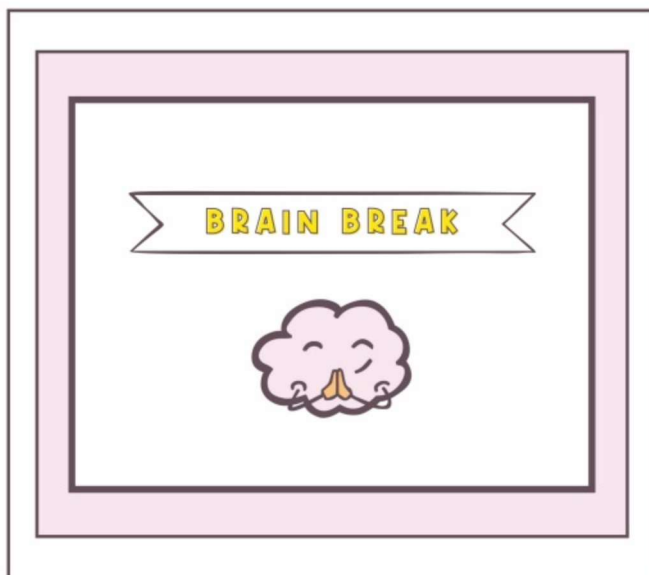
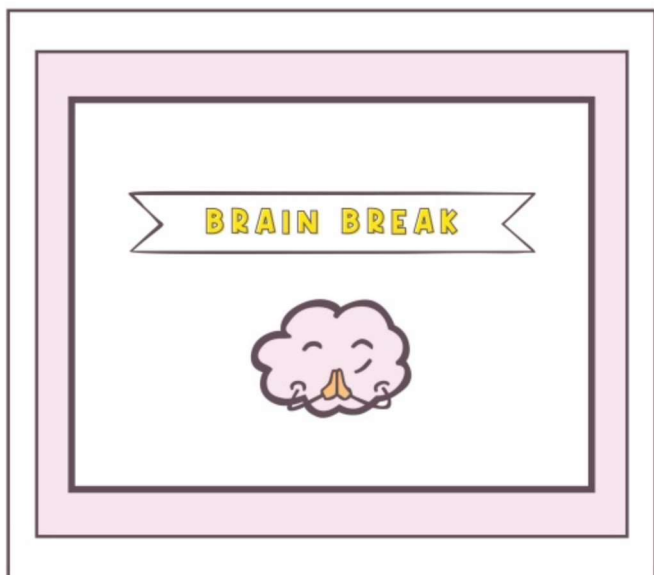
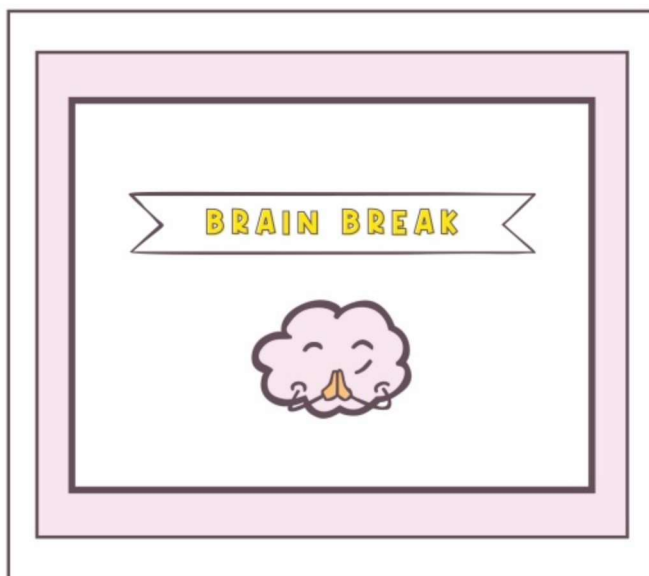
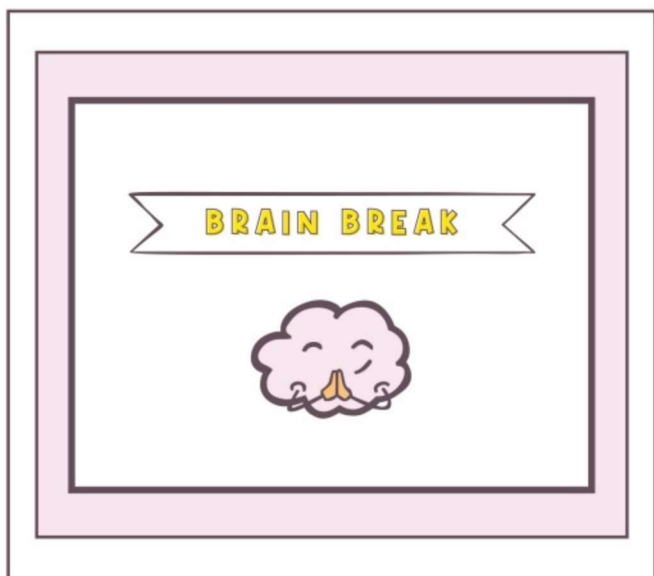
### Do a Stretching Sequence

- Reach up high to the sky.
- Reach down low to the ground.
- Reach out wide to the sides.





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## BRAIN BREAK



### Shake out the Sillies

Just dance! Put on some fun music and let loose.



## BRAIN BREAK



### Limbo

You'll need a stick and two kids to hold it. How low can you go?



## BRAIN BREAK



### Hop like a Kangaroo

Pretend you are a kangaroo and hop on one foot, then switch feet then hop on two feet.



## BRAIN BREAK



### Jump Jump Around

Pretend you are jumping on a mini-trampoline. (Make sure it's mini, this will help keep you vertical).



## BRAIN BREAK



### Doggie Walk

Walk across the room like a doggie. No space? Doggie walk around your desk.



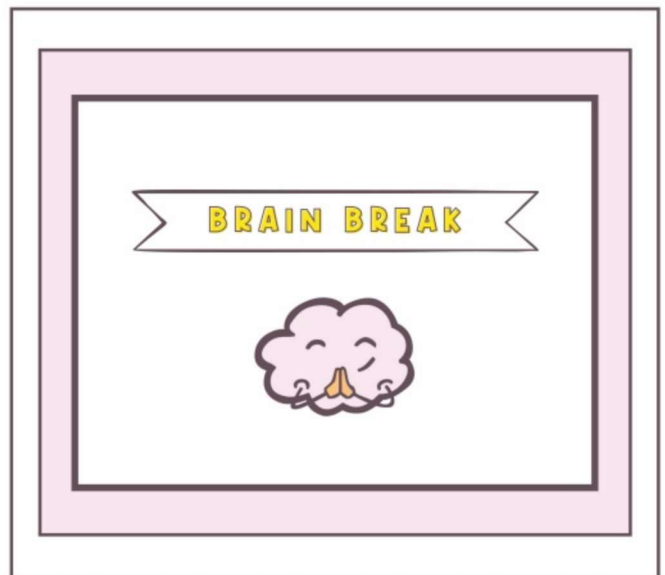
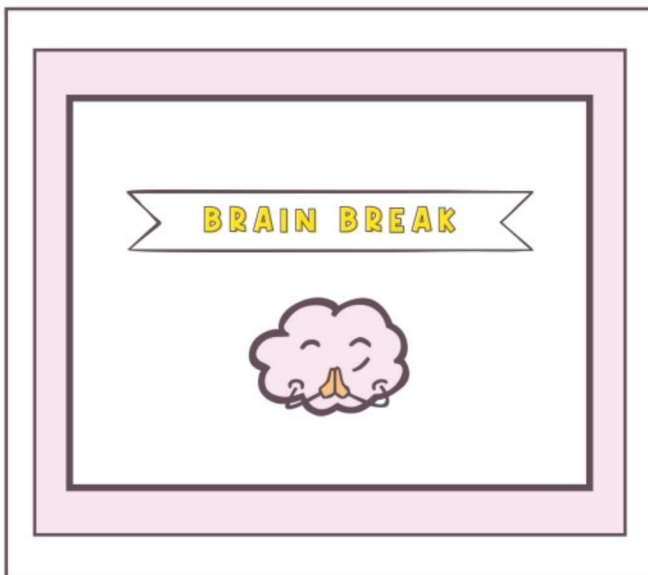
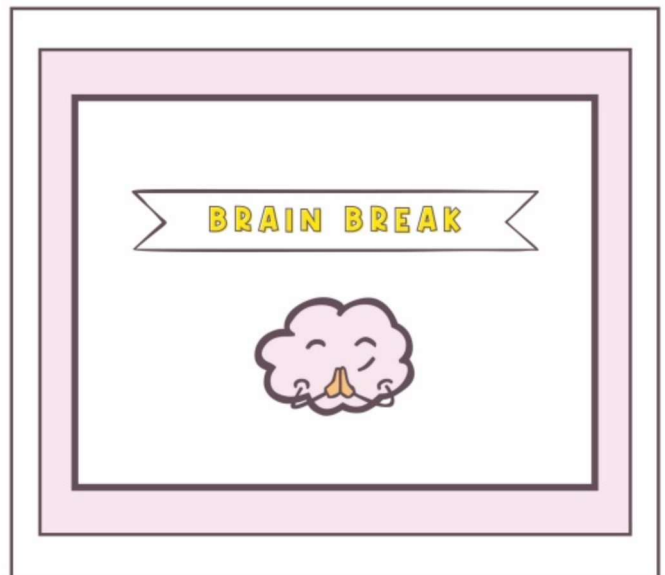
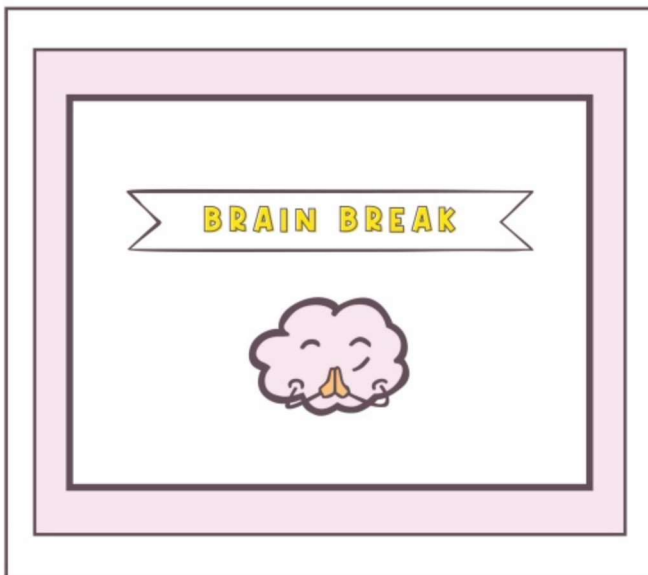
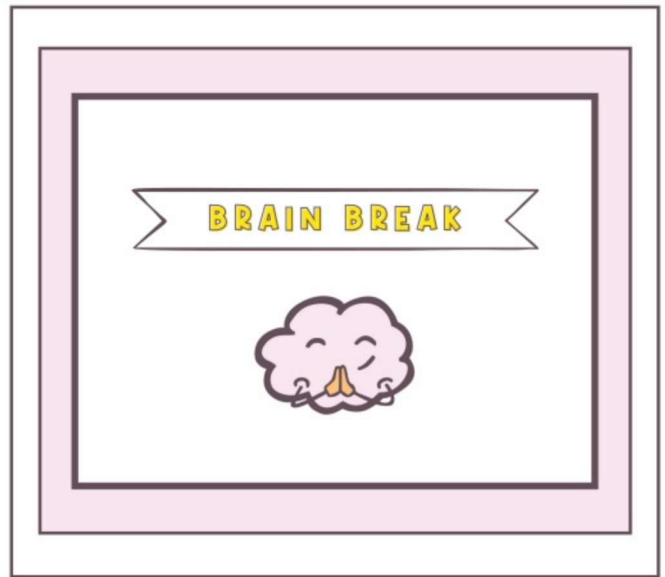
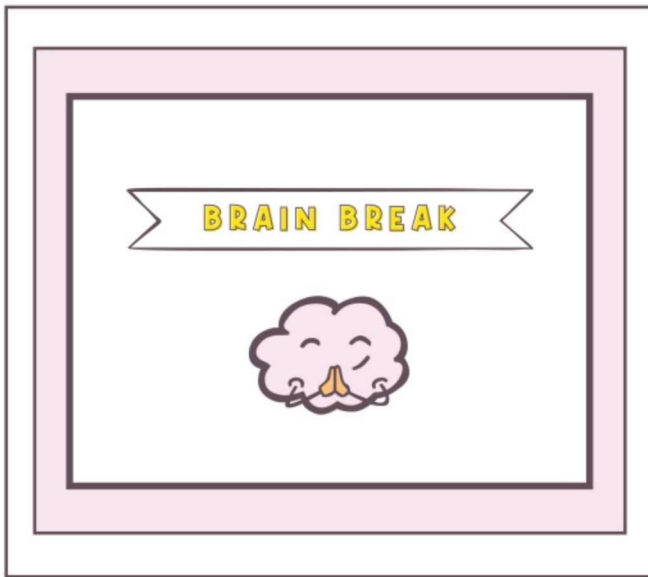
## BRAIN BREAK



### Hands Against a Wall

Pushing against a wall is an excellent way to dispel extra energy. Especially negative energy. With both hands push as hard as you can against the wall for a count of ten.

If you wish backs to your cards, print double-sided on card stock paper



## BRAIN BREAK

Would you rather sleep with a dragon or a polar bear?



## BRAIN BREAK

Would you rather be a fish or a bird?



## BRAIN BREAK

Would you rather slide down a colorful rainbow or jump on a cloud?



## BRAIN BREAK

Would you rather eat a worm or a spider?



## BRAIN BREAK

Would you rather be super strong or super fast?



## BRAIN BREAK

Would you rather live in a tree house or a beach hut?





If you wish backs to your cards, print double-sided on card stock paper



## BRAIN BREAK

Would you rather have an elephant's long neck or a porcupine's quills?



## BRAIN BREAK

Would you rather fly to space in a spaceship or visit the bottom of the ocean in a submarine?



## BRAIN BREAK

Would you rather be a mermaid or a dragon?



## BRAIN BREAK

Would you rather shoot ice balls from your hands or breathe fire from your mouth?



## BRAIN BREAK

Would you rather have a personal robot or a talking dog?

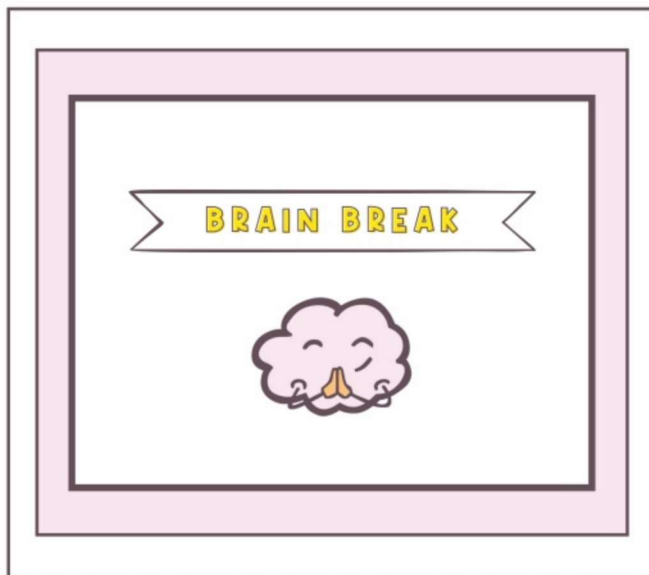
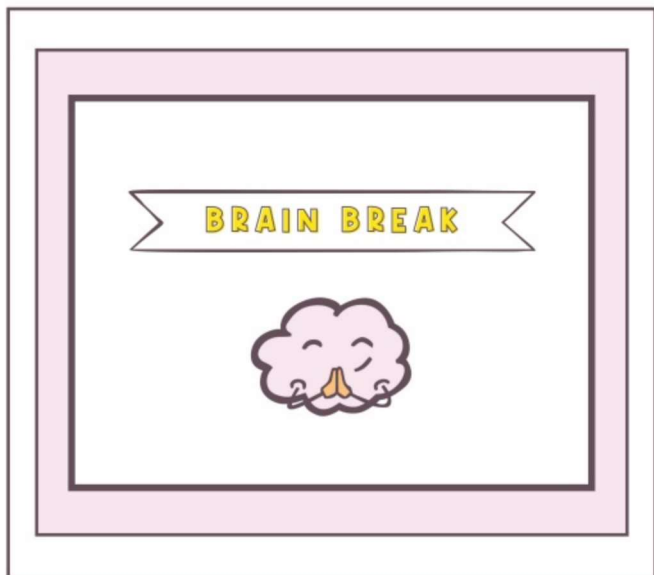
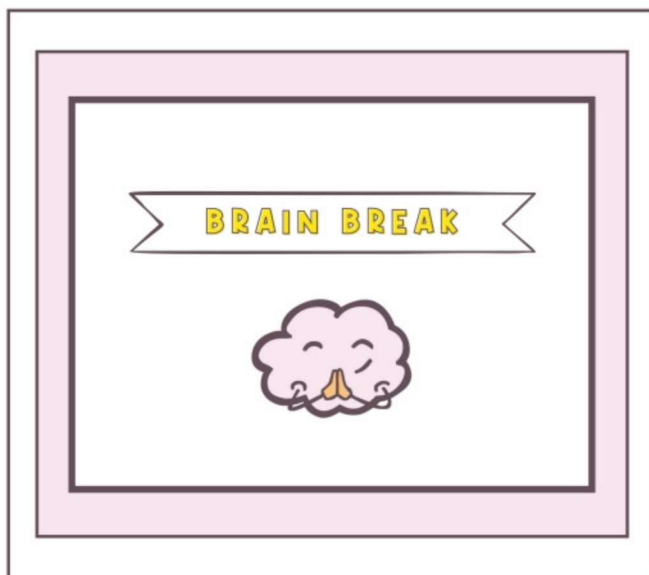
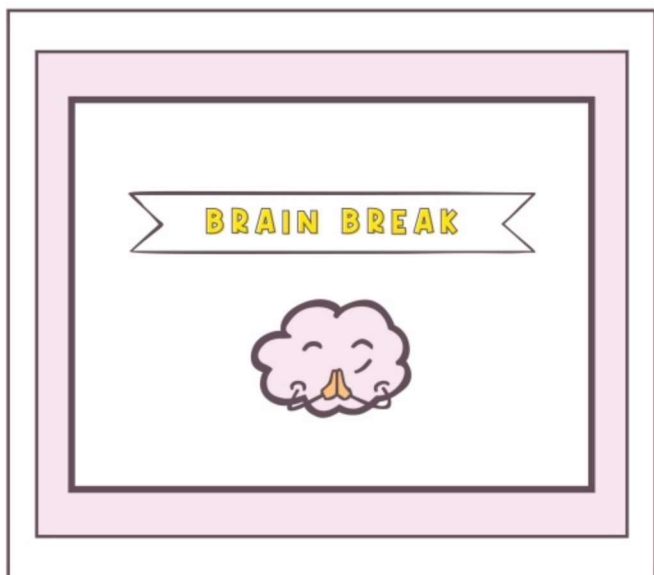
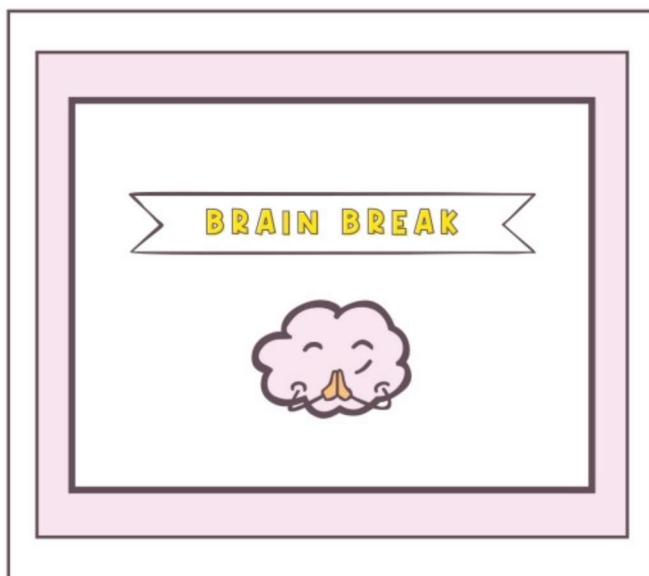
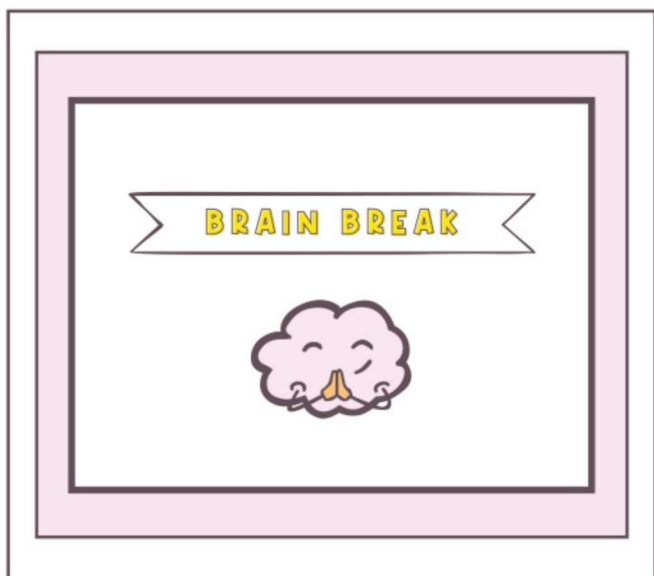


## BRAIN BREAK

Would you rather be invisible or have super hearing?



If you wish backs to your cards, print double-sided on card stock paper



## BRAIN BREAK

Would you rather eat donuts or lollipops?



## BRAIN BREAK

Would you rather be able to control the weather or talk to animals?



## BRAIN BREAK

Would you rather be 5 years younger or 5 years older?



## BRAIN BREAK

Would you rather be a famous painter or a famous singer?



## BRAIN BREAK

Would you rather have a pet snake or a pet turtle?



## BRAIN BREAK

Would you rather have candy for life or ice cream for life?





If you wish backs to your cards, print double-sided on card stock paper



**BRAIN BREAK**

She sees cheese



**BRAIN BREAK**

She sells seashells on the seashore



**BRAIN BREAK**

Six sticky skeletons



**BRAIN BREAK**

Zebras zig and zebras zag



**BRAIN BREAK**

Peter piper picked a peck of pickled peppers



**BRAIN BREAK**

Crisp crusts crackle and crunch



If you wish backs to your cards, print double-sided on card stock paper



## BRAIN BREAK

The blue bird blinks



## BRAIN BREAK

Betty Botter bought a bit  
of butter



## BRAIN BREAK

How much wood would a  
woodchuck chuck if a  
woodchuck could chuck  
wood?



## BRAIN BREAK

Luke Luck likes lakes



## BRAIN BREAK

Chester cheetah chews a  
chunk of cheap cheddar  
cheese



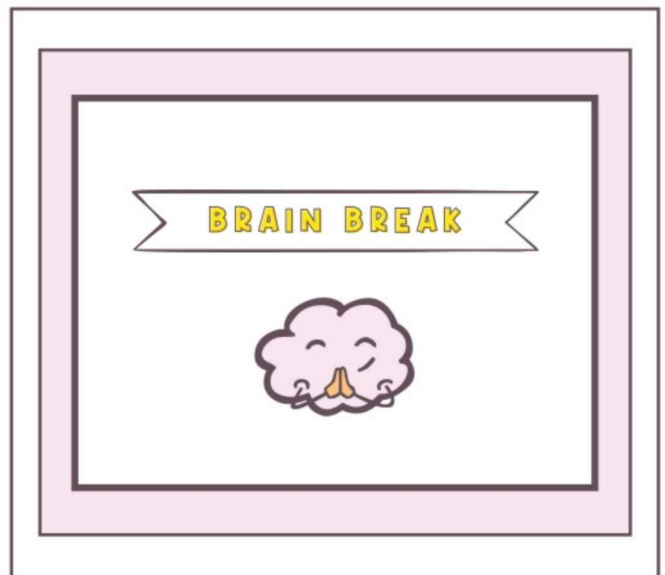
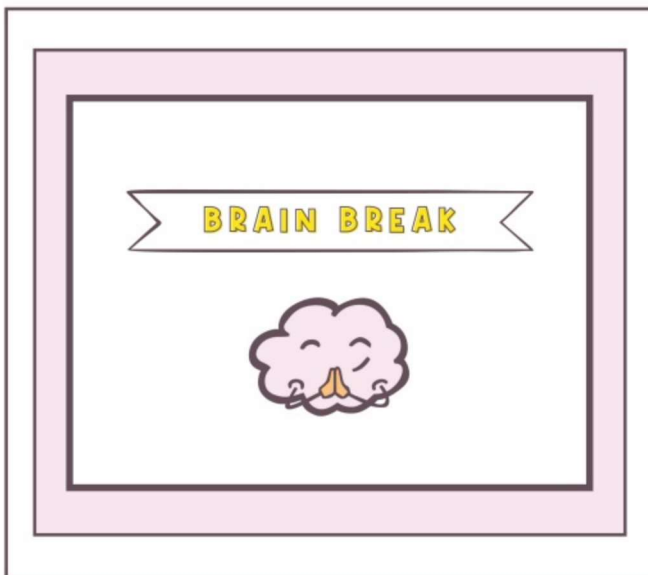
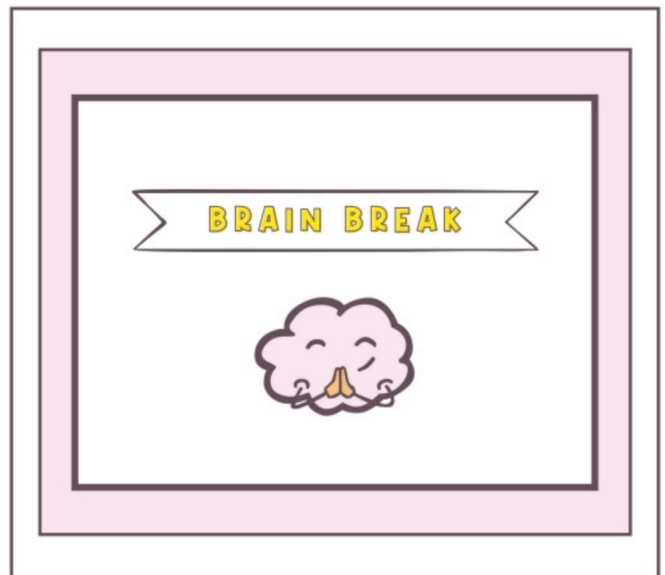
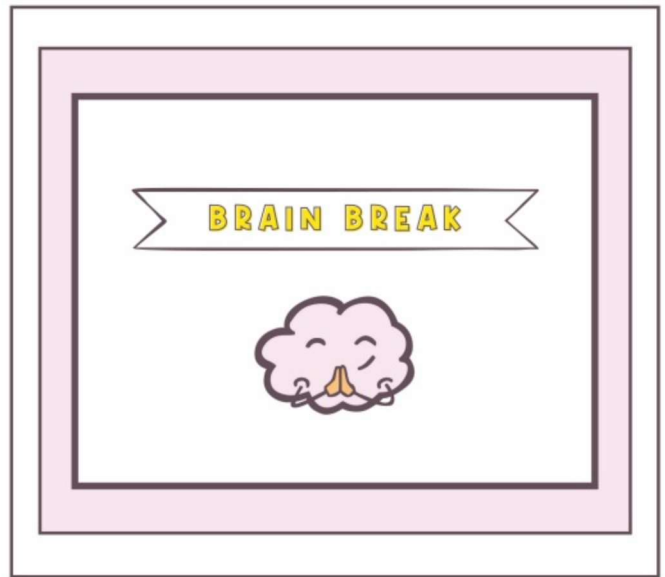
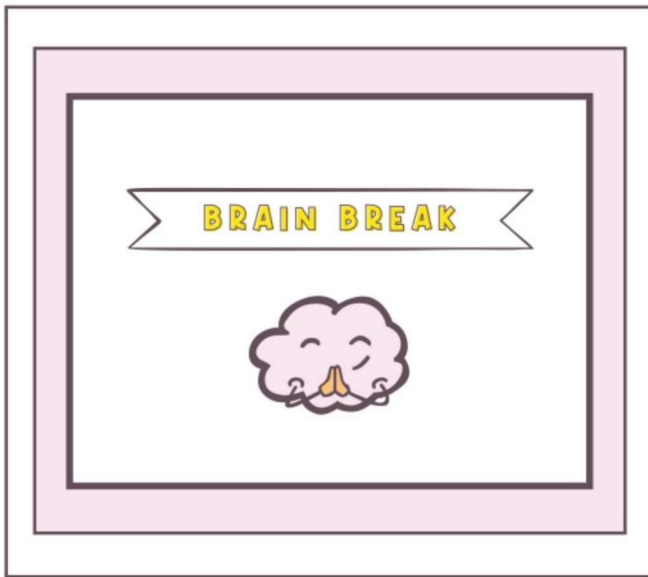
## BRAIN BREAK

Rubber baby buggy  
bumpers





If you wish backs to your cards, print double-sided on card stock paper



**BRAIN BREAK**

Which witch is which?



**BRAIN BREAK**

Four fine fresh fish for you



**BRAIN BREAK**

A big black bear sat on a big black rug



**BRAIN BREAK**

A skunk sat on a stump and thunk the stump stunk, but the stump thunk the skunk stunk



**BRAIN BREAK**

Santa's short suit shrunk

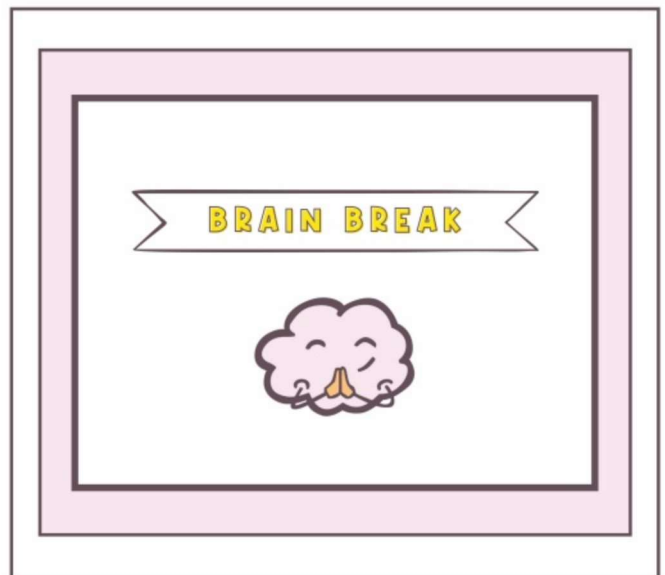
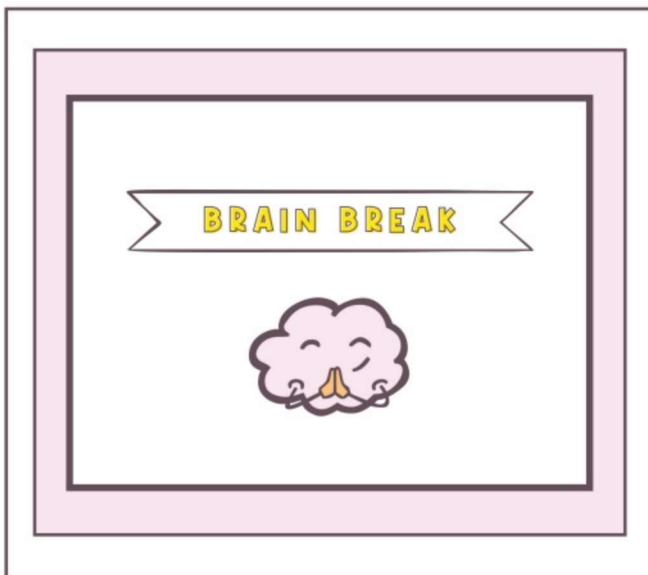
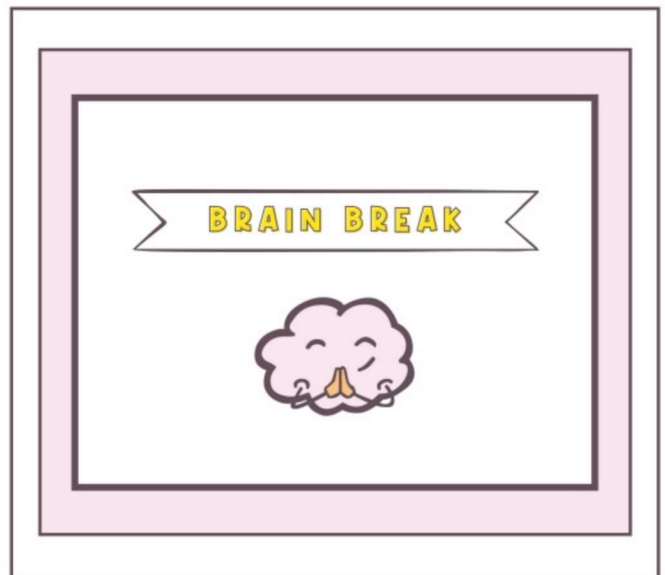
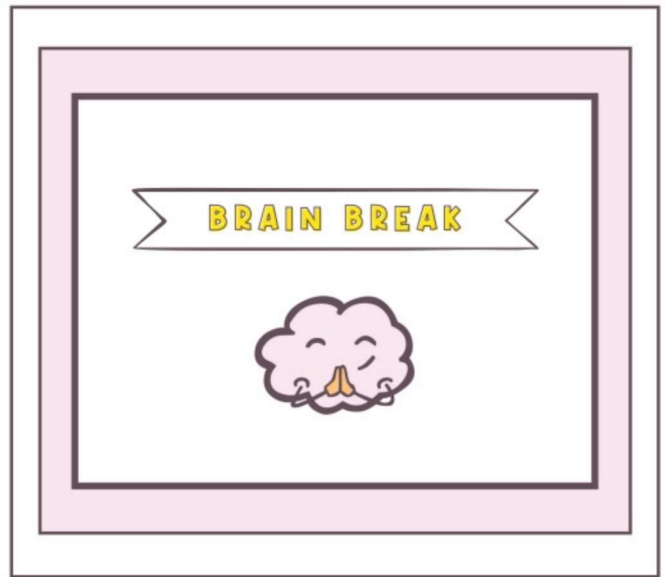
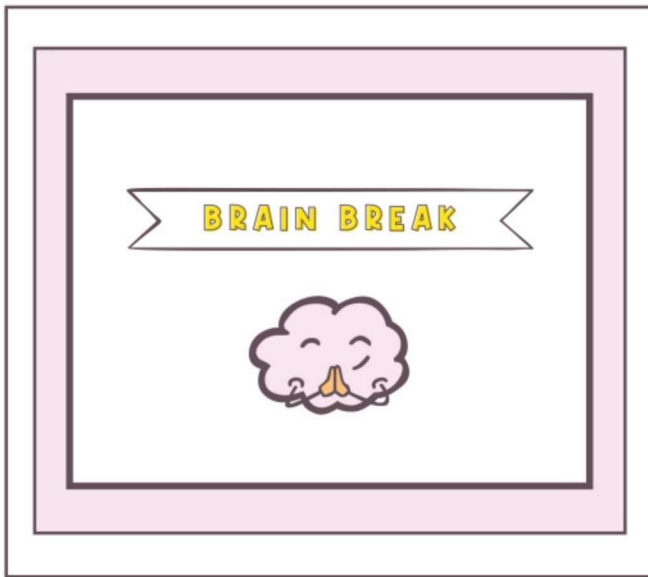


**BRAIN BREAK**

He threw three balls



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# A-Z Brain Breaks

Choose a student to select a letter of the alphabet, then complete the activity from corresponding activity below:

- |   |                        |   |                      |
|---|------------------------|---|----------------------|
| A | Alphabetical order     | B | Breathe deeply       |
| C | Categories             | D | Dance                |
| E | Exercises              | F | Follow the leader    |
| G | Gymnastics             | H | High 5 a friend      |
| I | I Spy                  | J | Jumping jacks        |
| K | Karate moves           | L | Lava carpet          |
| M | Mindfulness activities | N | Number skip counting |
| O | Origami                | P | Play popcorn         |
| Q | Quiz time              | R | Robot dancing        |
| S | Sing                   | T | Table-top push ups   |
| U | Under, Over            | V | Human vacuums        |
| W | Would You Rather?      | X | O's and X's          |
| Y | Yoga                   | Z | Zig Zag skipping     |