

BRAIN BREAKS

CROSS CRAWL

To Music: When one arm moves, the leg on the opposite side of the body moves at the same time. You can move to the front, side, back, or in all directions!

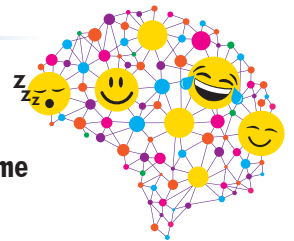


Challenge yourself and touch your hand to the opposite knee!

BRAIN BREAKS

DOUBLE DOODLE

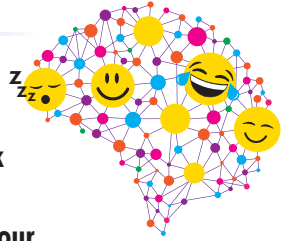
Draw with both hands at the same time and have them mirror each other!



BRAIN BREAKS

OWL

Grasp the shoulder and squeeze the muscles firmly. Turn your head to look back over the shoulder that you are squeezing. Breathe deeply and pull your shoulders back. Now look over the other shoulder, opening the shoulders again. Drop your chin to your chest and breathe deeply, letting the muscles relax. Repeat with opposite shoulder.



BRAIN BREAKS

ARM ACTIVATION

Hold one arm next to your ear. Exhale gently through pursed lips while activating the muscles by pushing the arm against the other hand in four directions (front, back, in, and away). Repeat with opposite arm.



BRAIN BREAKS

GROUNDER

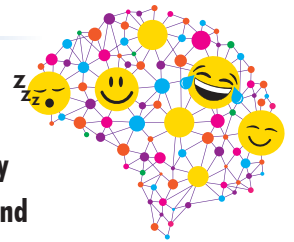
Start with legs comfortably apart. Point your right foot towards the right. Keep the left foot pointed straight ahead. Now bend the right knee as you exhale and, then, inhale as you straighten the right leg. Keep your hips tucked under. Repeat three times and switch sides.



BRAIN BREAKS

5-4-3-2-1

Do 5 jumping jacks, 4 across the body knee touches, 3 head rolls, 2 spins, and walk 1 lap around the room.



BRAIN BREAKS

KEEP IT UP

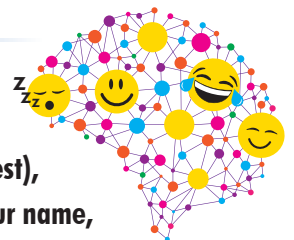
Blow up a balloon and toss it around the classroom without letting it touch the ground. Have multiple balloons to make it more challenging.



BRAIN BREAKS

LINE UP

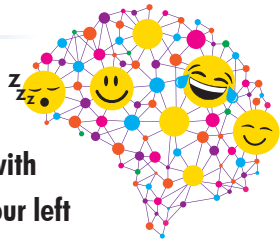
Line up by birthday (youngest to oldest), by height, by number of letters in your name, or by first letter of your name (A to Z).



BRAIN BREAKS

SNAP WINK

Snap with your right hand and wink with your left eye. Switch and snap with your left hand and wink with your right eye. See how fast you can go without messing up!



BRAIN BREAKS

THUMB WAR

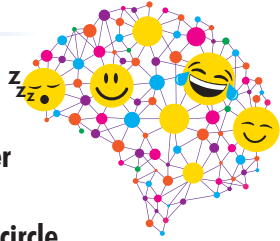
Have a thumb war with the person across or next to you. Lock hands with your neighbor and see who can trap and hold the other persons thumb down with your thumb for 3 seconds.
RULE: Arms & hands must remain planted on the table to keep.



BRAIN BREAKS

POP

This is a skip counting game. A student or teacher decides the number and says "Pop by 5's" (or whichever number chosen). Then go around the circle with each student saying a number, but saying "pop" every 5th number. Whoever says "pop" has to sit down until the last person is standing and is declared the winner.
(Ex: 1, 2, 3, 4, pop, 1, 2...)



BRAIN BREAKS

ROCK PAPER SCISSORS

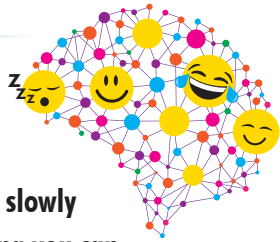
Students travel around the room playing rock paper scissors with other classmates (bounce hand in fist up and down on "rock" and "paper" and choose between rock, paper, or scissors when saying "scissors"). Whoever wins must find another opponent and the person who loses must sit down. The last person standing is the winner.



BRAIN BREAKS

HEAD BALANCE

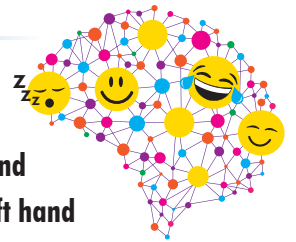
Balance a book, paper, or any classroom material on your head and slowly travel around the room to see how long you can balance it. If the task is too easy, try marching, tip toeing, or gliding around the room without the object falling off. No hands can touch the object!



BRAIN BREAKS

RUB-A-DUB

Pat your head with your right hand and rub your belly in a circle with your left hand at the same time. Switch hands. Try rubbing your head with your right hand and patting your belly with your left hand. Switch hands.



BRAIN BREAKS

FINGER-THUMB

Stand up and put your fists together. Point your index finger on one hand and stick your thumb out on the other hand. Now switch, and switch again! How fast can you go?



BRAIN BREAKS

LOOK UP, LOOK DOWN

Student will stand up and form a circle. When prompted to look down, students will look at the floor. When students are prompted to look up, they should look at a different classmate each time. If students look at each other, they are out. The final two students left standing are the winners!



BRAIN BREAKS

STAND UP, SIT DOWN

The students can decide if they would like to start out standing or sitting. Ask them questions and if the answer is "yes", they change to the other position (standing or sitting). If the answer is "no", they remain in the same position.

Ex: Do you have a sister? Are you wearing blue? Do you like spicy food?



BRAIN BREAKS

PEN FLIPPING

Stand up and try to flip your pen or pencil to turn 360 degrees and land on the desk. The flips should be small and the pen should not go high enough to touch the ceiling or wide enough to touch another person. If you master the flip, try it with the opposite hand. For an extra challenge, try flipping 720 degrees.



BRAIN BREAKS

COPY CAT

Ask the students to pair up with another classmate. Have the students decide who will be the cat and who will be the copy-cat. The cat will motion something and the copy-cat will attempt to mirror the cat. Prompt the cats to motion something specific such as pretend to play your favorite sport, act like you are a mime in a box, etc. Students will then switch.



BRAIN BREAKS

THE WAVE

Students will stand up and form a circle. Students will put their hands on their knees and the teacher will begin the wave by standing up and reaching their arms up high, returning back to having their hands on their knees. Each person to the right of the teacher will quickly copy the motion starting a second after each other to resemble a wave.



BRAIN BREAKS

BALANCE ON ONE FOOT

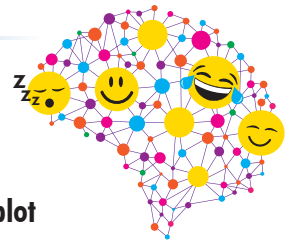
Stand up on one foot and try to balance for as long as you can without touching anything to help you balance. If the student falls, touches anything with their hands, leans against anything, or puts their other foot down they are out. To make it more challenging, ask students to hop, put their hands out to the side and alter touching their nose, do head rolls, etc.



BRAIN BREAKS

INKBLOT

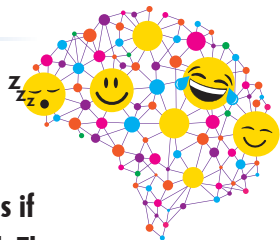
Students will look at 3 inkblots and say what pictures they see in the inkblot as a class.



BRAIN BREAKS

AIR WRITING

Students will partner up with a classmate. One student will write something in the air with the finger as if they are writing on a dry-erase board. The partner will try and figure out what they are writing. Students will then switch. Prompt the subjects by instructing students to write their favorite color, food, sport, subject, etc.



BRAIN BREAKS

TELEPHONE

Students will stand up and form a circle. The teacher will come up with a phrase which can be related to the subject of the class. The teacher will quietly whisper the phrase to the student to the right of them and the student will repeat what was said to the student next to them until the phrase reaches the end of the circle. The last person will state the phrase out loud. No repeating the phrase!



BRAIN BREAKS

2 TRUTHS & A LIE

Students will partner with another classmate. One student in each group will come up with 2 truths and 1 lie about themselves and the other student will guess which fact is the lie. The students then switch.



BRAIN BREAKS

BRAIN TEASERS

Students will work as a class to figure out what each brain teaser means.



BRAIN BREAKS

DRAW IT!

Draw your favorite animal without lifting up your pencil or pen!



BRAIN BREAKS

POWER POSE

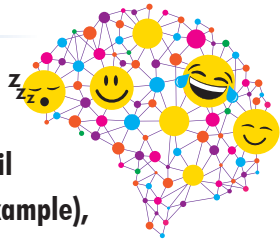
Stand up and place your feet shoulder width apart. Place your hands in fists and place them on your hips. Make sure your chest is out and your chin is up. Practice slowly breathing in and out.



BRAIN BREAKS

SHUFFLE, SHUFFLE GROUP!

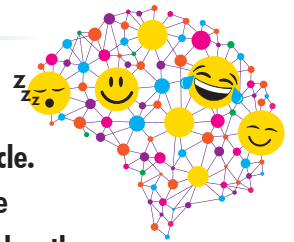
Students shuffle around the room until the teacher says, "Group of 5" (for example), and the students will quickly try to form a group with the correct number of people. Students who are left over must do 3 jumping jacks before the next round.



BRAIN BREAKS

HOT POTATO

Students will stand and get into a circle. Pass an object around the room while singing "hot potato, hot potato, who has the hot potato, if you have the hot potato, you are OUT". Whoever has the hot potato on the word "out" must sit down. The last person standing is the winner!



BRAIN BREAKS

SILENT BALL

No one can talk or make a sound. A ball is tossed between classmates. Students cannot throw the ball back to the person who threw it to them or throw it to the person next to them. If the player doesn't catch the ball, talks, or makes a bad pass, the player is out. The last 2 players are the champions!



BRAIN BREAKS

RIDDLE

Have the class solve a riddle together.

- 1- What has a face and two hands, but no arms and legs? *A clock*
- 2- Railroad crossing, watch out for cars.
Can you spell that without any "r's"? *T-H-A-T*
- 3- What has to be broken before you use it? *An egg*
- 4- What belongs to you but is used more by others?
Your name.

