

BRAIN BREAKS

HIGH 5

High 5 someone at
another table.



BRAIN BREAKS

STRETCH

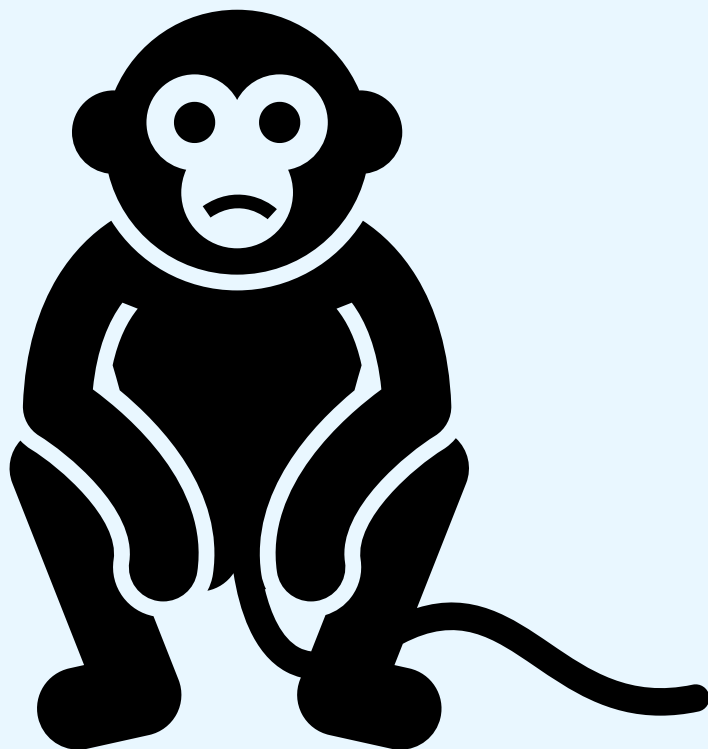
Stretch your body as high,
low and wide as you can.



BRAIN BREAKS

ANIMALS

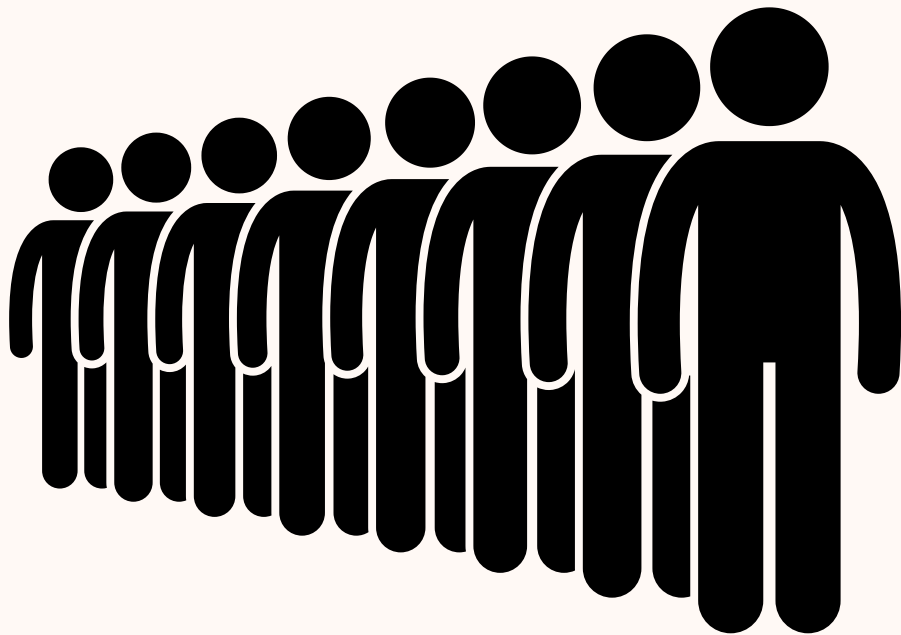
Act out the animal your teacher calls out.



BRAIN BREAKS

LINE

Line up in alphabetical order of your names.



BRAIN BREAKS

ONE WORD

Describe how you are feeling in just one word.



BRAIN BREAKS

DANCE

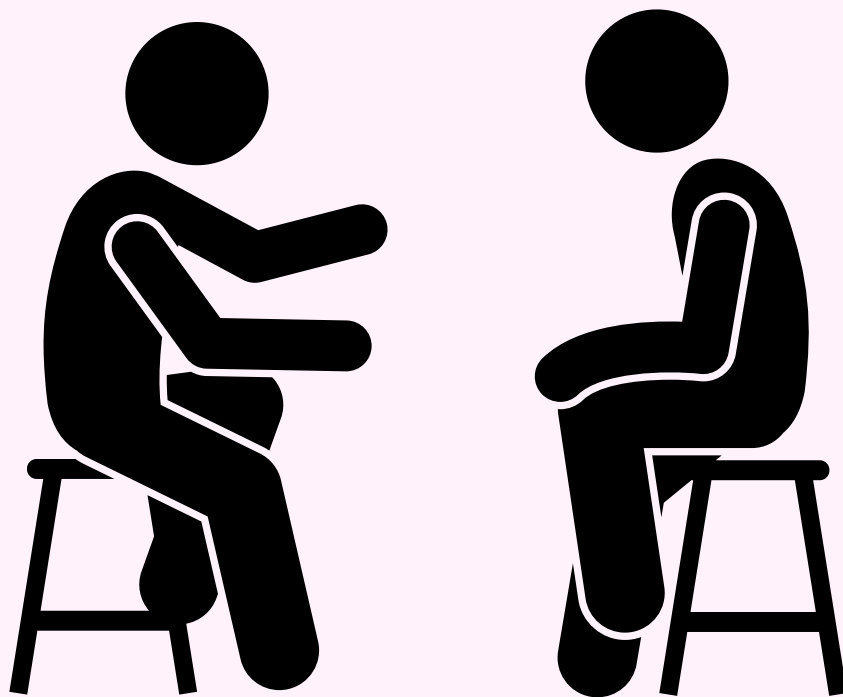
Show us your break
dancing moves.



BRAIN BREAKS

FACTS

Find out three new things
about your neighbor.



BRAIN BREAKS

MEDITATE

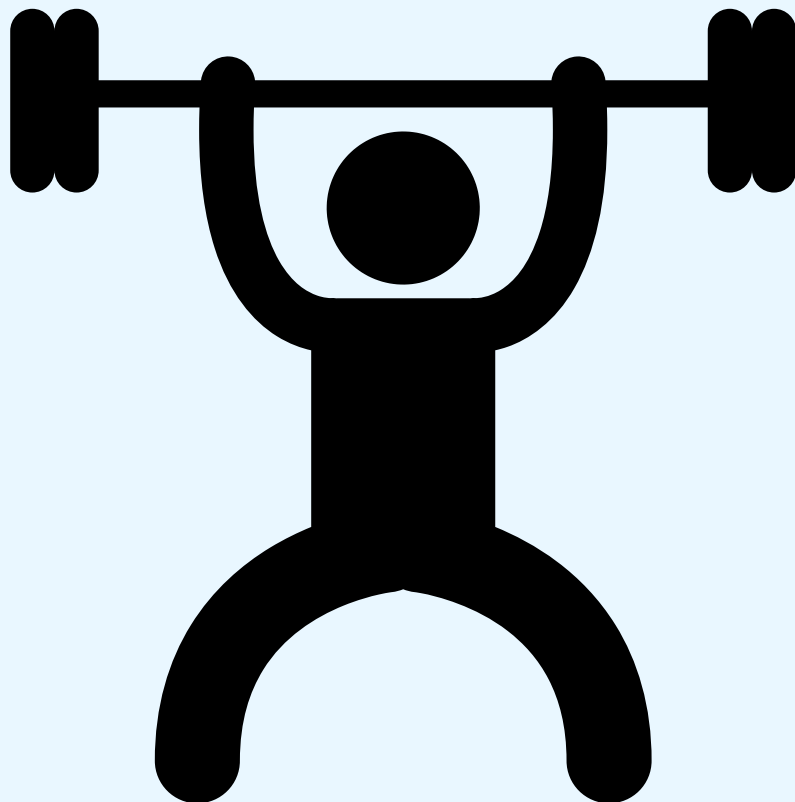
Meditate quietly to some calming music.



BRAIN BREAKS

EXERCISE

Complete some stretches
and star jumps.



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SUPERHERO

Explain what superpower you would like to have.



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DAB

Dance to the music and
dab when it stops.



BRAIN BREAKS

PLAY

Complete an obstacle course in the playground.



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JOG

Jog slowly on the spot for one minute.



BRAIN BREAKS

CLEAN

Clean or tidy up an area
of your classroom.



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BALLET

Showcase your best
ballerina moves.



BRAIN BREAKS

SING

Sing a group song together as a class.



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NINJA

Find a large space and practice your ninja moves.



BRAIN BREAKS

SHAPES

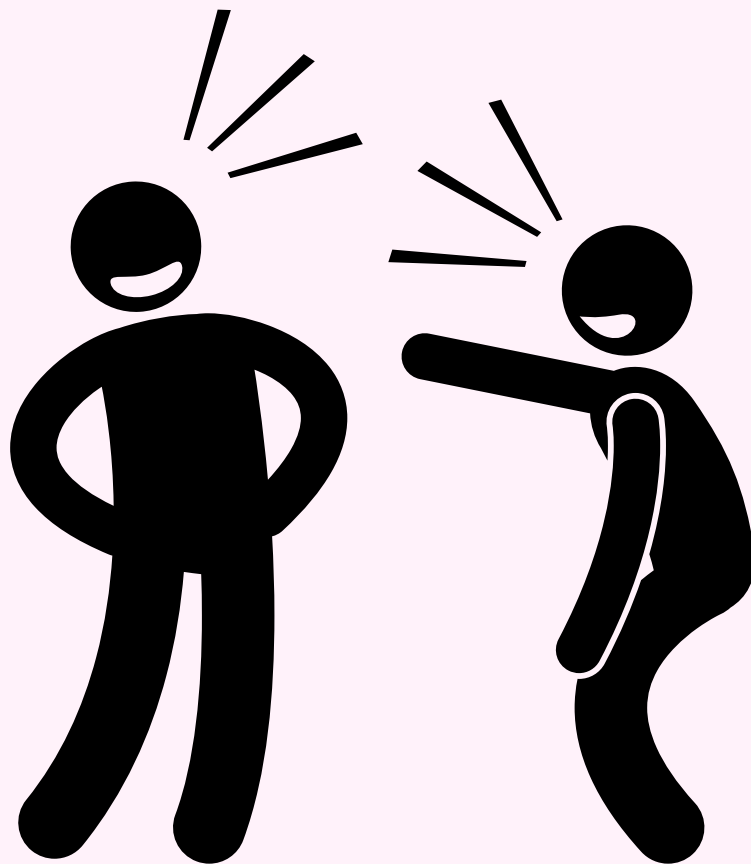
In small groups, make an object out of your bodies.



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JOKE

Share a funny joke.



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SONG TIME

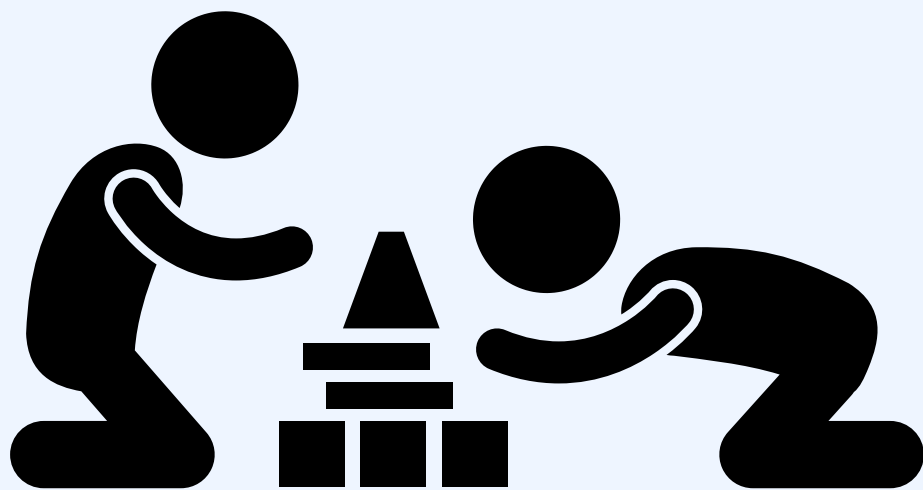
Sing a song with a friend.



BRAIN BREAKS

BLOCKS

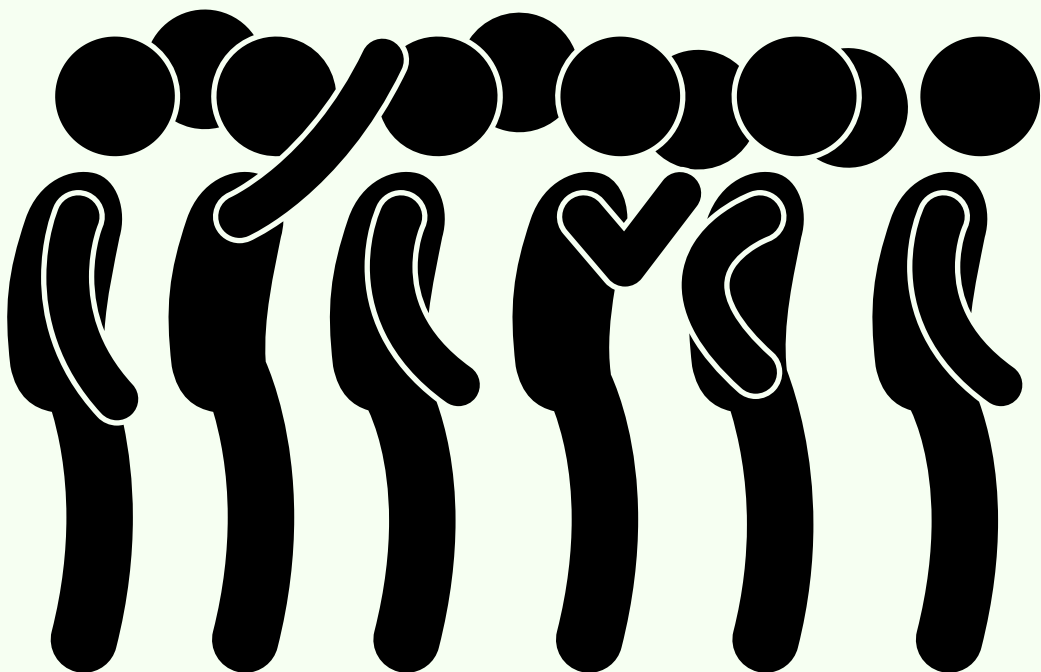
As a table group, create the tallest structure you can in one minute.



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LEADER

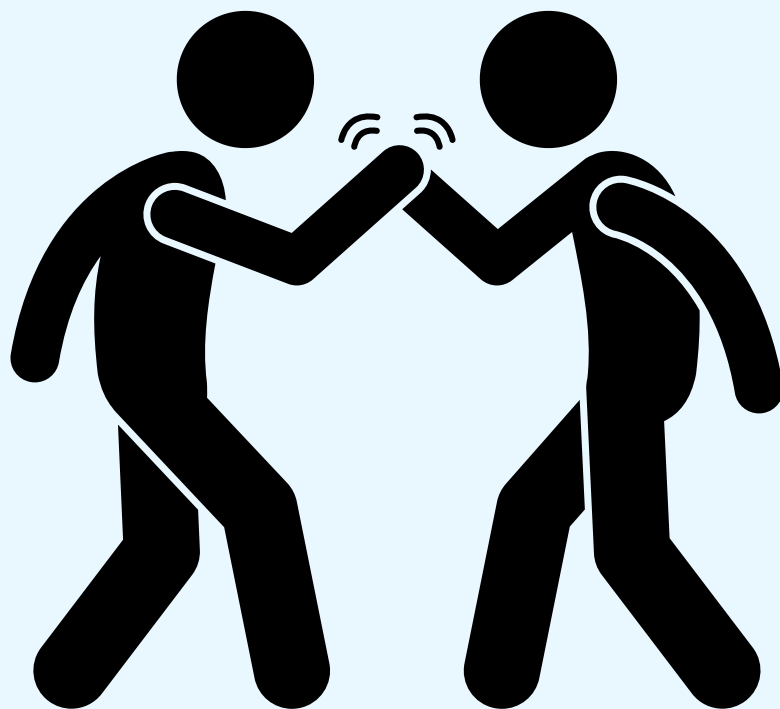
Follow the leader.



BRAIN BREAKS

THUMB WAR

Have a thumb war with
a friend. Be gentle!



BRAIN BREAKS

SNACK

Enjoy a piece of fruit
and a drink.

