Brain Breaks:

- Move around the room like:
  - You are a bus driver
  - You are a firefighter
  - You are a police officer
  - You are a construction worker
  - You are an artist

Planking Contest:

Brain Breaks:

Brain Breaks:

Yoga Position: Airplane

Brain Breaks:

Snowball Fight:

Brain Breaks:

Brain Breaks:

You are an artist
You are a construction worker
You are a police officer
You are a firefighter
You are a bus driver
Move around the room like:
Brain Breaks:

Yoga Position: Triangle Pose

Brain Breaks:

Move around the room like:
You are a cheerleader
You are an opera singer
You are embarrassed
You are sleepy
You are a rodeo cowboy

Brain Breaks:

Silent Ball:
Kids sit on desks and toss a ball without speaking. If anyone has a bad throw or a bad catch, they are out and must sit in their seat until the next game. For a more challenging game, you may add a second ball.

Brain Breaks:

Paper Planes:
Kids each get a paper from the recycle bin and have one minute to make a paper airplane. Kids may throw the airplanes in the classroom for another minute or two.
Brain Breaks:

Yoga Position: Balancing Table Pose

Brain Breaks:

Move around the room:

- Using baby steps
- Using giant steps
- Using quick steps
- Using slow steps
- Walking backwards
- Crawling like a baby

Brain Breaks:

Line Jumper:

- Make an imaginary line on the floor
- Jump over it ten times
- Hop on it ten times

Brain Breaks:

Today in 30 Seconds:

- Kids have 30 seconds to act out what they’ve done so far today since waking up
Brain Breaks:

- You are an alligator
- You are a big toad
- You are a cobra
- You are a lizard
- You are a tiny tree frog

Brain Breaks:

Shake it Up:
Shake out each part of your body.

Brain Breaks:

Mingle, Mingle, Group:
Kids walk around the classroom quietly saying, "Mingle, mingle, mingle." When the teacher says "Groups of 4" (or any number), kids quickly gather. "Mingle, mingle, mingle." When the teacher says, Kids who are left over must do three jumping jacks before the next round starts.

Brain Breaks:

You are a tiny tree frog
You are a lizard
You are a cobra
You are a big toad
You are an alligator
Move around the room like:
Brain Breaks:

Move around the room like you are playing:
- The violin
- The trumpet
- The sliding trombone
- The big bass drum
- The clarinet

Brain Breaks:

Jump, Skip, Counting:
Kids count by twos, fives, tens, and jump with each count.

Brain Breaks:

Yoga Position: Bow Pose

Brain Breaks:

5 – 4 – 3 – 2 – 1:
Call out five different movements, then four, then three... For example the teacher says: "Do five high steps, do four sit ups, do three jumping jacks, give your friend two high fives, walk around the room one time."
Brain Breaks:

Move around the room and:
- Comb your hair like a monkey
- Brush your teeth like a T-Rex
- Wash your face like an elephant
- Mop the floor like a chicken
- Dust like a bear

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Brain Breaks:

Get Up:
- Kids sit in pairs back to back with arms linked. The goal is to stand up together, without unlinking arms or falling over.

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Brain Breaks:

Yoga Position: Bridge Pose

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Brain Breaks:

Trading Places:
- Kids stand behind their pushed-in chairs. Call out a trait (straight hair/red shirt/loves sushi) and everyone who has that trait must change places with someone else.

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Brain Breaks:

Brain Breaks:

Brain Breaks:

Brain Breaks:
Brain Breaks:
Move around the room:
- As big as you can
- As small as you can
- As high as you can
- As low as you can
- As quietly as you can

Brain Breaks:
Partner Commands:

Brain Breaks:

Brain Breaks:
Into the Jungle:
- Jump over logs
- Duck under thorny branches
- High knees through quicksand
- Run from the jaguar
- Tip toe past the python
- Talk to the monkeys

Brain Breaks:
Yoga Position: Butterfly Pose
Brain Breaks:

**Brain Breaks: Move around the room like:**
- You are a giraffe
- You are a turtle
- You are a donkey
- You are a crow
- You are a grasshopper

**Brain Breaks: Choo Choo Train:**
Get in small groups of four or five. The shortest is the first conductor (in front). Hold on to each other and chugga chugga choo choo around the room. Every so often switch conductors. Conductors become the cabooses.

**Brain Breaks: Yoga Position - Camel Pose**

**Brain Breaks: Strike a Pose:**
Turn on the music. Walk for seven counts and then pose on the eighth. Repeat until the song is done.
Brain Breaks:

Move around the room:
- While clapping
- While snapping
- While whistling
- While humming
- While moving arms up and down

Be a Flamingo:

Brain Breaks:

Be a Flamingo:

Brain Breaks:

Crazy Eights:

Brain Breaks:

Yoga Position: Cat Pose

Brain Breaks:

Move around the room:
- While moving arms up and down
- While humming
- While whistling
- While snapping
- While clapping
Brain Breaks:

Yoga Position: Warrior Pose

Brain Breaks:

Human Knot:
Kids get in groups of about five. Everyone stands in a tight circle and puts their hands in the middle. All grab hands with whatever hands they can reach. Once everyone has someone else’s hand in each hand, everyone slowly tries to untie the human knot without letting go of anyone’s hands to form a large, untwisted circle.

Brain Breaks:

Move around the room like:
- You are in a bubble
- You are a flame of a fire
- You are the wind of a hurricane
- You are water in a river
- You are a volcano erupting

Brain Breaks:

Give Me Ten:
- Deep knee bends (squats)
- Calf raises (just on tiptoes, then lower)
- Ninja kicks (right leg first then left)
- Jump Squats (jump up, then bend)
- Big arm circles alternating forward
- Big arm circles alternating backwards
Brain Breaks:

Move around the room:
- Prancing like a pony
- Waddling like a duck
- Wriggling like a worm
- Leaping like a gazelle
- Strutting like a peacock

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Non-Locomotor Movements:
- Duck like a ball is headed your way
- Straighten and salute like a soldier
- Punch the air like a boxer
- Rise like a flower growing
- Sink like a rock in water
- Stay in one spot and...

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Hot Lava:

Set lots of paper (recycled is good) around the floor of the room. Kids must step/jump from paper to paper. If they touch the ground, they are "burned up by the lava" and are out. (Rule for big kids with big feet: if most of their feet are on the paper, they are safe.)

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Brain Breaks:

Yoga Position: Cobra Pose

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Move around the room:
- Strutting like a peacock
- Leaping like a gazelle
- Waddling like a duck
- Prancing like a pony

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Brain Breaks:

- Move around the room like:
  - You are in a hurry
  - You are walking in the rain
  - You feel dizzy
  - You are kicking rocks
  - You are in a parade

Brain Breaks:

- Food, Friends and Fireworks:
  - Food - rub your belly and say "mmmmm."
  - Friends - hold out both arms wide and say "heeeeyyyy."
  - Fireworks - clap both hands over your head and then say "shhhhhhhhh."

Brain Breaks:

- Alphabet Actors:

Brain Breaks:

- Yoga Position: Cow Pose
Brain Breaks:

Brain Breaks:

Brain Breaks:

Brain Breaks:

Move around the room like:
• You are made of Jell-O
• You stepped on gum
• You are trapped in a freezer
• You are walking in a dark cave
• You are covered in sticky syrup

The teacher calls out a color and kids have ten seconds to find that color and touch it. Kids stand still like statues when the color is found. If a person can’t find the color and touch it in time, then that person is out.

Brain Breaks:

Color Touch:

Yoga Pose: Crab Pose

Names in the Air:

Write out your full name in the air using large movements. Try to write your name forwards and backwards. Now use your other hand to write your name in both directions. Then write your name with both hands at the same time.
Brain Breaks:

Brain Breaks:

Yoga Position: Crescent Moon Pose

Move around the room like:

Move around the room like:

You are a ghost
You are in slow motion
You are on a trampoline
You are skating
You are hiking up a steep mountain

Brain Breaks:

My Mirror Image:

Find a partner and face each other. The tallest person is the leader first. Make some movements and your partner will try to copy you. In a few minutes, your teacher will tell you to switch and then it is the other person's turn to lead.

Brain Breaks:

Have Students Line Up in These Ways:

Have Students Line Up in These Ways:

By height
By birthday starting with January 1st
By first name
By last name

Brain Breaks:
Brain Breaks:

Move around the room like:

- You are near a sleeping lion
- You smell a skunk
- You are petting a tiny dog on your arms
- You are riding an ostrich
- You are in a snake pit
- You are a circus tiger trainer

Brain Breaks:

Crab Walk:

Room once and go back to your seat.

Crab Walk (facing up on all fours) around the room.

Brain Breaks:

Fox and the Rabbit:

Kids sit next to each other in a circle. Get two balls of different colors/sizes and hand them out to two people on opposite sides of the circle. One ball is the fox and the other is the rabbit. Explain that the ball is like a hot potato. The objective of the game is for the fox to catch the rabbit. The fox and the rabbit move by being passed (not thrown) around the circle. When the fox catches the rabbit the game is over.

Brain Breaks:

Yoga Position: Dolphin Pose

Brain Breaks:

You are a circus tiger trainer

You are in a snake pit
You are riding an ostrich
You are petting a tiny dog on your arms
You smell a skunk
You are near a sleeping lion

Move around the room like:

...
Brain Breaks:

You are sleepwalking
You have a thorn in your foot
You just completed a marathon
You are looking for your lost wallet
You are a baby who just learned to walk
You are a famous rock star

Dance Party:

Turn on some fun music and the kids dance and dance until the music ends.

Brain Breaks:

Yoga Position: Downward Dog Pose

Splat:

Everyone stands in a circle and "it," randomly points to someone and shouts "SPLAT!" The player "dunks" must "splat" each other by pointing to the other and saying "SPLAT!" The last one to splat sits down, and the player ducking stands back up.

Brain Breaks:

Move around the room like:

You are sleepwalking
You have a thorn in your foot
You just completed a marathon
You are looking for your lost wallet
You are a baby who just learned to walk
You are a famous rock star

Brain Breaks:

**Brain Breaks:**

Yoga Position: Dragon Pose

Each child walks around the room as if walking on a tightrope going from one foot to the other in straight lines. Optional: each child does this while balancing a paperback book on his/her head.

**Brain Breaks:**

Tightrope Walker:

Move around the room like:

- A snowflake
- The pouring rain
- A tornado
- A gentle breeze
- A sunny day

**Brain Breaks:**

Top Ten (of each):

Small arm circles
Push ups
Trunk twisters
Shoulder circles forward
Shoulder circles backwards
Butt/Bottom kickers (lift feet up high and jog)

**Brain Breaks:**

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Brain Breaks:

**Move around the room like:**
- A slithering snake
- A bloodhound looking for clues
- A frog hopping around
- A lion stalking its prey
- A squirrel gathering acorns
- An ant carrying away picnic food
- A fish swimming happily

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**Brain Breaks:**

**Stand Up, Sit Down:**

Kids start out sitting down. Ask them questions, such as “Do you have a brother?” or “Have you ever had a dog?” If their answer is “Yes,” they stand up and remain standing until their answer is no.

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**Brain Breaks:**

**The Elephant:**

Put your left ear on your left shoulder, and raise your left arm like an elephant’s trunk. Use your “trunk” to draw a lying-down eight sign.

Repeat three or four times while looking at your “trunk.” Then switch sides and repeat.

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**Brain Breaks:**

**Eagle Pose:**

A yoga position.

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**Brain Breaks:**

**Move around the room like:**

- A fish swimming happily
- An ant carrying away picnic food
- A squirrel gathering acorns
- A lion stalking its prey
- A frog hopping around
- A bloodhound looking for clues
- A slithering snake

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Brain Breaks:

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Brain Breaks:
Yoga Position: Frog Pose

Brain Breaks:
Move around the room and:
Walk like a robot
Move like an octopus
Clean like a custodian
Play guitar like a rock star
Hop like a bunny
March like a soldier

Brain Breaks:
Waiter/Waitress:
Grab a small journal or a paperback book and with your palm up, balance it on your hand as if it were a plate. Walk around the room without dropping your "plate."

Brain Breaks:
Four Corners:
I have a laminated sign A, B, C, and D in each corner near the ceiling of my classroom but you can just tell the kids which corner is which in a pinch. "It" closes his/her eyes and counts to ten, while kids move to a corner. Without looking, "It" names a corner and those kids are out.
Brain Breaks:

Move around the room and pretend to:

- Fly like Superman
- Fly like an eagle
- Fly like a butterfly
- Fly like a bee
- Fly like a fairy

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Brain Breaks:

In the Air:

Using a beach ball or a balloon, kids try to keep the object in the air as long as possible without it touching the ground. Count each time someone touches it. Can you beat the record?

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Brain Breaks:

Air Band:

Turn on rock music and kids play air guitar/drums, etc.
Brain Breaks:

Move around the room like:
- You have ants in your pants
- You are on a deserted island and need water
- You are a hula girl
- You are the King/Queen
- You are a powerful wizard

Brain Breaks:

Invisible Jump Rope:
Take your imaginary jump rope and start jumping. Several kids could also get together and turn an imaginary long rope while other kids pretend to jump in. Double Dutch.

Brain Breaks:

Yoga Position: Rag Doll Pose

Brain Breaks:

Limbo:
Take a broom handle or meter stick and a helper to hold the other end and kids take turns going under the stick. After all the kids have gone through, lower it. If any part of the body touches the stick or if anything other than feet touch the ground, the person is out.
Brain Breaks:
Move around the room like:
- You're in slow motion
- A ballerina
- An Olympic weightlifter
- A bullfighter
- A cowboy on a horse
- Miss America

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Brain Breaks:
Walk Like:
- A gorilla
- A chicken
- A squirrel
- A bear
- A puppy

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Brain Breaks:
Take Ten:
- Windmills (right hand touches left foot)
- Sit ups
- Big arm circles
- Jogging in place
- Toe touches
- Jumping jacks

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Brain Breaks:
Yoga Position: Shark Pose

Miss America
- A cowboy on a horse
- A bodybuilder
- An Olympic weightlifter
- A ballerina
- You're in slow motion

Move around the room like:

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Brain Breaks:

Yoga Position: Swan Pose

Brain Breaks:

Move around the room and pretend to:
- Ice skate
- Walk on hot coals
- Sink in quicksand
- Swim underwater
- Sneak around like a spy

Brain Breaks:

Congo Line:

Da da da da da DA!

Brain Breaks:

Congo Line:

Follow the Leader:

Everyone has to copy what the leader does. The teacher is the first leader!
Brain Breaks:

Move around the room and pretend to be:

- An airplane
- A motorcycle
- A hot air balloon
- A bus
- A bicycle

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Brain Breaks:

Pattern Clap:

Clap your hands in the same pattern as your teacher. Listen to the pattern first and then repeat the pattern.

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Brain Breaks:

Freeze Dance:

Put on some music and everyone dances. When you stop the music, whoever is still moving is out!

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