

Brain Break! Pencil Balance

Have the students balance their pencils horizontally on their index fingers. Ask them to raise and lower their arm. If they drop their pencil, they need to sit down.

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Brain Break! Rhythm Repeats

Teacher does a series of movements such as two claps, two shoulder taps and jump, and the students repeat.

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Brain Break! Robots

Students walk and talk like robots! You can even begin your next activity while being a robot.

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Brain Break! Charades

Students act out a simple scene, such as “make a sandwich” or “open a present,” without words or props.

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Brain Break! Part to Part

The teacher will call out two body parts, such as “elbow to knee”. The students must put those two parts together.

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Brain Break! Dance Steps

Teach your children new dance steps while standing in one spot.

- YMCA
- Ketchup Song
- Macarena

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Brain Break! I Can Fly!

Students pretend they can fly like each of these for 10 seconds:

- airplane
- bee
- kite
- butterfly
- eagle

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Brain Break! What Makes You Happy?

Students find partners and take turns asking “What makes you happy?” Each student answers in only one sentence. After they each answer, students elbow bump and find a new partner.

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Brain Break! Paper Airplane

Students are given two minutes to make a paper airplane. On the count of three, students all throw their planes at once!

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Brain Break! 5, 4, 3, 2, 1

Teacher leads students in five different movements in descending order, pausing in between each one for students to repeat it. (Example: Spin 5 times, 4 jumping jacks, pat their head 3 times, hop 2 times, elbow bump 1 friend).

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Brain Break! Action Words

Students act out each of these words:

- explode
- splat
- flutter
- melt
- shrink

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Brain Break! Simon Says

Play Simon Says! Try to trick your students by not saying Simon Says.

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Brain Break! Disco!

Put on some music and dance on the spot! If you can make the room semi-dark and have a black light or other special effect, your kids will love it.

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