

Thumb and Pinkie

1. Stand up.
2. Put your hands out in front of you and make a fist with each hand.
3. Put your thumb up with your left hand.
4. Put your pinkie out with your right hand.
5. Now switch and put your thumb out on your right hand and your pinkie out on your left hand.
6. Switch back and forth as fast as you can.
7. Perform exercise for 1-2 minutes.

This brain break crosses the midline of the body because it engages both sides of the brain.

'Energizing Brain Breaks' by David Sladkey

Paper Twirling

1. Find a piece of paper and stand up. (Any paper will work)
2. Put your right hand out with your palm up.
3. Put the paper on top of your hand. Don't grab the paper.
4. Keep the paper at a level height and move it around your waist.
5. Transfer the paper to the other hand. You can only drop the paper onto the other hand. You may not grab the paper. You might have to contort your body so that you can make the transfer.
6. Continue to keep the paper level and move it to the front of you. This is 1 round. Keep doing this in the same direction for 3 rounds.
7. Now switch directions and do 3 more rounds.

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Body Taps

1. Stand up.
2. Have students tap their left ear, left shoulder, left elbow, left wrist, left knee and left foot with their right finger.
3. Then, have students repeat on opposite side. Have students tap their right ear, right shoulder, right elbow, right wrist, right knee and right foot with their left finger.

Repeat this for 1-2 minutes. You could have students see how many times they are able to do their full body.

This brain break crosses the midline of the body because it engages both sides of the brain.

'Make Any School an Active School' presentation by Jo Bailey

A Balancing Act

1. Stand up
2. Have students practice balancing on each foot.
3. Lift the right foot off the floor and hold for 30 seconds.
4. Rest and repeat.
5. Switch legs.
6. Teach students that they have to tighten their abs and focus on something straight ahead to be able to balance.
7. As students advance, have them keep their arms parallel with their ears and bring palms together overhead.

'In-School Activity Breaks' by Fuel Up To Play 60

Total Zen

1. Students should remain seated.
2. Dim the lights.
3. Have students focus on nothingness, completely clearing their minds and not letting any thoughts in for 1-2 minutes.
4. For the next minute, have them keep their eyes and mouths closed.
5. Several times together, practice taking a big breath in and making the hhhmmmmmmmm sound loudly on the exhale.

'In-School Activity Breaks' by Fuel Up to Play 60

Boogie Days

1. Stand up and have students spread out across the room.
2. Play one school appropriate song and let kids bust-a-move.
3. Have them follow your moves to make sure things stay appropriate.
4. Try doing some vintage moves like the Twist, mash potatoes or just jumping around!

For song choices check out KidZ Bop on YouTube or have students follow a YouTube Video like 'I'm A Gummy Bear' by Just Dance Kids 2.

Save videos to your desktop to save time!

'In-School Activity Breaks' by Fuel Up to Play 60

Get The Sillies Out

1. Stand up
2. Use YouTube Video, 'Get The Sillies Out' by Just Dance Kids
3. Have students follow the video. If you are feeling adventurous follow along with them!

Download the video to your desktop to make it a quick transition.

My Bonnie Lies Over The Ocean

Introduce and sing together the following words:

"My Bonnie lies over the ocean, my Bonnie lies over the sea, my Bonnie lies over the ocean, O bring back my Bonnie to me. Bring back, bring back, O bring back my Bonnie to me, to me; Bring back, bring back, O bring back my Bonnie to me."

1. When a word is sung that begins with the letter "B," the students stand up.
2. When the next word beginning with the letter "B" is sung, the students sit down.

'Daily Physical Activity: A Handbook for Grades 1-9 Schools' by Ever Active School

Rainstorm

1. Stand up.
2. Have students follow your lead.
3. Begin by having students very lightly rub their hands together.
4. Then, have students snap their fingers.
5. Next, have the students slap their thighs.
6. Lastly, have the students stomp their feet. (The thunderstorm is at its peak!)
7. After stomping their feet reverse the stages. Have students slap their thighs, snap their fingers, and lightly rub their hands together. (The thunderstorm is over!)

'In-School Activity Breaks' by Fuel Up To Play 60

Cherry Pickers

1. Stand up.
2. Have students jump up to the ceiling.
3. Then, jump down into push up position.
4. Lastly, jump into a from position.
5. The three consecutive motions are one. Have students do 10.

'Brain Breaks' by diartyofateachaholic.blogspot.com

Jump Rope

1. Stand up.
2. Have students pretend jump rope.
3. Keep jump roping for 1-2 minutes.

'Brain Breaks' by diaryofateachaholic.blogspot.com

Laughter Is The Best Medicine

1. Stand up.
2. Have one student begin laughing ("fake it until you make it" is ok here).
3. Join in yourself and watch how contagious laughter becomes in the classroom.
4. If some don't participate, tell them to fake it. It will catch on.
5. Cut it off after 1-2 minutes.

This is a fun abdominal exercise!

'In-School Activity Breaks' by Fuel Up To Play 60

5-4-3-2-1

1. Stand up.
2. Have students do 5 jumping jacks...
3. Spin around 4 times...
4. Hop on one foot 3 times...
5. Touch their toes 2 times..
6. And give someone next to them 1 high five.

Make it even more fun by inserting your own movements!

'20 Three-Minute Brain Breaks' by minds-in-bloom.com

Jump Skip Counting

1. Stand up.
2. Have students count by twos, fives, tens, etc.
3. Have students jump with each count.

You could plan this activity ahead of time and incorporate it into other activities such as spelling.

'20 Three-Minute Brain Breaks' by minds-in-bloom.com

Name Moves

1. Stand up.
2. Each student says his or her name accompanied by a special movement.
3. After the student does his or her move, the rest of the class says the students name in unison and imitates the move.
4. Then, move on to the next student.

'20 Three-Minute Brain Breaks' by minds-in-bloom.com

Snowball

1. Get out a piece of paper and write your name on it.
2. Write a problem on the piece of paper. Now write the answer on the back.
3. Crumple your paper up into a "Snowball."
4. Make an imaginary line down the middle of the class. When you say "Go" then students can throw their paper onto the other side of the line. Try to get as many snowballs on the other side as possible.
5. When you say "Stop" then you will find a snowball and open it up and do the problem from the front of the paper. Check your answer with the back side answer. Then return the paper to the original owner.

This break could be incorporated into lesson plans for vocabulary, quiz prep, or any time you want to test retention.

'Energizing Brain Breaks' by David Sladkey

JAM World Record Routine

1. Stand up.
2. 10 Raise the roofs: Gentle bounce while pumping palms to the sky.
3. 10 Touch knees, then waist and squeeze abs.
4. 10 Mimic your favorite sport.
5. 10 Pretend to hula hoop.
6. 10 Jumping Jacks.

Repeat this routine at least one more time to get your heart rate up and improve productivity.

'JAMmin' Minute' by JAM School Program

Colorado Skiing

1. Stand up.
2. 10– Acclimate to air: Take deep breath in & raise arms, lower arms and exhale.
3. 10– Buckle boots: Alternate touching opposite hand to opposite foot.
4. 10– Mogul ski jumps: Lower in squat position and raise back up.
5. 10– Cross country skiing: Swing arms and rotate right, then left.
6. 10– Downhill race to finish line: Hold chair squat with arms out.

'JAMmin' Minute' by JAM School Program

European Adventures

1. Stand up.
2. 10– Paris Eiffel Tower. Raise arms overhead, march feet and criss-cross hand quickly.
3. 10– German Cuckoo Clock. Tap opposite knee to elbow, jump w/ hands apart in air and land with feet apart and shout "Guten Tag" (Good Day).
4. 10– Italian Boot Kick. In half squat, kick left then right foot forward.
5. 10– Holland Tulip. Start in squat position, stretch up and grow to tip toes, move arms straight up, out and open.

'JAMmin' Minute' by JAM School Program

Textbook Aerobics

1. Stand up.
2. Have students take out one textbook to use in the following exercises.
3. Have students do bicep curl by holding the book in one hand and bending at elbow to raise the book toward the shoulder.
4. Then, have students hold the book in one or two hands and lift it above the head in one smooth motion.
5. Lastly, have students hold the book to the chest with both hands and twist slowly from side to side.

Determine how hard you want to make it by choosing the number of reps students will do for each exercise.

'Daily Physical Activity: A Handbook for Grades 1-9 Schools' by Ever Active School

Roll The Dice

1. Roll one die for each of the columns.
2. Perform the quick brain break that matches the number you rolled on the die. For example, if you roll a 1-2-4-3-5 you would perform the following brain breaks: 10 jumping jacks, 5 wall push ups, 10 twists at the waist, 10 jumps over a pencil on the floor, and 10 windmills.

'Your Therapy Source Inc. www.YourtTherapySource.com www.GrowingPlay.com'

Arm Stretch

1. Stand up.
2. Put your arms out in front of you with your hands clasped together. Try to keep your elbows locked.
3. Keeping your hands together, slowly move your arms to the left of you. Keep your arms straight if possible. You should feel a stretch in your shoulders. Move your arms as far as you can.
4. Now start moving them in the other direction. Move your arms as far to the right as possible.

Try standing on one leg while doing this activity.

Balancing on one leg helps your core strength

'Energizing Brain Breaks' by David Sladkey

The Sound of Music

1. Air Guitar
2. Play the Drums
3. Be a Rockstar
4. Do alone or in combination

'Anonymous'

Figure Eights

This activity will be taking a piece of paper and making a figure eight pattern around your legs.

1. Find a piece of paper and stand up. (Spiral notebooks work)
2. Grab the paper with your right hand.
3. Now pass the paper around your legs in a figure eight pattern. You will have to grab and release the paper each time around a leg. Try to do this as fast as you can.
4. At some point, change directions. Try not to look at the paper.

Extend this and take one piece of paper in each hand and switch the papers each time around the leg.

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Inch Worm Stretch

This is a brain break that will help you stretch your legs

1. Stand Up
2. Bend down and touch the ground with your hands. Bend your knees if you need to.
3. Start inching your hands out in front of you. Your feet should remain in place. You will be moving your hands farther and farther out in front of you. More and more weight will be on your hands.
4. Once you have extended yourself as far as you can go, keep your hands still and start inching your legs forward until they meet your hands again. Try to keep your knees as straight as possible.
5. Repeat.

'Energizing Brain Breaks' by David Sladkey

Do the Conga!

1. Stand Up
2. Have the students line up, placing their hands on the shoulders of the student in front of them.
3. Start some music and lead the students around the classroom.

'In School Brain Breaks' by Fuel Up to Play 60

Calm Down

1. Lead students in stretches to help loosen tension.
2. Have students each hold for 15-20 seconds each:
 - ◆ Reach for the sky
 - ◆ Touch toes
 - ◆ Arm circles
 - ◆ Neck circles
 - ◆ Knee to chest

'In School Activity Breaks' by Fuel Up to Play 60

Write Your Name

1. Stand Up
2. Using your index finger as an imaginary pencil, write your name in huge cursive in the air.
3. Repeat using different parts of your body as the pencil— elbow, knee, belly button, head.
4. Don't forget to make sure all your I's are dotted and your t's are crossed.

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