

Brain Break! Pencil Balance

Have the students balance their pencils horizontally on their index fingers. Ask them to walk around the room. If they drop their pencil, they need to sit down.

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Brain Break! Fist Bumps

In pairs, students bump fists gently one time. Both students turn 180 degrees, and then bump two times. This continues until they fist bump ten times.

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Brain Break! High Fives, Low Fives

Each student finds another student to high five. Then each student finds a different student to low five. Continue until five rounds of one low and one high five with different students have been completed.

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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! Slow-Motion Freeze Tag

Freeze tag, but played in slow-motion! Teacher can verbally “freeze” any student that is moving too fast.

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Brain Break! Trading Places

Students stand behind their pushed-in chairs. The teacher calls out a characteristic, such as, “anyone wearing red.” Anyone wearing red changes places with another student.

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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! Find Your Shoe

Students each take off one shoe and put them in a pile together. Everyone takes a shoe and has one minute to hide the shoe they have. Once all shoes are hidden, students must go find their shoes!

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Brain Break! Dance Steps

Teach your students new dance steps such as:

- YMCA
- Macarena
- Moonwalk

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Brain Break! Part to Part

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

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Brain Break! True or False

Designate one end of the room as “true” and one end as “false.” Teacher makes a true or false statement such as “spiders are scary.” The students decide if they think the statement is true or false and then move to the corresponding end of the room.

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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! Hop and Bow

Students hop on one foot looking for partners. When a partner is found, both students face each other and take a bow while on one foot! Students switch feet and hop to a new partner.

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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 shake hands 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, walk around the room 3 times, hop 2 times, high five 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! 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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