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**BRAIN
BREAK**

Jumping Jacks

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**BRAIN
BREAK**

Toe Touches

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**BRAIN
BREAK**

Stretch your body

Stretch your body out.
You can stretch your
arms, neck, sides, & legs.

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**BRAIN
BREAK**

Hop on 1 Foot; Switch!

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**BRAIN
BREAK**

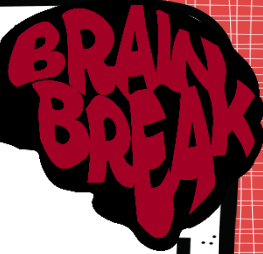
Dance Party

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**BRAIN
BREAK**

Jog in Place

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Walk
Around your
House

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Stomp
your Feet

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Push the Wall,
Wall Push ups,
or Push ups

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Elbow
to Knee

Bring knee up to opposite
elbow, repeat with the
other knee

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Lunges

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Give
yourself
a hug

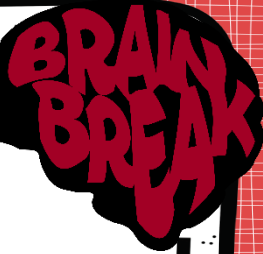
Cross your arms at your chest.
Now stretch them way out.
Repeat several times.

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Freeze Dance

Put on some fast music
and move it! Freeze when
the music stops

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Play Twister

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Shoot some hoops

Indoor garbage basket or
outdoor basketball hoop

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Hoola Hoop it up!

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LIMBO

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How high can you jump?

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Faith Walks

Blindfold one person and
have the other person
lead them around

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Jump rope

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Take a walk

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Go down the slide

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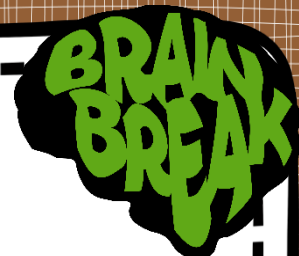
Blow bubbles

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Work on a puzzle

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BREAK**

**Play Hide
and Seek**

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**BRAIN
BREAK**

**Jump
rope**

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**BRAIN
BREAK**

**Make a
Conga line**

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**BRAIN
BREAK**

**Do the
Hokey
Pokey**

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**BRAIN
BREAK**

**Wheel-
barrow
around**

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**BRAIN
BREAK**

**Crab
Walk**

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**BRAIN
BREAK**

Do the
Chicken
Dance

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**BRAIN
BREAK**

Simon
Says

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**BRAIN
BREAK**

Thumb
Wrestle

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**BRAIN
BREAK**

Rock,
Paper,
Scissor

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**BRAIN
BREAK**

Air Band

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**BRAIN
BREAK**

Keep
balloon
in air

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**Give
everyone
high and
low fives**

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**BRAIN
BREAK**

**Make
& Fly
Paper
Airplanes**

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**BRAIN
BREAK**

**Hide
everyone's
shoes – find
them!**

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**BRAIN
BREAK**

**Make a
bridge out
of body**

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**BRAIN
BREAK**

**Go on a
Pretend
Bear Hunt**

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**BRAIN
BREAK**

**Play
Telephone**

Make a circle; whisper
something to person and that
person whispers to next person
and see what it ends up as

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**BRAIN
BREAK**