

BRAIN BREAKS

100 TASK CARDS: PRINT AND DIGITAL FOR BETTER LEARNING

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.

8

Brain Breaks:

Move around the room like:

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

6 5

Brain Breaks:

Top Ten (of each):

- Small arm circles
- Push ups
- Trunk twistlers
- Shoulder circles forward

and jog)

Brain Breaks:

Yoga Position: Dragon Pose



6 7

Brain Breaks:

Tightrope Walker:

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.

6 8

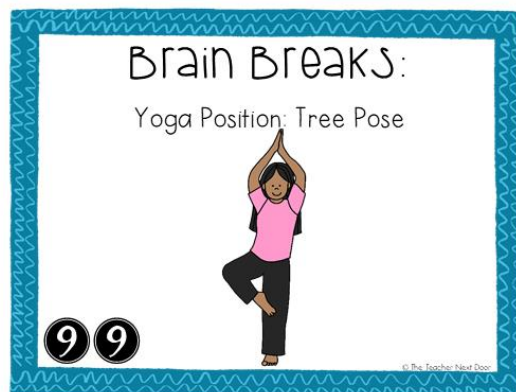
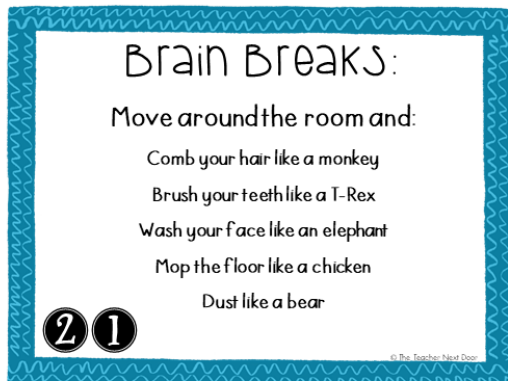
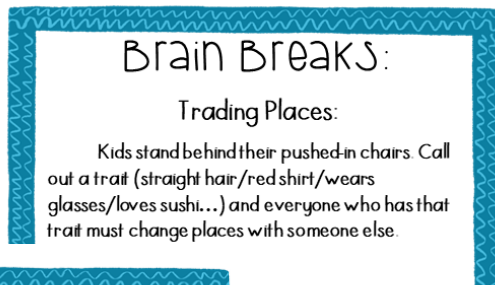
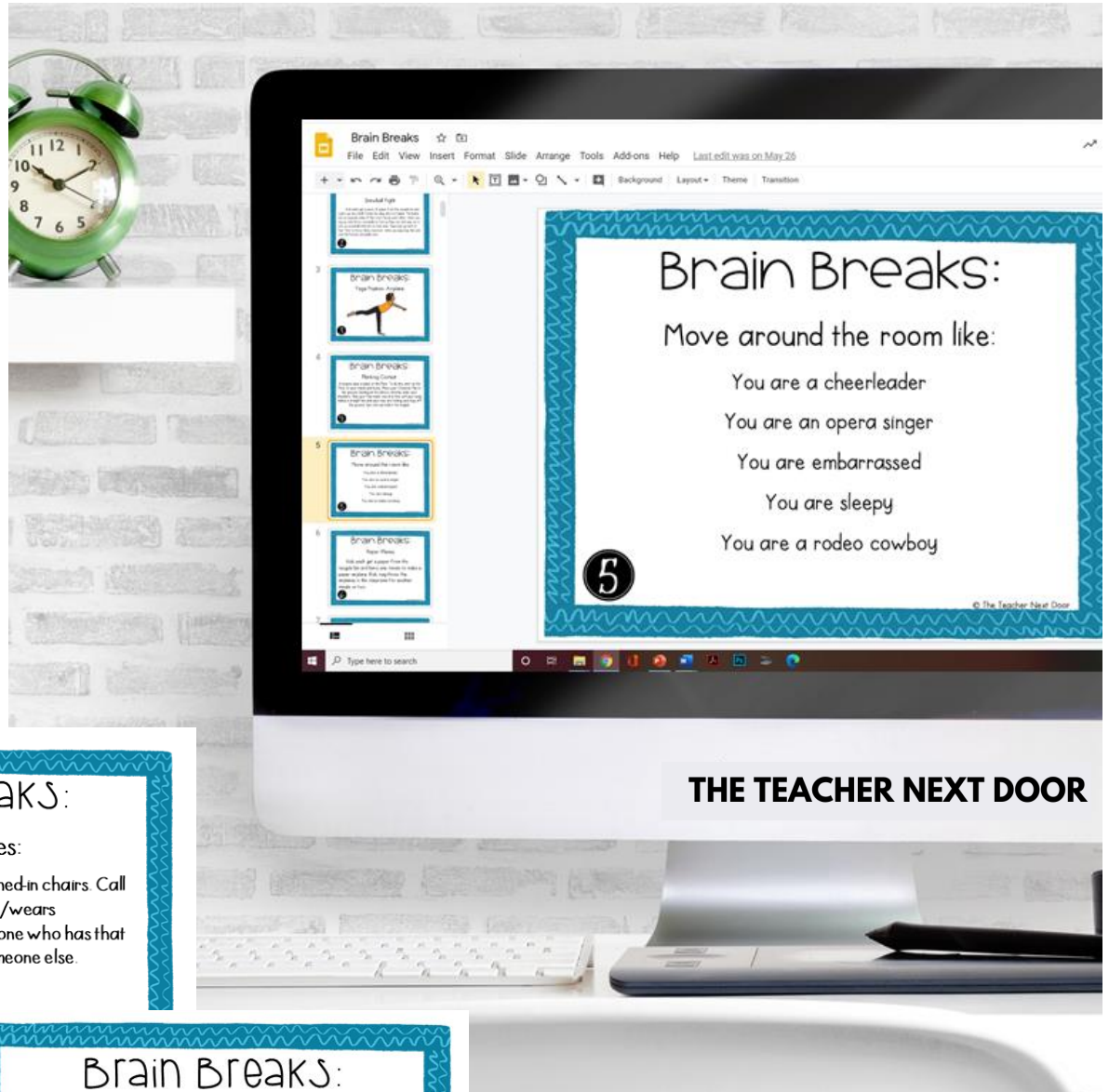


1ST – 5TH GRADES
THE TEACHER NEXT DOOR

100 TASK CARDS

Over 250
Activities!

Print and
Digital
Formats



THE TEACHER NEXT DOOR

Perfect for:

- Movement Breaks
- Indoor Recess

THE TEACHER NEXT DOOR

INCLUDES A VARIETY OF ACTIVITIES

Move Around the Room, Yoga, and Simple Games

Requires no special equipment

Works well for:

- Getting the wiggles out
- Breaking up longer work periods

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

Quietly as you can

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Brain Breaks:

Yoga Position: Butterfly Pose



2 7

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Brain Breaks:

Partner Commands:

Kids stand in pairs. The teacher calls out "Front to back" and the children have to get into a pair and stand facing each other. After a few instructions, the teacher shouts "change" and the kids quickly find a new partner and stand in the manner of the teacher's last instruction. Instruction ideas: back to back, elbow to elbow, side to side, toe to toe, finger to finger, knee to knee, hand to hand, shoulder to shoulder. Mix them up too, e.g. finger to shoulder, elbow to back...

2 8

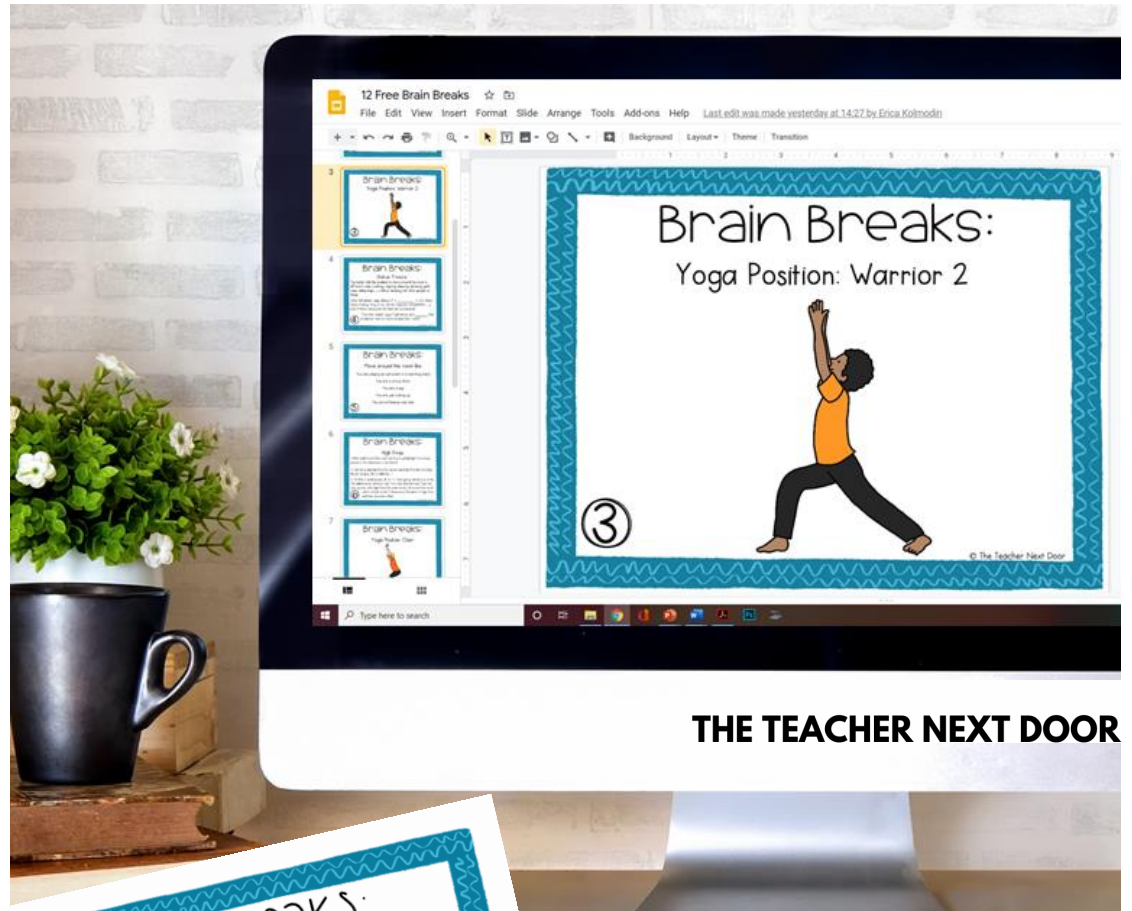
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SCIENTIFIC BENEFITS OF BRAIN BREAKS

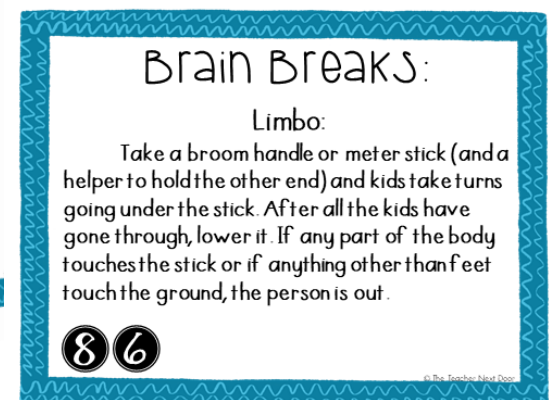
1. Activates the mind
2. Reduces behavior problems
3. Relieves stress
4. Elevates mood

Ideal For:

- Alternating with GoNoodle™
- Restless students



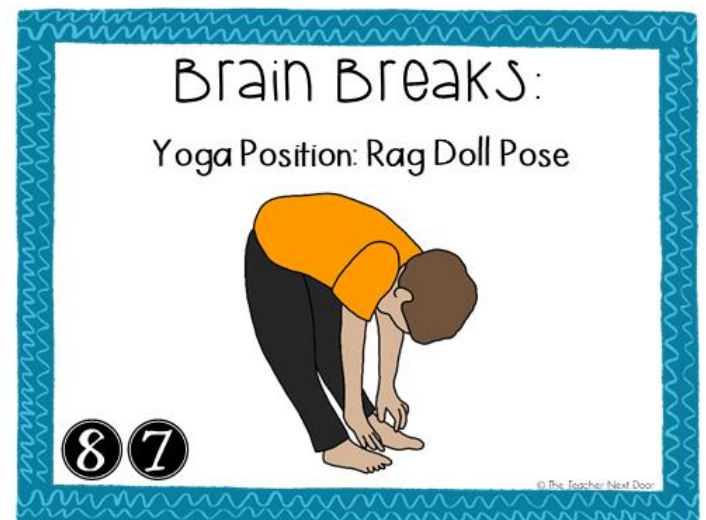
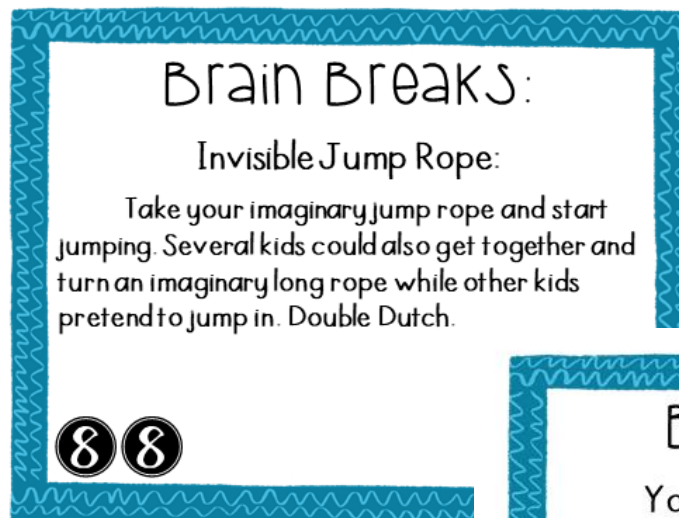
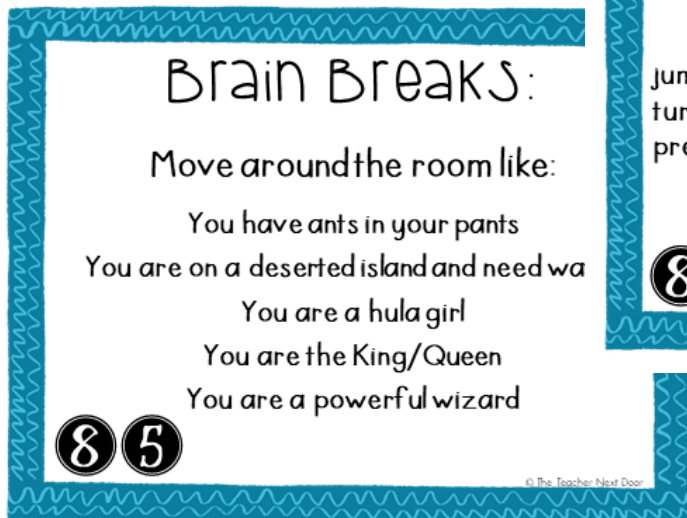
THE TEACHER NEXT DOOR



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WAYS TO STORE THE PRINTABLE VERSION

- Hole-punch and place on a ring
- Glue to Popsicle sticks
- Use a plastic box or basket



Great For:

- Grabbing for transition times
- Students choosing their favorites!

Want another great activity for transition times?

Kids LOVE these BRAIN TEASERS

CLICK
[HERE](#) to
take a
look!

