

BRAIN BREAKS

80 Editable Movement Cards

BRAIN BREAKS



80
Brain Breaks
Cards

2 Group
Brain Break
Games

Posters &
Headers

Different
Sized Card
Options

Editable
Cards
Included

BRAIN BREAKS

What's Included in this Resource

- ♥ 80 individual brain breaks (in color and black & white)
- ♥ 2 group brain break games
- ♥ Editable brain breaks
- ♥ Small cards of brain breaks to add to popsicle sticks
- ♥ Bulletin board letters for setting up your brain break area
- ♥ Various poster & header options



BRAIN BREAKS

What's Included in this Resource

Posters & Headers



80 Brain Break Cards



Popsicle Stick Cards



2 Group Brain Break Games



BRAIN BREAKS

80 Brain Breaks Included

- | | | | |
|-----------------------|---------------------|--------------------------|----------------------|
| 1. Dance Party | 23. Telephone Game | 45. Push Ups | 67. Chicken Dance |
| 2. Sing a Song | 24. Exercise Video | 46. Guide Me | 68. Go Bananas |
| 3. Tell a Joke | 25. Read Aloud | 47. Windmill Arms | 69. Jump Around |
| 4. Draw It | 26. Puddle Jump | 48. Roll it | 70. Spin in Circles |
| 5. Draw Time | 27. Find a Friend | 49. Relay Race | 71. Pat It Out |
| 6. Tub of Toys | 28. Beach Ball Pass | 50. Speed Hero | 72. Kick Up High |
| 7. Listening Game | 29. Celebrate Today | 51. Weight Lifter | 73. Plank Pose |
| 8. I Spy Game | 30. Group Game | 52. Monkey Around | 74. Down Dog |
| 9. Run a Race | 31. Bounce Off | 53. Toe Touches | 75. Namaste Meditate |
| 10. Order Up | 32. Balance Break | 54. Crossing the Midline | 76. Tree Pose |
| 11. Building Activity | 33. Deep Breathing | 55. YMCA Dance | 77. Boat Pose |
| 12. Garbage Duty | 34. Jumping Jacks | 56. Head & Shoulders | 78. Twist Pose |
| 13. Hop Scotch | 35. Hide & Go Seek | 57. Follow the Leader | 79. Standing Pose |
| 14. Tech Break | 36. Body Twist | 58. Limb Rotation | 80. Yoga Pose |
| 15. Card Game | 37. Tic Tac Toe | 59. Knee Shuffle | |
| 16. Pattern Blocks | 38. Board Game | 60. Crouch Down | |
| 17. Musical Break | 39. Rocket Launch | 61. Stretch Up | |
| 18. Hula Hoop | 40. Crawling Baby | 62. Simon Says | |
| 19. Jump Rope | 41. Count Together | 63. Body Shapes | |
| 20. Share Sunshine | 42. Be a Clown | 64. Heads Up 7 Up | |
| 21. Stretch it Out | 43. Frog Hops | 65. Macarena Dance | |
| 22. Snack Break | 44. Dragon Puff | 66. Clap Together | |

Teachers Love this resource

Brain BREAKS

Kelly M.



Great resource! I printed on Astrobright paper and laminated. Perfect for quick brain breaks. The kids would beg for me to pull one.

These classroom brain breaks are used in hundreds of classrooms worldwide!



BRAIN BREAKS

has what teachers love & need

- This brain break card resource has everything you'd need to get your students moving when they need it throughout the day.
- These brain break cards are a great classroom management tool when it comes to giving your students a break.
- This resource gives you everything you'd need to offer your students a fun way to move their bodies and regain focus.
- The brain breaks require minimal prep and can be printed and used immediately.
- There are fun options to use brain breaks individually or as a group game!
- There are small sized cards which work great attached to popsicle sticks and placed in a jar for easy access.
- Use the included posters & headers to set up a special brain break area.



BRAIN BREAKS

80 Brain Break Cards

Use the brain break cards to allow your students to move their bodies. They are a quick way to encourage your students to give themselves a break to help regain focus. The brain break cards are editable, giving you the option to change what the card says to fit the needs of your classroom.



BRAIN BREAKS

2 Group Card Games

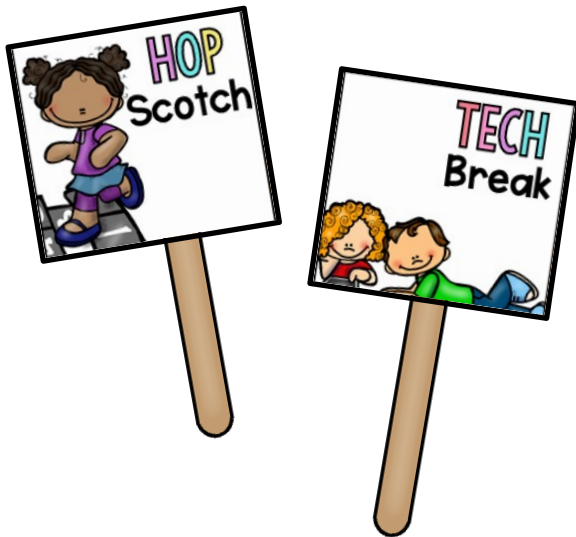
Use the two group games, Stand Up an Sit Down or Act It Out for a fun group brain break. They are an easy way to get the whole class up and moving throughout the day.



BRAIN BREAKS

Small Cards for Popsicle Sticks

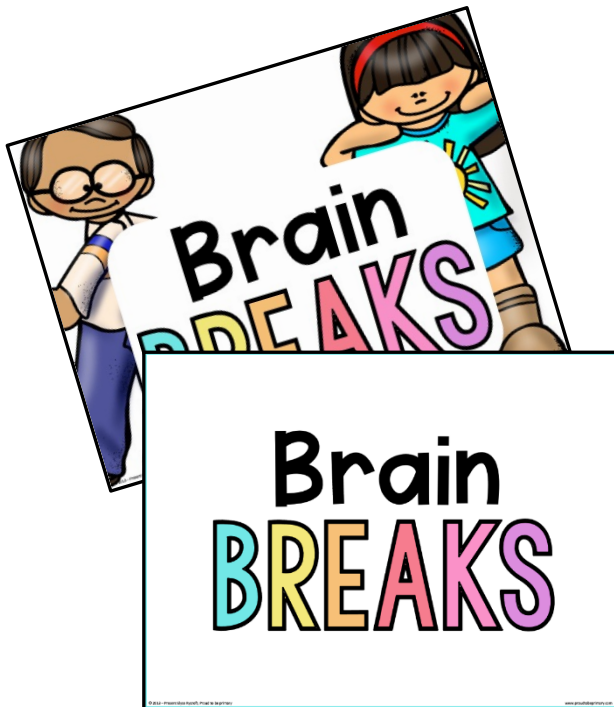
Brain break cards are also available in small squares without descriptions which are perfect to add on top of a popsicle stick. This makes them easy to put into a jar and grab for a quick brain break, or for students to use on their own.



BRAIN BREAKS

Bulletin Board Headers & Posters

Bulletin board letters, headers, and posters are available to help you create an area that works best for your classroom space and your students. There are black & white versions available, as well as color.



BRAIN BREAKS

Different Ways to Set Up Brain Breaks



Place on popsicle sticks and store them in a jar or cup somewhere accessible for your students to use independently.

Set up your Brain Break space on a bulletin board or in a pocket chart to make cards easy to read or choose for students.



Teachers Love this resource

Act like a...

CHEF

Hold your pan and
flip your food like a
skilful chef



Act like a...

FIREFIGHTER

Spray your fire
hose to put out the
fire like a strong
firefighter



Act like a...

**Act It OUT**

Act like a...



Danielle M.



I put these in my mystery movement bucket and whenever we are taking a brain break I have a student come pick one out! They love it!! There's so many different options and the kids love to see which one they will get.

Tip toe around the
room and nibble on
some cheese like a
quiet mouse



Move around slowly
and hide behind the
bushes like a sly fox



Raise your trunk and
spray your water like a
humungous elephant



Stir your cauldron
and cast your
spells like a
mischievous witch



Get on your knees
then march
and like a brave
soldier



Act like a
BEAR



Move around and
climb trees like a
playful bear

Act like a
CAT



Walk slowly and
stop to take a
bath like a
confident cat

Act like a
BEE



Buzz around and
land on flowers to
collect pollen like a
hardworking bee

Act like a
SLOTH



Swing slowly from
tree branch to tree
branch like a
sleepy sloth

Act like a
KANGAROO



Hop around the
room like a
powerful kangaroo

These classroom brain
breaks are use in
hundreds of classrooms
worldwide!

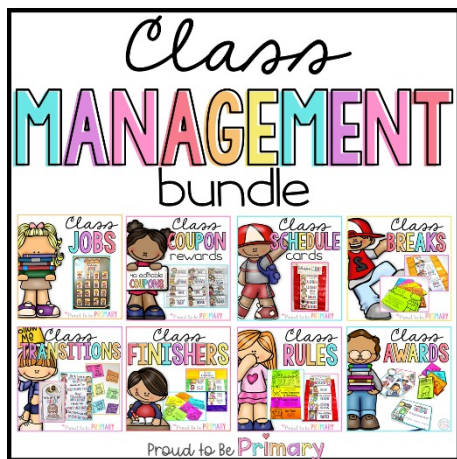
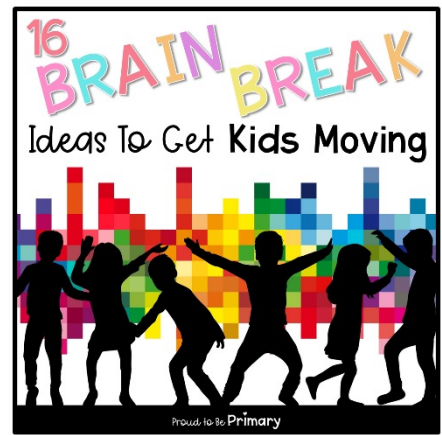
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Proud to Be Primary

CLASSROOM Management

Learn about using brain breaks for classroom management.

CLICK to learn more!



Love this resource? Check out our Classroom Management Bundle filled with helpful tools to build a positive routine.

CLICK to learn more!