

Brain Breaks Handout

These can be modified and shaped any way that your site wishes. Get creative!
Challenge the kids to participate and have fun!

Deck of Cards



- 10 – Ten jumping jacks
- 9 – Jump an imaginary rope nine times
- 8 – Eight mountain climbers (four each leg)
- 7 – Seven seconds of fast feet
- 6 – Standing or jumping high knees (three on each leg)

5 – Five calf raises

4 – Four butt kicks (two on each leg)

3 – Hop on one foot three times

2 – Spin around in a circle twice

1 – Complete one modified burpee (walk down, walk feet back, come back up, jump)

ACE – Everyone runs to the wall, touches it, and returns to their seat

Instructions:

Only use cards one through ten and the Ace card.

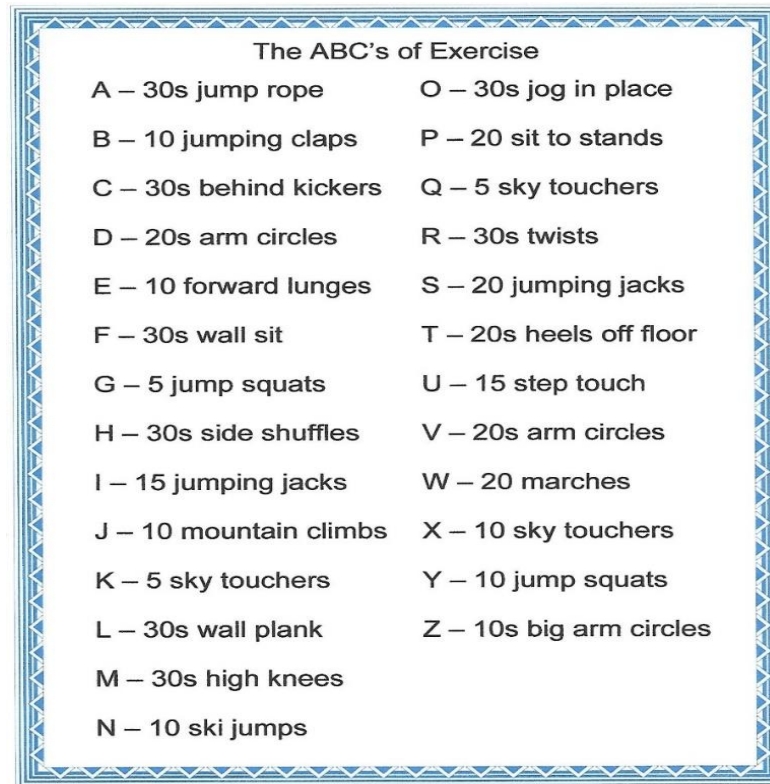
Each student selects a card.

Each card is linked with a physical activity.

26 ways to exercise through the ABC's

Instructions:

1. Assign each kid a letter (ex. The first letter of their last name; assign A to the first kid and continue, etc)
2. Do the exercise as a group
3. Rotate through entire group until activity is complete.



Fitness Trail Cards



Instructions:

Option 1: Have one child at a time choose a card. Allow them to pick how long they would like to do the exercise. Complete exercise and rotate to the next kid. Continue until all kids have had a turn.

Option 2: Post the cards around the room. Assign each kid a station and have them rotate through each station after completing the exercise for the designated amount of time. Continue until all stations have been covered by each kid once.

Kid Yoga



Instructions:

Choose one pose to start and continue throughout the chart until all poses have been completed. Make sure to insert deep breaths in between each pose. Do for 5 minutes max, spending about 15-30 seconds in each pose.

Fitness Dice

Instructions:



Have one die dedicated to an exercise and one dedicated to a number. Choose one kid to roll the dice.

Whatever exercise it lands on the kids and staff have to do that exercise for the amount that is rolled on the numbered die.

Repeat about 3-5 times.

HAVE FUN!