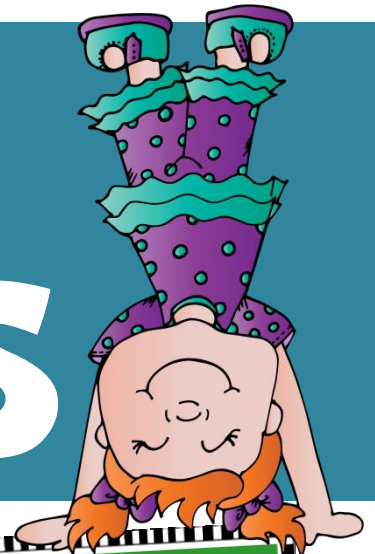



BRAIN BREAKS




Brain Break Activity SNAKE DIE




Rattlesnakes surround you! Your teacher has taped five numbers (1-5) around the room. Stand up and move to one of the five numbers. Your teacher will roll a die. If your number comes up, you have been bitten and need to fall down and remain on the floor. If your number does not come up, you avoided being bitten - for now! Either stay where you are or move to a different number. Your teacher will roll the die again. If a six appears, everyone bitten can rejoin the group as their medicine has kicked in!

Brain Break Activity SNAP-WINK



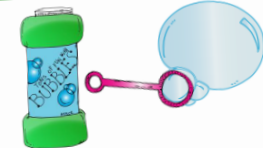
Get out of your seat. Wink your left eye and at the same time snap your fingers on your right hand. Then do the same with other eye and hand. Repeat as fast as you can!

Brain Break Activity ADD IT UP



Stand up and face a partner. Shoulder= 1, ear= 2, face= 3, knee= 4, & belly= 5. One person touches two body parts and the other has to say their values and then add them up. Do this a few times back and forth. See how fast you can go!

Brain Break Activity BUBBLES

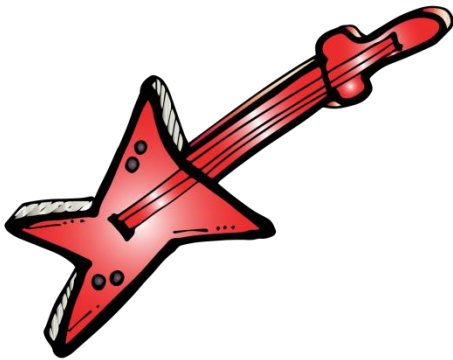


Stand up. Your teacher will hand you a piece of paper with a number on it. Pretend to blow a soap bubble. Your teacher will randomly call out some numbers. If your number is called, then your bubble popped and you need to say "POP!". You will repeat this several times. See if you if you can get through without having a bubble pop!

Get your students up and moving with these classroom energizers! Simply print off the cards, cut them out, and then bind them together with a metal ring. If you have students with disabilities, adapt the energizer to fit the needs of your students. Watch your students get energized and ready to learn!

56 ENGAGING ENERGIZER CARDS!!!

Brain Break Activity
AIR GUITAR



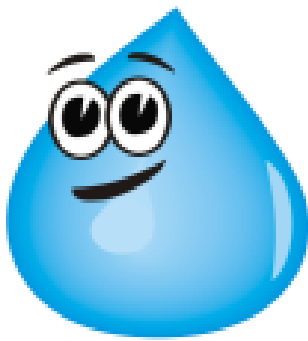
Get up, take out your air guitars, and strum away! It's always fun to have a song in the background as you strum away! Jam out!

Brain Break Activity
DRUM IT!!



Use your hands to knock out a beat on your desk! Your teacher may do a rhythm on his/her desk for you to try to repeat!

Brain Break Activity
SPRINKLER



Extend one arm outward and put your other arm behind your head with elbow bent. Then move your extended arm and bent arm from side to side like a sprinkler- ch, ch, ch, ch.

Brain Break Activity
HUFF & PUFF



Get up and out of your seat. Spread out and find a place that you can run in place. See how fast or slow you can go! There may even be some hurdles for you to jump over!

Brain Break Activity **CAR WASH**



It's time to wash the car! Stand up and move your hands in circles like you are washing a car. For some fun, play the "Car Wash" song!

Brain Break Activity **SNAKE DIE**



Rattlesnakes surround you! Your teacher has taped five numbers (1-5) around the room. Stand up and move to one of the five numbers. Your teacher will roll a die. If your number comes up, you have been bitten and need to fall down and remain on the floor. If your number does not come up, you avoided being bitten- for now! Either stay where you are or move to a different number. Your teacher will roll the die again. If a six appears, everyone bitten can rejoin the group as their medicine has kicked in!

Brain Break Activity **JUMP AROUND**



Get up and do some jumping jacks or see how high you can jump- jump around! For some fun, play the "Jump Around" song.

Brain Break Activity **SIT UPS**



Sit on the floor and have a partner hold your feet and time you to see how many sit ups you can do in one minute. Can you be the class champ?

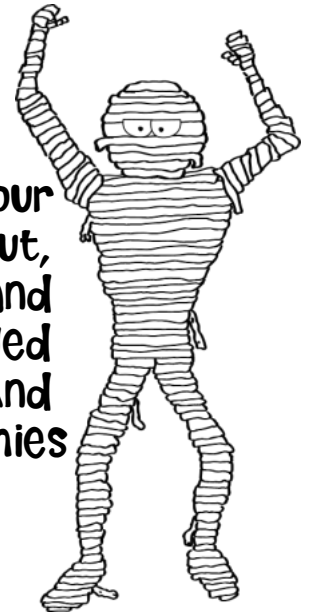
Brain Break Activity
YMCA

YMCA

Time to get up out of your seats and do the YMCA dance. If you have the song, it would be great to add that to the dance!

Brain Break Activity
MUMMY WALK

Stand up, put your arms straight out, and walk back and forth stiff-legged like a mummy! And remember, mummies don't talk!

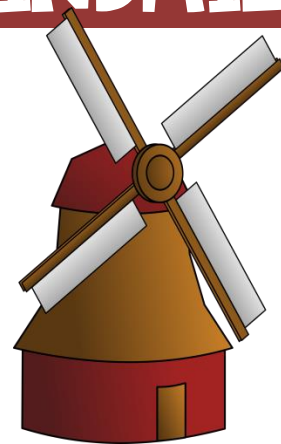


Brain Break Activity
BEAR CRAWL



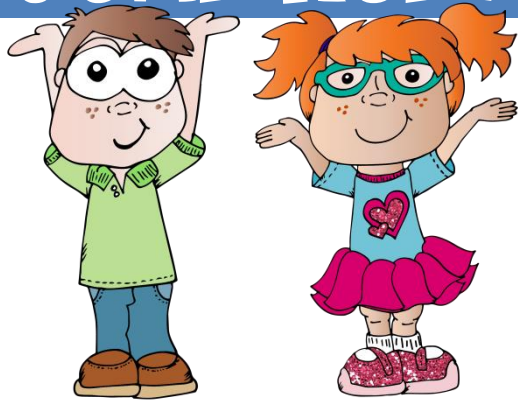
Get on the floor and walk on your tiptoes and outstretched hands like a bear. See how long you can do it without falling down!

Brain Break Activity
WINDMILL



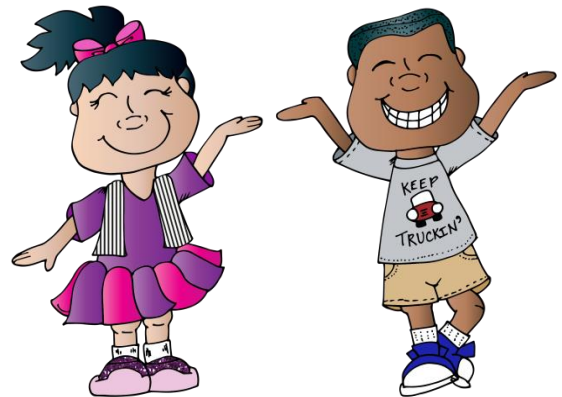
Get out of your seat. Make sure you have enough space next to you. Extend both your arms and make huge circular motions like a windmill!

Brain Break Activity
JUMP ROPE



Get out of your seat and pretend you have a jump rope. Begin jumping. See how many times you can jump without stopping!

Brain Break Activity
ARM CIRCLES



Get out of your seat and make small circles with your arms. Then make medium circles. Finally, make HUGE circles!

Brain Break Activity
ABDOMINALS



It's time to test your abdominal strength. Lay face down on the floor. Raise only your feet and your elbows. How long can you hold it?

Brain Break Activity
SNAP-WINK



Get out of your seat. Wink your left eye and at the same time snap your fingers on your right hand. Then do the same with other eye and hand. Repeat as fast as you can!

Brain Break Activity **ONE LEG**



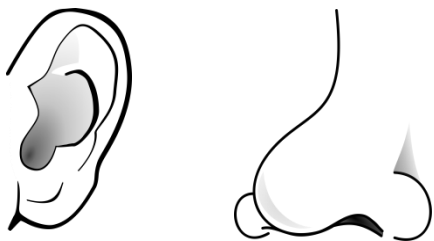
Get out of your seat and stand on one leg! See if you can outlast all of your classmates without falling!

Brain Break Activity **CHARADES**



Get out of your seat and stand quietly until your teacher has you act something out (walking your pet snail, raking leaves, parachuting out of a plane, etc.).

Brain Break Activity **EAR & NOSE**



Stand up and touch your left ear with your right hand and your nose with your left hand. Then switch it up and touch your right ear with your left hand and your nose with your right hand. Switch back and forth as fast as you can!

Brain Break Activity **ADD IT UP**



Stand up and face a partner. Shoulder= 1, ear= 2, face= 3, knee= 4, & belly= 5. One person touches two body parts and the other has to say their values and then add them up. Do this a few times back and forth. See how fast you can go!

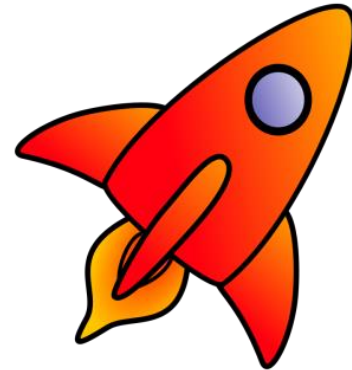
Brain Break Activity **ABC'S**

A B C

Get out of your seat and find a partner. One partner writes the letter "A" with his/her index finger in the air. The partner will say "1".

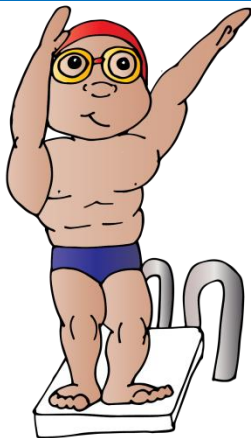
Then switch it up and the other partner writes the letter "B" while the partner says "2". Do this back and forth action as fast as you can for the entire alphabet. Can you and your partner be the first to finish?

Brain Break Activity **BLAST OFF!**



Find a place to stand in the room. Crouch down as far as you can. When your teacher says "3, 2, 1... Blast Off!", shoot up in the air! See if you can reach the moon!

Brain Break Activity **SWIMMER**



All right- it's time to work those arms! Stand up and pretend to dive off the diving block and swim. Move your arms as if you are swimming, but do not move around the room.

Brain Break Activity **"GOT IT!"**



Stand up and get into groups of 4-10. Stand in a circle. Each person holds out his/her left hand with palm facing up. Each person takes his/her right index finger and touches the left palm of the person to his/her right. When the teacher says, "Got it!", try to grab the finger in your palm while at the same time trying to not get your finger grabbed!

Brain Break Activity **HEAD & BELLY**



Stand up and take one hand and starting tapping your head lightly. With your other hand, rub your belly in a circular motion. When your teacher says, "Switch!", change hands so the one that was tapping your head is rubbing your belly and vice versa. Can you do it?

Brain Break Activity **PUDDLE JUMP**



It's raining out and you are out splashing around in huge puddles! For some fun, play the song "Singing in the Rain" and sing along! How many puddles can you splash in a minute?

Brain Break Activity **STIR THE POT**



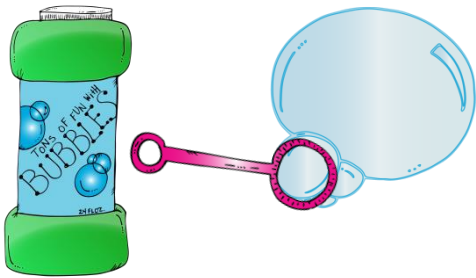
Pretend there is a gigantic pot in front of you. Take both of your arms and hold a huge imaginary stirring stick- stir away!

Brain Break Activity **PLAY DEAD**



Stand up and pretend you are an opossum by moving around the room without talking (because opossums don't talk 😊). When your teacher says, "I'm here!", drop to the floor and play dead. When your teacher says, "I'm outta here!", then begin moving around again. Repeat this a few times. See how quiet you can play dead!

Brain Break Activity **BUBBLES**



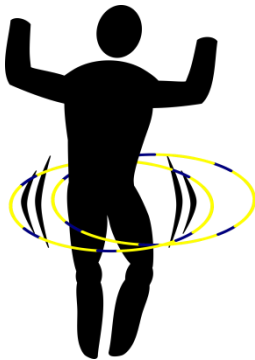
Stand up. Your teacher will hand you a piece of paper with a number on it. Pretend to blow a soap bubble. Your teacher will randomly call out some numbers. If your number is called, then your bubble popped and you need to say "POP!". You will repeat this several times. See if you if you can get through without having a bubble pop!

Brain Break Activity **FLAP AWAY**



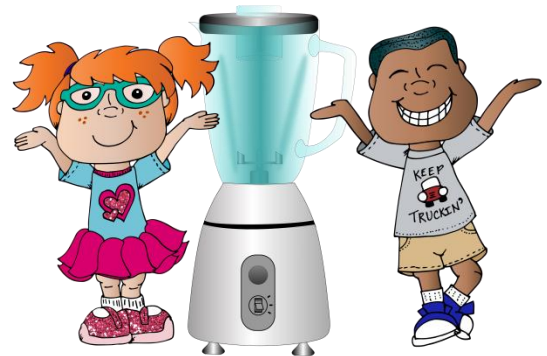
You are a bird- any bird. Stand up and flap away. When your teacher asks, "What kind of bird?", answer with the type of bird you are. Change the type of bird each round.

Brain Break Activity **HULA-HOOP**



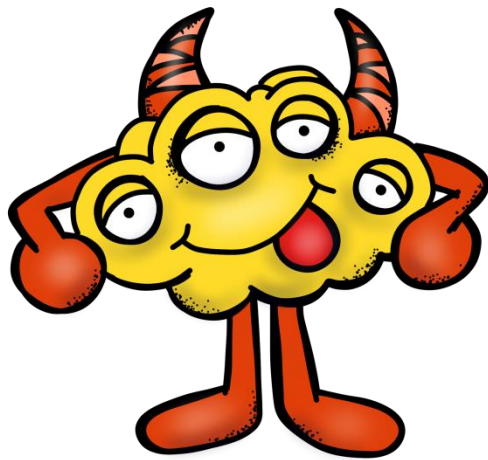
Pretend you have a hula-hoop and are... what else... hula-hooping! It might be fun to play some music in the background. Can you hula-hoop longer than your classmates?

Brain Break Activity **MILKSHAKE**



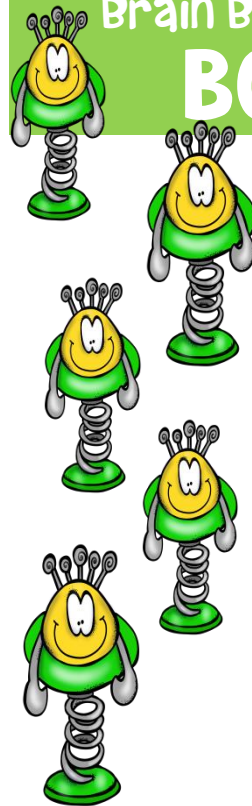
Get up out of your seat and give yourself plenty of room. You are going to be spinning around like a milkshake would do in a blender! Your teacher will be letting you know if you are on low, medium, or high speed!

Brain Break Activity **S...T...E...P...S...**



Get up out of your seat and take **MONSTER** steps. Count and see how many steps it takes you to get across your classroom.

Brain Break Activity **BOING!**



Spring up out of your seat. When your teacher says, "Boing!" you need to spring up and jump high and then bounce shorter and shorter a few times until you stop. The higher you go, the more shorter bounces you will take! Repeat a few times.

Brain Break Activity **TIMBER!!!**



You are a tree. Start by crouching down and slowly begin to grow (stand up). Once you are fully-grown, spread out your arms. Your teacher will then roll a die.

- 1 rolled= Very windy out
- 2 rolled= A cat is stuck in you
- 3 rolled= A beaver is gnawing on you
- 4 rolled= Lightning has struck you
- 5 rolled= **TIMBER!** You are cut down
- 6 rolled= A woodpecker is pecking at you

Brain Break Activity **BASKETBALL**



Pretend you are dribbling a basketball (between legs, around back, windmill, etc.). After 5-6 dribbles, take a shot. Then repeat the steps again. Raise your hands high in the air if you made the basket!

Brain Break Activity

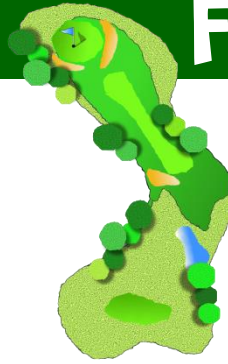
SOUR LEMON



You have been dared by a friend to eat a lemon. If you are able to eat it, your friend will give you \$50. Pretend you are eating a sour lemon.

Brain Break Activity

FORE!

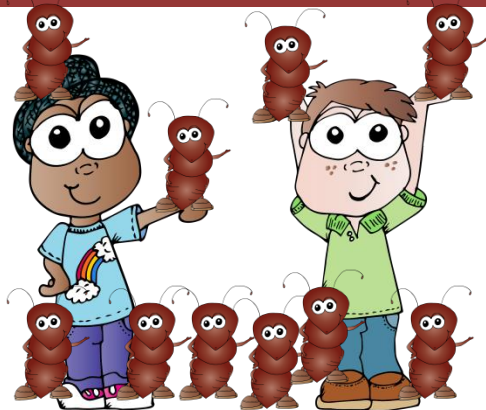


You are a golfer. Start by stretching out your arms, back, and legs. When you are ready, your teacher will roll a die. Show how you would react for each roll.

- 1 rolled= Ball hit a fan in the head
- 2 rolled= You made a putt to win
- 3 rolled= Retrieve ball from water
- 4 rolled= Ball broke neighbor's window
- 5 rolled= You made a hole in one
- 6 rolled= Lightning struck you

Brain Break Activity

ANT ATTACK!



You are walking in the woods and all of the sudden are attacked by a bunch of fire ants- ouch! You need to brush them off you, step on them, wave your arms- whatever it takes to get them from biting you.

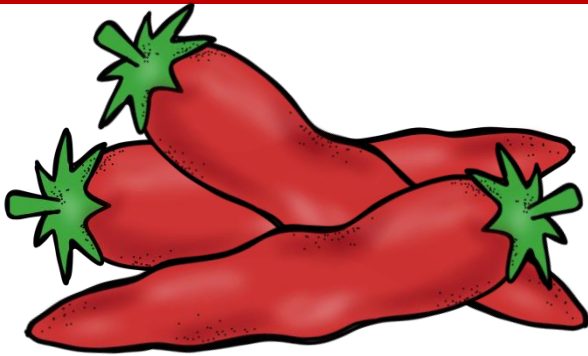
Brain Break Activity

PLAY BALL!



Pretend you have a baseball glove in your hand. Field a ball on the ground and throw it to a pretend base. You can change it up by catching pop flies, pitching, or hitting a home run!

Brain Break Activity **HOT! HOT!**



Your friend played a joke on you and put a habanero pepper in your taco and guess what? Yep- you ate it! You are burning inside.

Brain Break Activity **TAP & CLAP**



Get up and out of your seat. Listen to your teacher. When your teacher says, "Tap!", then you will tap your foot on the floor. When your teacher says, "Clap!", then you will clap the hands of another classmate. So, if your teacher would say, "Tap, Clap, Clap, Tap, Clap!", you would need to tap your foot, clap a classmate's hand, clap a different classmate's hand, and so forth. See if you can do it quietly!

Brain Break Activity **POP...POP UP!**



Congratulations! You are a popcorn kernel! Crouch down as low as you can go. After a while, your teacher will say, "Sizzling!". At that time, you will need to start shaking and hissing. When your teacher says, "Pop!", one of you will need to "pop" up. Your teacher will repeat this until all of you kernels are popped.

Brain Break Activity **DRIVING CAR**



Stay in your chairs and buckle up! Your teacher/classmate will give you directions to a certain destination. Be ready to put on your brakes, speed up, order a hamburger, or run into a tree- hopefully not!

Brain Break Activity **HIGH 5'S**

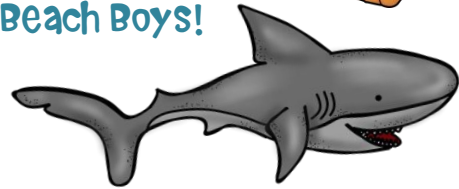


When your teacher says, "Go!", see how many classmates you can give a "high five" to in 1-minute. There are two rules- no talking & no running!

Brain Break Activity **SURF'S UP**

Get out of your seat and pretend you are a surfer out on a big wave!

Try to avoid falling and those pesky sharks that are around. For extra fun, put on some music by the Beach Boys!



Brain Break Activity **MARCHING**



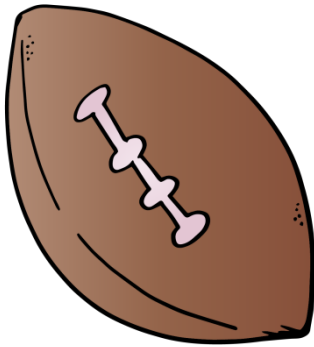
Get out of your seat and pretend you are in a marching band. You will need to march in place and move if your teacher wants you to. Marching music would be fun too!

Brain Break Activity **SPIN CYCLE**



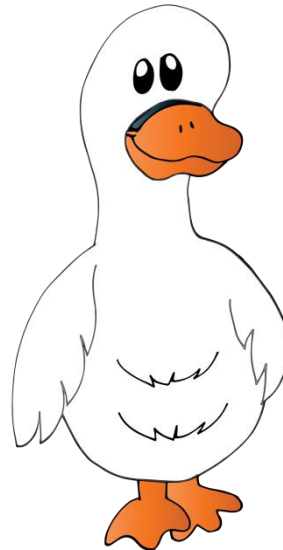
Get out of your seat and pretend you are shoved into a washing machine. Make sure you have enough room to wobble and spin around in one spot!

Brain Break Activity **TOUCHDOWN!**



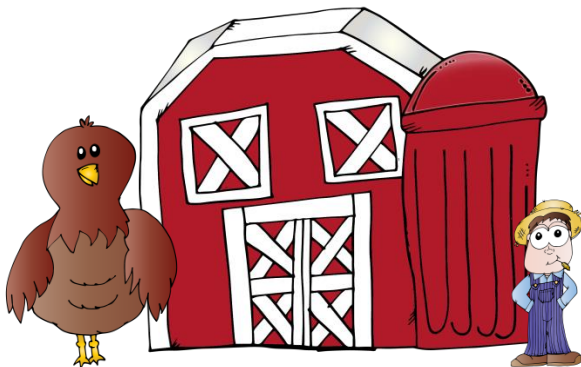
Pretend you are the quarterback. Take three steps back, plant your back foot, and pretend to throw a football. If you have room, you can move and throw on the go! Your teacher may even have you hand the ball off to a running back as well.

Brain Break Activity **HONK! HONK!**



Pretend you are a goose! Honk and waddle around the room like a feathery friend. If there are any good goose impersonators, your teacher will let you know 😊!

Brain Break Activity **HERE CHICK!**



Get out of your seat and pretend you are a chicken! Strut around and cluck and peck at the floor- but do it quietly otherwise, KFC will come looking for you 😊!

Brain Break Activity **RODEO**



Congratulations! You are one of a few people to be invited to ride "Unstoppable"- the one friendly-looking binking bronco that has never been ridden to the end. Your teacher will provide you with a number that is different from your classmates. Once your teacher announces, "Gate is open!", you need to begin riding Unstoppable. Your teacher will then pull numbers out of a "cowboy hat" and call them out. If your number is called, you must "fall off" of Unstoppable. See if you can be the last rider!

Brain Break Activity

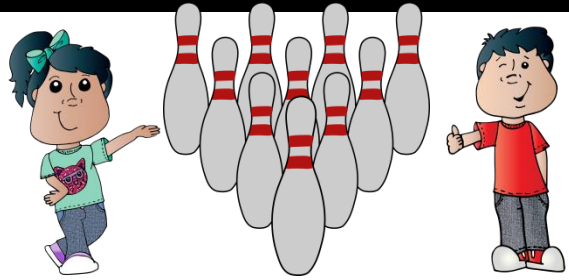
PIZZA TIME!



Walk around and find a classmate that would like a pizza made and delivered. Take their order and then head back to your desk. Toss the dough crust in the air, cut up any ingredients (if necessary), add any other ingredients, and then toss it in the oven. Your teacher may put on a timer. When the timer goes off, deliver your pizza to your classmate. Take a few minutes to eat your pizza while you listen to some "pizza-type" music!

Brain Break Activity

GUTTER BALL

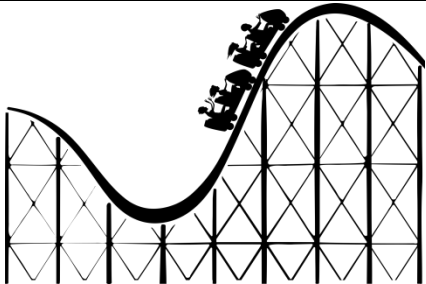


You are a professional bowler. Start out by stretching out your arms, back, and legs. Then clean your bowling ball. When you are ready, your teacher will roll a die. Show how you would react for each roll.

- 1 rolled= You got a strike!
- 2 rolled= Your ball dropped on your foot
- 3 rolled= Gutter ball
- 4 rolled= Ball bounced into the next lane
- 5 rolled= Your ball went backwards
- 6 rolled= Rolled your third strike in a row

Brain Break Activity

AHHHHHH!!!!



You are on the most deadly roller coaster- "The Revenge!". Your teacher will roll a die about every 3-10 seconds. Show how you would react for each roll.

- 1 rolled= Going up slowly
- 2 rolled= Taking a hard left
- 3 rolled= Going down at a fast speed
- 4 rolled= Throwing up ☹️
- 5 rolled= Upside down
- 6 rolled= Taking a hard right

Brain Break Activity

VOLCANO



Get up out of your seat and crouch down and tremble. When your teacher tells you to, stand up and roar like an erupting volcano!