**Brain Break Ideas**

Here are fun brain break ideas to use in the classroom. I wrote the title of each activity on pre-colored popsicle sticks that I purchased at Hobby Lobby.

**Beach Ball** - Everyone sit on their desk and pass around the beach ball. Once students have gotten the ball tossed to them, they toss it to someone else and then sit back in their seat until everyone has gotten a turn.

**Categories** - Pick a category such as animals, food, words with short e, nouns, even numbers, etc. Go around the room and each student says a word (or number) that fits in the category.

**Dance Party** - Put on a fun song and let students dance to it. I like to use the Kidz Bop station on Pandora for this activity.

**Find It Fast** - Call out a color or other trait (something round, something made of wood), and students must find an object in the room that fits the trait and get to it quickly.

**Freeze Dance!** - Similar to Dance Party except that every so often the music stops and students must freeze and hold the position they are in until the music begins again.

**High Cinco** - Have students give high fives to five different people.

**Jumping Jacks** - Have students do as many jumping jacks as they can in 30 seconds-1 minute.

**Kickboxing** - Make sure students are spread far apart. Call out kickboxing moves for the students to follow. Jab, uppercut, hook and cross.

**Limbo** - All you need is a long stick and a pair of kids to hold it. Music is nice too.
**Name Moves** - Students stand behind their chairs. In turn, each student says his or her name accompanied by a special movement. For example, a student might say, "Kayla!" while dramatically dropping to one knee and doing Jazz Hands. After the student does his or her move, the rest of the class says the student's name in unison and imitates the move. Then it is the next student's turn.

**Pop** - This is a skip counting game. I say Pop by 3's, then we go around the circle with each child saying a number, but saying “POP” every 3rd number. Example: 1, 2, POP, 4, 5, POP, 6, 7, POP, etc.

**Rainstorm** - Start by everyone tapping one finger on the desk, then two, then three, then four, then lightly tap whole hand, a little harder, a little harder, now pound! Now do it all backwards.

**Shoulder to Shoulder** - Say two body parts, “Hand to knee”, “Elbow to foot”, etc. Students must find a partner and put those body parts together. Call out 5 pairs and students must find a new partner each time.

**Simon Says** - Pick a student to be Simon and play a quick game of Simon Says.

**Telephone** - The classic telephone game where you whisper in a student’s ear, and let them whisper it around the circle. The last person says the transformed “secret” out loud.

**Tooty Ta** - Search YouTube for “Tooty Ta” and do the dance. I like the Dr. Jean version.

**Would You Rather** - Ask a would you rather question and have students show their choice by moving to one end of the room or the other. Have a few kids share why.

**Boom Chicka Boom** - Search YouTube for “Boom Chicka Boom” and do the dance. I like The Learning Station version.