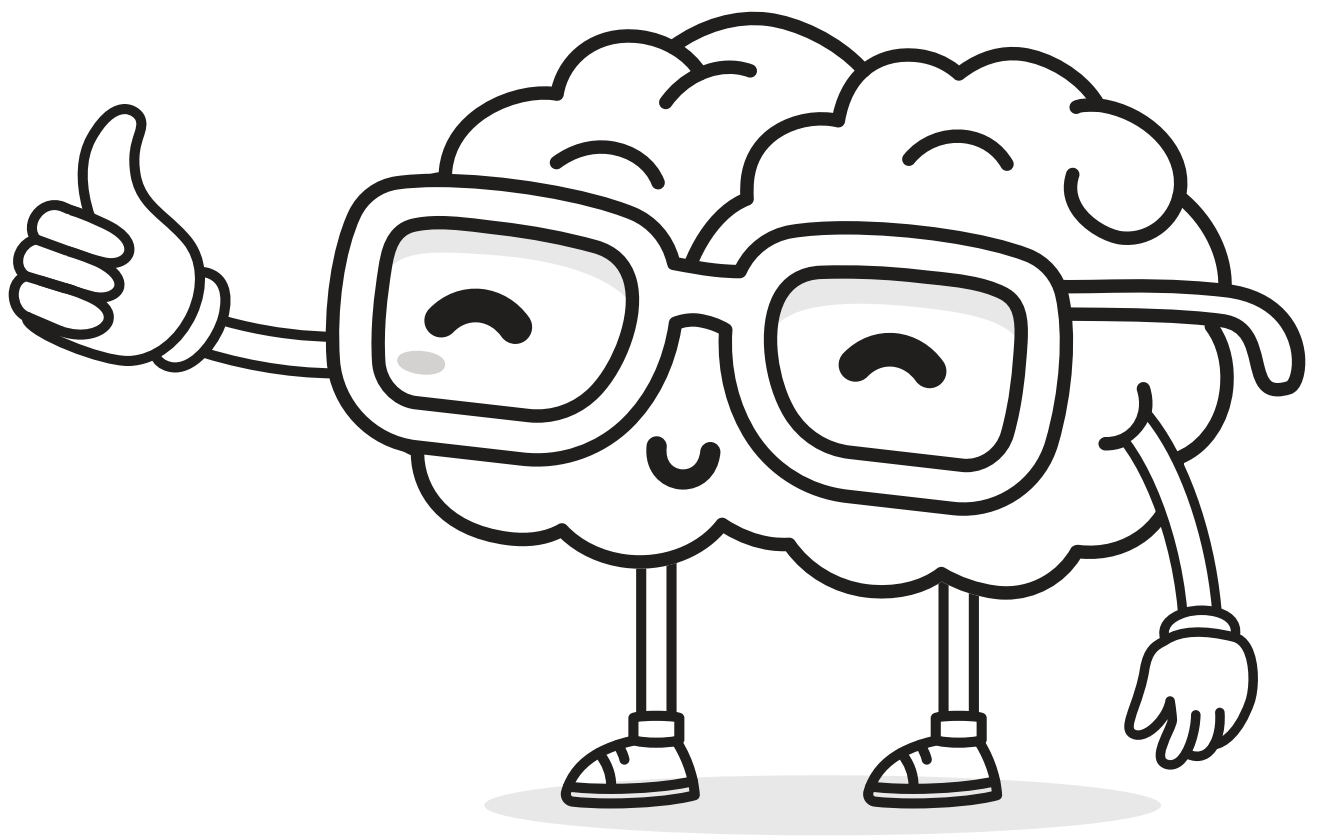


# Brain Break **Activity Cards**



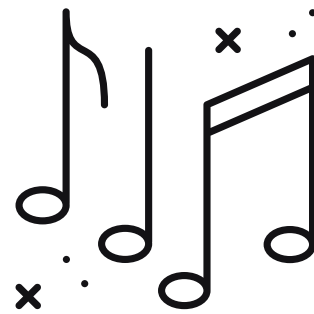
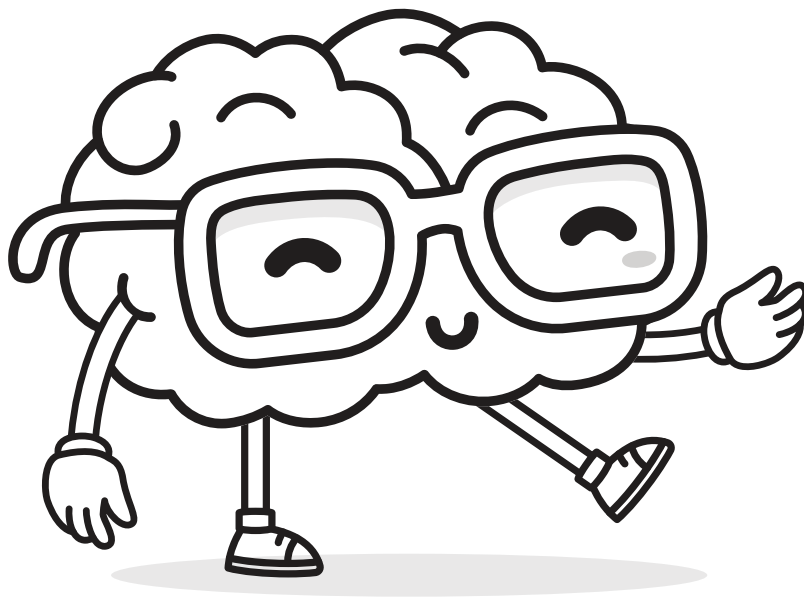
Give your students and their brains a break after a long period of working or during transitions. Let them take a break, move their body, and regain their focus!

With these cards, brain breaks become even more exciting! Keep these in a pile or in a container and randomly select a brain break activity card to complete. You never know what you will get, making it intriguing for your students, and it gives you a brain break as well!

These cards can be reused all year long, changing the activity slightly each time, since they are very open-ended!

For example:

1. Breathe like an animal? Which animal? How many animals?
2. Meditate? Follow along with a YouTube video!
3. Take a yoga break? Which pose or poses?  
Or, follow along with a video of your choosing!



# Brain Break Activity Cards



Breathe like  
an animal.



Meditate.



Ear-nose  
switcheroo—  
can you?



Take a  
yoga  
break.



Stretch  
it out!



Find your  
Zen with a  
calming  
video!



Do nothing  
for five  
minutes!



Play silent ball.



Just jump!



# Brain Break Activity Cards



Play tic-tac-toe  
with human  
X's and O's.



Dance party!



Mimic me.



Simon says...



Heads up,  
seven up!



Would you  
rather?



Play popcorn!



Play four  
corners!



Play Pictionary!



# Brain Break Activity Cards



Charades,  
anyone?



Take a  
comedy  
break.



Practice  
another  
language.



Find out  
"how it works"  
or "how it is  
made!"



Fun fact time!



Doodle.



Directed  
drawing!



"I Spy..."



Color,  
color,  
color!



# Brain Break Activity Cards



Play Wordle online.



Free write.



GoNoodle!



Complete a video brain break challenge on YouTube!



Freeze dance!



Find it fast!



Line up by...



Human knot challenge!

