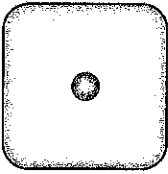
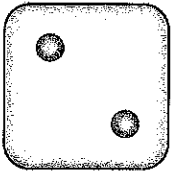


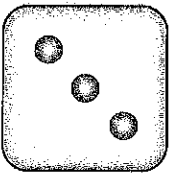
# Roll a Brain Break!



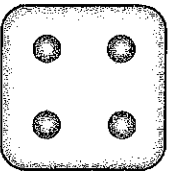
Students have exactly one minute to hop on one foot as many times as they can. Students should count their hops. If a student touches the ground with the other foot, he or she must start over.



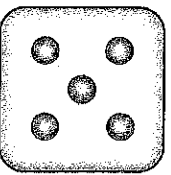
Students pair up into groups of two. Pairs face each other. As quickly as they can, in this order, they must: clap right hands, touch left toes, clap left hands, touch right toes. Repeat until time is called. Adjust the order to make it easier if needed.



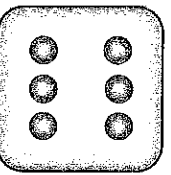
Students mill around the room until the teacher calls, "House, Tree, Rock!" Students quickly get into groups of three. Within each group, one student poses as a house (hands joined in a point above head), one poses as a tree (arms out like branches) and one poses as a rock (crouched on the floor). Do several rounds. Students should group differently each time.



Divide the class into four groups. When the teacher says, "Go!" The students in each group must line up in order by height as quickly as they can without talking. Variations: line up: alphabetically by first name, by hair length, by age (may need to allow talking for that one)









Each student takes exactly five steps away from his or her desk. Then they all spin around five times. As soon as they finish spinning, the students must try to walk in a straight line back to their desks.



Students must walk six steps in each of these six ways: 6 backwards steps, 6 giant steps, 6 baby steps, 6 sideways steps, 6 tip-toe steps, 6 high-knee steps. If time allows, repeat, but reverse the order.

# ROLL SOME BRAIN BREAKS

**Directions:** Roll one die for each of the columns. Perform the quick brain break that matches the number you rolled on the die. For example, if you roll a 1-2-4-3-5 you would perform the following brain breaks: 10 jumping jacks, 5 wall push ups, 10 Twists at the waist, 10 jumps over a pencil on the floor and 10 windmills.

	Column #1	Column #2	Column #3	Column #4	Column #5
1 	10 Jumping jacks	Wiggle your whole body for a count of 10.	Bring R elbow to L knee and L elbow to R knee 5 times	Jump in place 10 times.	Rub your entire R arm with your L hand
2 	Squeeze your R hand firmly with your L hand	5 wall push ups	Move the upper half of your body	Spin in a circle 3 times to the right	Touch L hand to bottom of R foot. Repeat 5x.
3 	Move the right side of your body	Spread legs apart and bend at waist looking between knees. Repeat 5x.	Make 10 small circles with your arms	10 jumps over a pencil on floor	Give yourself a big hug for 10 seconds
4 	Rub your entire L arm with your R hand	Touch R hand to bottom of L foot. Repeat 5x.	Twist at the waist 10 times with arms out to the side	Spin in a circle 3 times to the left	Make 10 large circles with your arms
5 	Touch R hand to L shoulder. Touch L hand to R shoulder. Repeat 6x.	March in place with knees high for a count of 10	Squeeze your L hand firmly with your R hand	Move the left side of your body	Touch R hand to L foot and then L hand to R foot 5 times
6 	Run in place for a count of 16	Move the lower half of your body	Touch hands overhead and try to balance on one foot for 5 seconds.	Tap your feet on the floor while making small circles with fingers for 10 sec.	Take 10 deep breaths