

Fun Brain Break Ideas to Re-Energize Your Classroom

Dinosaurs and kittens

For 30 sec. Half the class pretends to be dinosaurs and the other half pretends to be kittens. Then switch.

Wink and snap

Students wink with their left eye and snap with their right hand and then switch. Try to go fast.

Handshake

Student pairs work together to create an elaborate handshake. For example, a handshake could include fist bumps, pinky locks, high fives, elbow touches, etc.

Emotions

Students use their whole bodies to express these emotions

- Nervousness
- Excitement
- Surprise
- Fear
- happiness

Toe taps

Partners stand facing each other and tap their left feet together 3 times. Then they tap their right feet. Continue to alternate, increasing speed.

Hop and bow

Students hop on one foot looking for partner. When a partner is found, both students face each other and bow (still on one foot). Then they both switch feet and hop to find new partners.

Paper airplanes

Students are given 2 minutes to make paper airplanes from paper from recycle bin. On the count of 3, all students throw their planes.

Action words

Students act out each of these words

- Explode
- Flutter
- Shrink
- splat
- melt

5-4-3-2-1

Teacher leads students in 5 different movements in descending order, pausing in between each one for students to do it. For example, do 5 jumping jacks, spin 4 times, hop 3 times, walk around the classroom 2 times, and give your neighbor 1 high five.

What makes you happy?

Students find partners and take turns asking, "What makes you happy?" Answers should be no longer than a sentence. Students shake hands and each find a new partner.

I can fly!

Students pretend they can fly like each of these for 10 sec.

- An airplane
- A butterfly
- A bee
- An eagle
- A kite

Robots

Students walk and talk like robots. It is also fun to begin the next activity while still being a robot.

Find your shoe

Students each take off 1 shoe and put them in a pile. Everyone takes a shoe and has 1 minute to hide the shoe they have. (You might want to require part of the shoe to be visible). Students find their shoe.

Part to part

Pair students. Teacher calls out 2 body parts such as...

- elbow to ear *ear to shoulder
- knee to knee *shoulder to hip
- Hand to hand *nose to elbow
- Toes to knee Head to shoulder
- Elbow to head *elbow to knee

Pairs must put these parts together.

True or false

Designate one side of the room as true and the other side of the room as false. Teacher makes statements such as "snakes are scary". Students each choose which side of the room to go to.

Pencil balance

Each student balances a pencil horizontally on his/her index finger. Then they walk. If the pencil drops, the student must sit down.

High fives, low five

Each student finds a student to high five, then find a different student to low five (at knee level). Repeat at least 5 times.

Rhythm repeats

Teacher or student does a series of movements (such as 2 claps, 3 shoulder taps, and a jump). Students repeat.

Trading places

Students stand behind their pushed in chair. Teacher calls out a trait and everyone who has that trait must change places with someone else. Examples: everyone who is wearing stripes or everyone who likes oatmeal

Pencil Jump

Each child places a pencil on the floor. The leader rolls a dice and tells how many times students jump over the pencil.

Variation: Students work in pairs so that there are two pencils a foot or two apart. When the number of jumps is called, a student jumps over his/her pencil, then lands in between his/her pencil and the partner's pencil for one jump. Then he/she turns around and repeats until the number of jumps over the pencils is completed.

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 can get through without having a bubble pop.

Snake Die

Rattlesnakes surround you. Your teacher has taped 5 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.

One leg

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

ABC's

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 parnter be the first to finish?

"Got It!"

Stand up and make 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 gra he finger in your palm while at the same time trying to not get your finger grabbed!

Group Shuffle

Student shuffle around the room. Say, "Groups of 4" and students must quickly group themselves into groups of 4. Students who are leftover must do jumping jacks until the next round starts. Continue calling out different "Groups of ____" You can call out any number for the group size.

Handshake

Stand up and face your partner. Decide who is A and who is B. Shake right hands. Shake left hands. Do a right hand fist bump. Then do a left hand fist bump. Do a right hand hammer tap. Person B will lightly tap A with the bottom of their fist. Now person A will lightly touch the bottom of their fist to person B's fist. Now do a left hand hammer tap. While crossing your arms. Do a high ten. Do a double fist bump (opposite hands will be touching). Do a regular high ten.

The Noble Duke of York

Sing "The Noble Duke of York". Stand up when you sing, "up" and sit down when you sing "down"

Find It Fast

Stand up. Call out a train (color, something round, something made of wood, etc.) Students must find an object in the room that fits the trait and get it to you quickly. Continue calling out different traits.

5-6-7-8

Do different movements in order. Touch 5 desk. Do 6 squats. Do 7 jumping jacks. Hop on one foot 8 times.

Pass It on Uno Style

Hand out 1 Uno card to each student. Students perform the activity that corresponds to their card color for 10-15 seconds. Blue = jump to the sky. Red = squats. Yellow = twist. Green = swim. When teacher says, "Pass it on!" pass card to the person to your right and repeat.

What Are You Doing?

1 student does an action and the other student says, "What are you doing?" The student doing the action says something other than what they are doing. The first student then does the action that the student says.

Example: 1st student acts out shooting basketball. The second student says, "What are you doing?" 1st student says, "playing soccer." Then the second student acts out playing soccer. First student says, "What are you doing?" Second student says, "Going swimming." First student acts out going swimming. Etc.

Interlude (Attack Attack)

https://www.youtube.com/watch?v=0cuS_3lzJ6U&ab_channel=IanGoldsmith

Circle Name Game

1. Stand in a circle
2. Person in the middle points to a person in the circle and counts to 10.
3. The person who is pointed to immediately says the names of the people on their right and left before the person in the middle quickly counts to 10.
4. If the person in the middle gets to 10 before the person says both names, then they switch places.

Cross Midline

<https://www.youtube.com/watch?v=Z8wPtI5bZQc>

1. Lift foot in front of your body and touch it with opposite hand
2. Lift foot in front of your body with a hop and touch it with opposite hand
3. Lift foot behind your body and touch it with opposite hand
4. Lift foot behind your body and hop and touch it with opposite hand

Cross midline

<https://www.youtube.com/watch?v=guyURd5wGis>

Workout for Kids

<https://www.youtube.com/watch?v=yDsvZXAqVno>