

Brain Breaks:

Move around the room like:

You are a bus driver

You are a firefighter

You are a police officer

You are a construction worker

You are an artist

1

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Brain Breaks:

Snowball Fight:

Kids each get a piece of paper from the recycle bin and wad it up into a ball. Divide the class into two teams. The teams are on opposite sides of the room facing each other. When you say go, kids throw snowballs as fast as they can and may run to pick up snowballs that are on their side. They must go back to their "line" to throw them however. When you say stop, the side with the fewest snowballs wins.

2

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Brain Breaks:

Yoga Position: Airplane



3

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Brain Breaks:

Planking Contest:

Everyone does a plank on the floor. See who can hold it the longest.



4

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Brain Breaks:

Move around the room like:

You are a cheerleader

You are an opera singer

You are embarrassed

You are sleepy

You are a rodeo cowboy

5

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Brain Breaks:

Paper Planes:

Kids each get a paper from the recycle bin and have one minute to make a paper airplane. Kids may throw the airplanes in the classroom for another minute or two.

6

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Brain Breaks:

Yoga Position: Triangle Pose



7

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Brain Breaks:

Silent Ball:

Kids sit on desks and toss a ball without speaking. If anyone has a bad throw or a bad catch, they are out and must sit in their seat until the next game. For a more challenging game, you may add a second ball.

8

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Brain Breaks:

Move around the room:

Using baby steps

Using giant steps

Walking backwards

Using quick steps

Using slow steps

Crawling like a baby

9

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Brain Breaks:

Today in 30 Seconds:

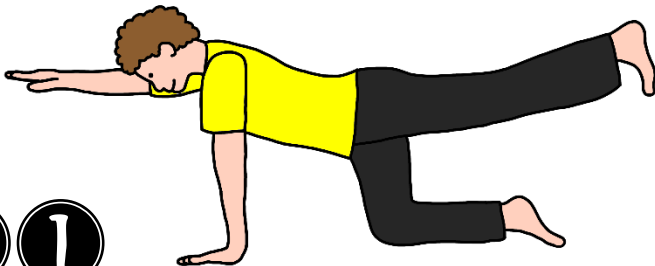
Kids have 30 seconds to act out what they've done so far today since waking up.

10

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Brain Breaks:

Yoga Position: Balancing Table Pose



11

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Brain Breaks:

Line Jumper:

Make an imaginary line on the floor. Jump over it ten times. Hop on it ten times.

12

© The Teacher Next Door

Brain Breaks:

Move around the room like:

You are an alligator

You are a big toad

You are a cobra

You are a lizard

You are a tiny tree frog

1 3

© The Teacher Next Door

Brain Breaks:

Mingle, Mingle, Group:

Kids walk around the classroom quietly saying, "Mingle, mingle, mingle". When the teacher says "Groups of 4" (or any number), kids quickly gather into groups of that size and sit down on the ground. Kids who are left over must do three jumping jacks before the next round starts.

1 4

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Kids

Brain Breaks:

Yoga Position: Boat Pose



1 5

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Brain Breaks:

Shake it Up:

Shake out each part of your body, one part at a time.

1 6

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Brain Breaks:

Move around the room like you are playing:

The violin

The trumpet

The sliding trombone

The big bass drum

The clarinet

1 7

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Brain Breaks:

5 – 4 – 3 – 2 – 1:

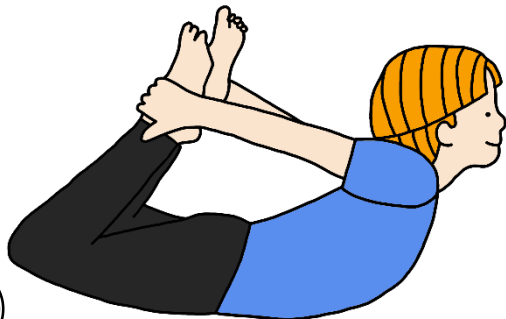
Call out five different movements, then four, then three... For example the teacher says: "Do five high steps, do four sit ups, do three jumping jacks, give your friend two high fives, walk around the room one time."

1 8

© The Teacher Next Door

Brain Breaks:

Yoga Position: Bow Pose



1 9

© The Teacher Next Door

Brain Breaks:

Jump, Skip, Counting:

Kids count by twos, fives, tens, and jump with each count.

2 0

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Brain Breaks:

Move around the room and:

Comb your hair like a monkey

Brush your teeth like a T-Rex

Wash your face like an elephant

Mop the floor like a chicken

Dust like a bear

2 1

© The Teacher Next Door

Brain Breaks:

Trading Places:

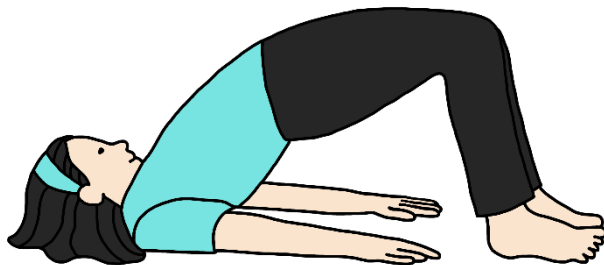
Kids stand behind their pushed-in chairs. Call out a trait (straight hair/red shirt/wears glasses/loves sushi...) and everyone who has that trait must change places with someone else.

2 2

© The Teacher Next Door

Brain Breaks:

Yoga Position: Bridge Pose



2 3

© The Teacher Next Door

Brain Breaks:

Get Up:

Kids sit in pairs back to back with arms linked. The goal is to stand up together, without unlinking arms or falling over.

2 4

© The Teacher Next Door

Brain Breaks:

Move around the room:

As big as you can

As small as you can

As high as you can

As low as you can

As quietly as you can

2 5

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Brain Breaks:

Into the Jungle:

Jump over logs

Duck under thorny branches

High knees through quicksand

Run from the jaguar

Tip toe past the python

Talk to the monkeys

2 6

© The Teacher Next Door

Brain Breaks:

Yoga Position: Butterfly Pose



2 7

© The Teacher Next Door

Brain Breaks:

Partner Commands:

Kids stand in pairs. The teacher calls out "front to front" and the children have to get into a pair and stand facing each other. After a few instructions, the teacher shouts "change" and the kids quickly find a new partner and stand in the manner of the teacher's last instruction. Instruction ideas: back to back, elbow to elbow, side to side, toe to toe, finger to finger, knee to knee, hand to hand, shoulder to shoulder. Mix them up too, e.g. finger to shoulder, elbow to back...

2 8

© The Teacher Next Door

Brain Breaks:

Move around the room like:

You are a giraffe

You are a turtle

You are a crow

You are a donkey

You are a grasshopper

2 9

© The Teacher Next Door

Brain Breaks:

Strike a Pose:

Turn on the music. Walk for seven counts and then pose on the eighth. Repeat until the song is done.

3 0

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Brain Breaks:

Yoga Position: Camel Pose



3 1

© The Teacher Next Door

Brain Breaks:

Choo Choo Train:

Get in small groups of four or five. The shortest is the first conductor (in front). Hold on to each other and chugga chugga choo choo around the room. Every so often switch conductors. Conductors become the cabooses.

3 2

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Brain Breaks:

Move around the room:

While clapping

While snapping

While whistling

While humming

While moving arms up and down

3 3

© The Teacher Next Door

Brain Breaks:

Crazy Eights:

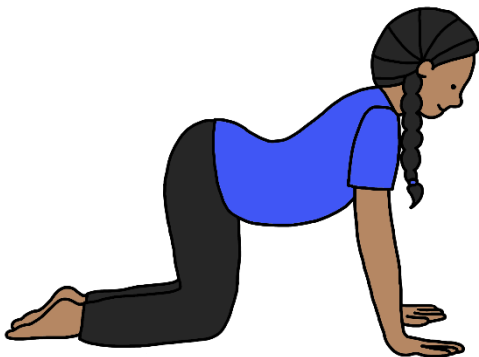
Turn on the music. Kids free-style dance for eight counts and then stop and clap for eight counts. Repeat until the song is done.

3 4

© The Teacher Next Door

Brain Breaks:

Yoga Position: Cat Pose



3 5

© The Teacher Next Door

Brain Breaks:

Be a Flamingo:

Stand in a flamingo pose, staring straight ahead to help you balance, for as long as you can. Then try it with the other foot up.

3 6

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Brain Breaks:

Move around the room like:

You are in a bubble

You are a flame of a fire

You are the wind of a hurricane

You are water in a river

You are a volcano erupting

3 7

© The Teacher Next Door

Brain Breaks:

Give Me Ten:

Deep knee bends (squats)

Calf raises (just on tiptoes, then lower)

Ninja kicks (right leg first then left)

Jump Squats (jump up, then bend)

Big arm circles alternating forward

3 8 Big arm circles alternating backwards

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Brain Breaks:

Yoga Position: Warrior Pose



3 9

© The Teacher Next Door

Brain Breaks:

Human Knot:

Kids get in groups of about five. Everyone stands in a tight circle and puts their hands in the middle. All grab hands with whatever hands they can reach. Once everyone has someone else's hand in each hand, everyone slowly tries to untie the human knot without letting go of anyone's hands to form a large, untwisted circle.

4 0

© The Teacher Next Door

Brain Breaks:

Move around the room:

Prancing like a pony

Waddling like a duck

Wriggling like a worm

Leaping like a gazelle

Strutting like a peacock

4 1

© The Teacher Next Door

Brain Breaks:

Non-locomotor Movements:

Stay in one spot and...

Sink like a rock in water

Rise like a flower growing

Punch the air like a boxer

Straighten and salute like a soldier

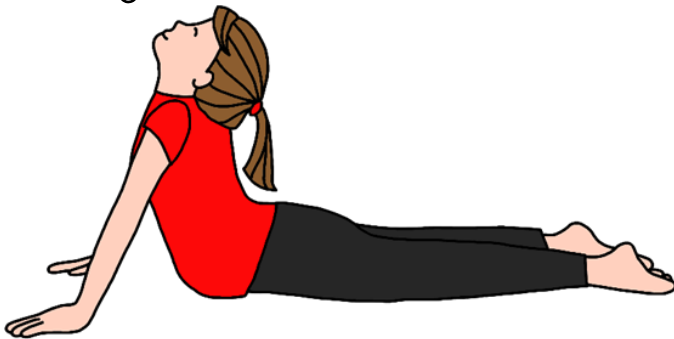
Duck like a ball is headed your way

4 2

© The Teacher Next Door

Brain Breaks:

Yoga Position: Cobra Pose



4 3

© The Teacher Next Door

Brain Breaks:

Hot Lava:

Set lots of paper (recycled is good) around the floor of the room. Kids must step/jump from paper to paper. If they touch the ground, they are "burned up by the lava" and are out. (Rule for big kids with big feet: if most of their feet are on the paper, they are safe)

4 4

© The Teacher Next Door

Brain Breaks:

Move around the room like:

You are in a hurry

You are walking in the rain

You feel dizzy

You are kicking rocks

You are in a parade



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Brain Breaks:

Alphabet Actors:

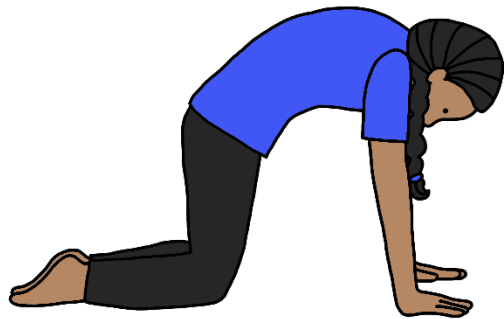
Kids are in groups of three or four. The teacher calls out a letter, and the groups must form that letter using their bodies. The groups can either build the letters standing or laying on the ground.



© The Teacher Next Door

Brain Breaks:

Yoga Position: Cow Pose



© The Teacher Next Door

Brain Breaks:

Food, Friends and Fireworks:

Teach the three motions: Food - rub your belly and say "mmmmm." Friends - hold out both arms wide and say "heeeeyyyy." Fireworks - clap both hands over your head and then say "shhhhhhh," as you slowly lower your arms to your sides.

Kids find a partner and stand back to back. Tell them that they are going to try to match one of the three motions with their partner. There is no talking or planning!! Count to three and say "Go!" Both partners turn and face each other and immediately make the motion and sound that they had chosen. If the pair match, they give a resounding "Yes!" and pump their fist in the air. If they do not match they say "Duh" and lightly bump themselves on the head. Try it again with the same partner. Then switch partners and see if a match can be created with someone new.



© The Teacher Next Door

Brain Breaks:

Move around the room like:

You are made of Jell-O

You stepped on gum

You are trapped in a freezer

You are walking in a dark cave

You are covered in sticky syrup

4 9

© The Teacher Next Door

Brain Breaks:

Names in the Air:

Write out your full name in the air using large movements. Try to write your name forwards and backwards. Now use your other hand to write your name in both directions. Then write your name with both hands at the same time.

5 0

© The Teacher Next Door

Brain Breaks:

Yoga Position: Crab Pose



5 1

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Brain Breaks:

Color Touch:

The teacher calls out a color and kids have ten seconds to find that color and touch it. Kids stand still like statues when the color is found. If a person can't find the color and touch it in time, then that person is out.

5 2

© The Teacher Next Door

Brain Breaks:

Move around the room like:

You are a ghost

You are in slow motion

You are on a trampoline

You are skating

You are hiking up a steep mountain

5 3

© The Teacher Next Door

Brain Breaks:

Have Students Line Up in These Ways:

By height

By birthday starting with January 1st

By first name

By last name

5 4

© The Teacher Next Door

Brain Breaks:

Yoga Position: Crescent Moon Pose



5 5

© The Teacher Next Door

Brain Breaks:

My Mirror Image:

Find a partner and face each other. The tallest person is the leader first. Make some movements and your partner will try to copy you. In a few minutes, your teacher will tell you to switch and then it is the other person's turn to lead.

5 6

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Brain Breaks:

Move around the room like:

You are near a sleeping lion

You smell a skunk

You are petting a tiny dog on your arms

You are riding an ostrich

You are in a snake pit

5 **7** You are a circus tiger trainer

© The Teacher Next Door

Brain Breaks:

Fox and the Rabbit:

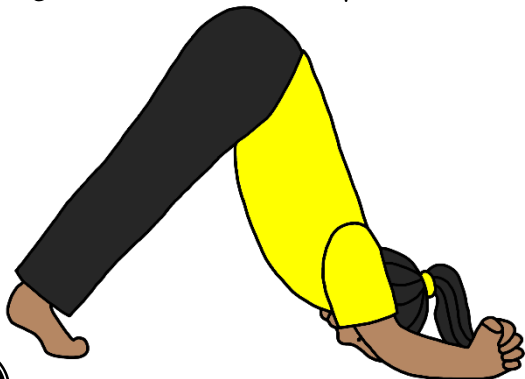
Kids sit next to each other in a circle. Get two balls of different colors/sizes and hand them out to two people on opposite sides of the circle. One ball is the fox and the other is the rabbit. Explain that the ball is like a hot potato. The object of the game is for the fox to catch the rabbit. The fox and the rabbit move by being passed (not thrown) around the circle in any direction. If a student is holding the fox they should pass the ball to the person next to them, whichever person is closer to the rabbit. Those players holding the rabbit should pass to someone farther away from the fox. When the fox catches the rabbit the game is over.

5 **8**

© The Teacher Next Door

Brain Breaks:

Yoga Position: Dolphin Pose



5 **9**

© The Teacher Next Door

Brain Breaks:

Crab Walk:

Crab walk (facing up on all fours) around the room once and go back to your seat.

6 **0**

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Brain Breaks:

Move around the room like:

You are sleepwalking

You have a thorn in your foot

You just completed a marathon

You are looking for your lost wallet

You are a baby who just learned to walk

6 1 You are a famous rock star

© The Teacher Next Door

Brain Breaks:

Splat:

Everyone stands in a circle and "it" (the splatter) is in the middle. "It" randomly points to someone and shouts "SPLAT!" That player ducks down and the two people on either side of the "ducker" must "splat" each other by pointing to the other and saying "SPLAT!" The last one to splat sits down, and the player ducking stands back up.

6 2

© The Teacher Next Door

Brain Breaks:

Yoga Position: Downward Dog Pose



6 3

© The Teacher Next Door

Brain Breaks:

Dance Party:

Turn on some fun music and the kids dance and dance until the music ends.

6 4

© The Teacher Next Door

Brain Breaks:

Move around the room like:

- A snowflake
- The pouring rain
- A tornado
- A gentle breeze
- A sunny happy day

6 5

© The Teacher Next Door

Brain Breaks:

Top Ten (of each):

- Small arm circles
- Push ups
- Trunk twisters
- Shoulder circles forward
- Shoulder circles backwards
- Butt/Bottom kickers (lift feet up high and jog)

6 6

© The Teacher Next Door

Brain Breaks:

Yoga Position: Dragon Pose



6 7

© The Teacher Next Door

Brain Breaks:

Tightrope Walker:

Each child walks around the room as if walking on a tightrope going from one foot to the other in straight lines. Optional: each child does this while balancing a paperback book on his/her head.

6 8

© The Teacher Next Door

Brain Breaks:

Move around the room like:

A slithering snake

A bloodhound looking for clues

A frog hopping around

A lion stalking its prey

A squirrel gathering acorns

An ant carrying away picnic food

A fish swimming happily

6 9

© The Teacher Next Door

Brain Breaks:

The Elephant:

Put your left ear on your left shoulder, and raise your left arm like an elephant's trunk. Use your "trunk" to draw a lying-down eight sign. Repeat three or four times while looking at your hand. Then switch sides and repeat.

7 0

© The Teacher Next Door

Brain Breaks:

Yoga Position: Eagle Pose



7 1

© The Teacher Next Door

Brain Breaks:

Stand Up, Sit Down:

Kids start out sitting down. Ask them questions, such as "Do you have a brother?" or "Have you ever had a dog?" If their answer is "Yes," they stand up and remain standing until their answer is no.

7 2

© The Teacher Next Door

Brain Breaks:

Move around the room and:

Walk like an Egyptian

Direct an orchestra

Walk like you have no bones

Move like a disco dancer

Walk like a zombie

Surf like a beach bum

7 3

© The Teacher Next Door

Brain Breaks:

Cross Crawl:

While marching, raise your knees high and touch them with the opposite elbow.

7 4

© The Teacher Next Door

Brain Breaks:

Yoga Position: Flower Pose



7 5

© The Teacher Next Door

Brain Breaks:

Pigs Fly:

Kids "fly" around the room as the teacher calls out animals which fly. For example, "Ducks Fly", "Owls Fly", "Pigs Fly"...and so on. The kids keep flying until they hear an animal that does not fly and then they freeze. Any kids still moving are out.

7 6

© The Teacher Next Door

Brain Breaks:

Move around the room and:

- Walk like a robot
- Move like an octopus
- Clean like a custodian
- Play guitar like a rock star
- Hop like a bunny
- March like a soldier

7 7

© The Teacher Next Door

Brain Breaks:

Four Corners:

I have a laminated sign A, B, C, and D in each corner near the ceiling of my classroom but you can just tell the kids which corner is which in a pinch. "It" closes his/her eyes and counts to ten, while kids move to a corner. Without looking, "It" names a corner and those kids are out.

7 8

© The Teacher Next Door

Brain Breaks:

Yoga Position: Frog Pose



7 9

© The Teacher Next Door

Brain Breaks:

Waiter/Waitress:

Grab a small journal or a paperback book and with your palm up, balance it on your hand as if it were a plate. Walk around the room without dropping your "plate."

8 0

© The Teacher Next Door

Brain Breaks:

Move around the room and pretend to:

Fly like Superman

Fly like an eagle

Fly like a butterfly

Fly like a bee

Fly like a fairy

8 1

© The Teacher Next Door

Brain Breaks:

Air Band:

Turn on rock music and kids play air guitar/drums, etc.

8 2

© The Teacher Next Door

Brain Breaks:

Yoga Position: Gate Pose



8 3

© The Teacher Next Door

Brain Breaks:

In the Air:

Using a beach ball or a balloon, kids try to keep the object in the air as long as possible without it touching the ground. Count each time someone touches it. Can you beat the record?

8 4

© The Teacher Next Door

Brain Breaks:

Move around the room like:

You have ants in your pants

You are on a deserted island and need water

You are a hula girl

You are the King/Queen

You are a powerful wizard

8 5

© The Teacher Next Door

Brain Breaks:

Limbo:

Take a broom handle or meter stick (and a helper to hold the other end) and kids take turns going under the stick. After all the kids have gone through, lower it. If any part of the body touches the stick or if anything other than feet touch the ground, the person is out.

8 6

© The Teacher Next Door

Brain Breaks:

Yoga Position: Rag Doll Pose



8 7

© The Teacher Next Door

Brain Breaks:

Invisible Jump Rope:

Take your imaginary jump rope and start jumping. Several kids could also get together and turn an imaginary long rope while other kids pretend to jump in. Double Dutch.

8 8

© The Teacher Next Door

Brain Breaks:

Move around the room like:

You're in slow motion

A ballerina

An Olympic weightlifter

A bullfighter

A cowboy on a horse

Miss America

8 9

© The Teacher Next Door

Brain Breaks:

Take Ten:

Jumping Jacks

Toe touches

Jogging in place

Big arm circles

Sit ups

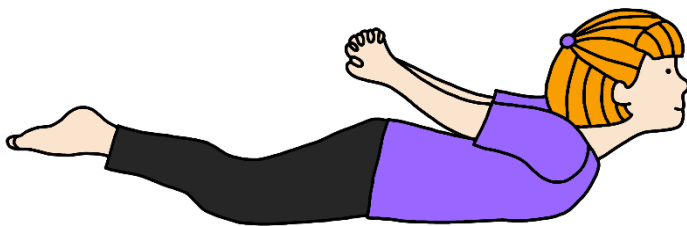
Windmills (right hand touches left foot)

9 0

© The Teacher Next Door

Brain Breaks:

Yoga Position: Shark Pose



9 1

© The Teacher Next Door

Brain Breaks:

Walk Like:

A gorilla

A chicken

A squirrel

A bear

A puppy

9 2

© The Teacher Next Door

Brain Breaks:

Move around the room and pretend to:

- Ice skate
- Walk on hot coals
- Sink in quicksand
- Swim underwater
- Sneak around like a spy

9 3

© The Teacher Next Door

Brain Breaks:

Follow the Leader:

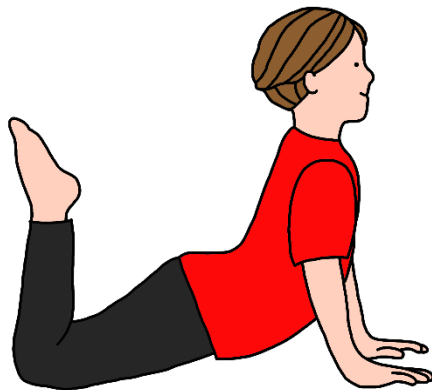
Everyone has to copy what the leader does. The teacher is the first leader!

9 4

© The Teacher Next Door

Brain Breaks:

Yoga Position: Swan Pose



9 5

© The Teacher Next Door

Brain Breaks:

Congo Line:

Make a congo line around the room.
Da da da da da DA!

9 6

© The Teacher Next Door

Brain Breaks:

Move around the room and pretend to be:

- An airplane
- A motorcycle
- A hot air balloon
- A bus
- A bicycle

9 7

© The Teacher Next Door

Brain Breaks:

Freeze Dance:

Put on some music and everyone dances. When you stop the music, whoever is still moving is out!

9 8

© The Teacher Next Door

Brain Breaks:

Yoga Position: Tree Pose



9 9

© The Teacher Next Door

Brain Breaks:

Pattern Clap:

Clap your hands in the same pattern as your teacher. Listen to the pattern first and then repeat the pattern.

1 0 0

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