

Art

MIRROR ME

Have students work in pairs and mirror the actions of their partner.

SILENT BALL

Students stand up and throw the ball to each other. The only rule is they can't speak.

Brain Break Activity Cards

Children toss a bean bag around the room as music plays. When the music stops, whoever has the bean bag is out.

Play a Just Dance video on the screen. Students copy the movements.

Intuition

What is a brain break?

Brain breaks are typically a fun, short (3 to 5 minute) activity that is not related to previous tasks.

Students may engage in brain breaks as part of a transition routine, or when they need a break from their learning.

Teachers use brain breaks as they help students relax, refresh and refocus their thinking. This helps them expand their concentration and they tend to become less distracted during their work time.

Brain breaks that incorporate movement, music, games and strategy challenges are valuable inclusions in your collection of brain break activities.



MIRROR ME

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SILENT BALL

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HOT POTATO

Children toss a bean bag around the room as music plays. When the music stops, whoever has the bean bag is out.

JUST DANCE

Play a Just Dance video on the screen. Students copy the movements.

SIMON SAYS

Different children can be 'Simon.' Call out various actions and whoever doesn't listen is out.

GUIDED DRAWING

Watch a Guided Drawing video on YouTube. Students copy the directions.

HIDE & SEEK

Children play hide and seek around the room. Children take turns being it and hiding in safe spaces.

SLEEPING LIONS

All children lie down on the floor, in a comfortable position. They cannot move. The last one in wins.

HEADS DOWN THUMBS UP

Play this classic game using your own preferred rules. There are so many variations!

WHISPERS

Divide class into even lined teams. Whisper a joke or sentence for each team to repeat and whisper down the line.

HOKEY POKEY

Teach the words and actions to this classic song. A quick break that comes with lots of fun.

20 QUESTIONS

The 'it' person has an item/object in mind and the rest of the children have 20 YES or NO questions to guess the answer.

20 STAR JUMPS

A quick movement activity that gets children moving, before refocusing on their work.

CHICKEN DANCE

Perfect for all ages, it's always a great way to break up the day!

FREE DRAWING

Give each student a piece of paper and have them draw anything they like.

COLOURING IN

Give each student a colouring in sheet and let them colour in the various pictures.

ROBOT DANCE

Have children move or dance like a robot to appropriate music.

YMCA

Join in with The Village People on Youtube and sing and dance to this catchy tune.

STRETCHING

Have the class stand up and work their way through 5 to 10 different stretches.

MACARENA

Learn and dance to the classic song 'The Macarena.'

YOGA

Classroom yoga is a great brain break. Encourage kids to be mindful as they move through different yoga poses.

HANGMAN

Play this game as a class. Choose a word and students have to guess the letters that are in the word.

BOGGLE

Write a set of letters on the board and have students make 5 words using just those letters.

NUTBUSH

Another classic dance routine. Watch and learn Tina Turner's Nutbush City Limits.

PICTIONARY

Children have 30 seconds to guess what the student/teacher is drawing. Take turns.

TEAM CHALLENGE

Divide children into teams and give them a set of items. Use those items to build/make different items in 5 minutes.

CHALK DRAWING

Head outside with chalk and get creative on the cement. Let children run wild with their imagination.

NATURE WALK

Head outside and go for a nature walk. Explore the gardens and environment.

I SPY

Take turns playing this classic game. You can play inside or outside.

SCAVENGER HUNT

Give students an item, object, colour, sound to find in the room.

When you say go, students must stand near that item.

READING

Give students 5 minutes of free reading time to relax and unwind.

FREE CHOICE

Children can choose a 5-minute activity to help them relax, refresh and refocus.