

# Brain Breaks

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**Blue** - Binary Fun (Maths)

**Green** - Get out of your Seat

**Orange** - Oratory Activities  
(Literacy)

**Purple** - Pulse Raisers (High  
Energy)

**Red** - Random



### Instructions:

- Print onto photo paper, cut out and stick onto co-ordinating lollipop sticks. Easy! 😊
- Select one at random (or let a student pick one) when your class needs a quick 5 minute break to use up some energy, re-focus them or as a treat for good behaviour.
- The activities are color coded by category so if you want to focus on math skills you can choose a blue one and if you want to keep them near their seats you can avoid the green ones!

For more creative and inspiring ideas check out my blog -

<http://beinginspired-blog.blogspot.ie>

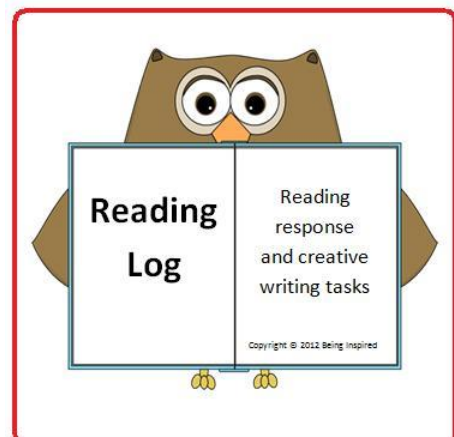
**Thanks so much for downloading my Brain Breaks Freebie.**

Do get in touch if there is anything I can do to improve it or adapt it to better suit the needs of your students. Some of these activities will require space and a bit of preparation so you might need to mix and match them to suit your classroom. 😊

Email – [blog.beinginspired@gmail.com](mailto:blog.beinginspired@gmail.com)

TPT Store - <http://www.teacherspayteachers.com/Store/Being-Inspired>

*You might also like some of these other items from my store:*



Body percussion  
rainstorm - watch  
<http://www.youtube.com/watch?v=yjbpwlqp5Qw&feature=related>  
and recreate!  
(Perpetuum Jazzile)

## Rainstorm



Pick a few students  
at random to tell a  
joke, sing a song, do  
a dance etc.

## Open Mic



Spend a few minutes  
meditating and  
practicing deep  
breathing. Then do  
the plank, downward  
dog etc.

## Yoga



Pick a category and each child says one word that fits in that category. E.g. "verbs", "mammals", "things that float"

## Categories



Assign every student an unfamiliar word. They give the real definition and a made up one and the class guess which is correct.

## Fictionary



Students take it in turns to write a letter or word in the air. The class/ their partner try to guess what it is.

## Sky Writing



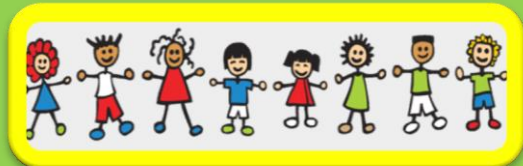
Say two body parts,  
e.g. "shoulder to hand",  
"elbow to foot".  
Students find a  
partner and put those  
body parts together.

## Shoulder to Shoulder



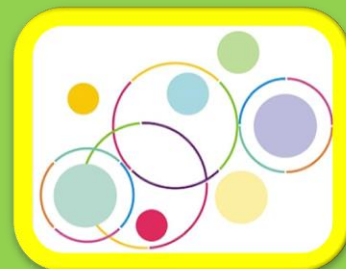
Children line up in  
order with or  
without talking -  
"birthdays",  
"alphabetical by  
name", "height" etc.

## Get in Order



Call out a number  
and students must  
form a circle with  
that number of  
students in it.

## Circles





Play a popular song and ask the class to play along on the air guitar (or air drums, keyboard etc.)

## Air Guitar



Make 3 dice with action verbs, emotions and animals on each side. Roll all 3 and have the class act it out. Eg. "jump sadly like a lion"

## Action Dice



Give a list of actions for class to repeat. Eg. "jump twice", "jump twice and turn around", "jump twice, turn around and touch the ground" etc.

## Memory Jump



Students stand at their places and jump, jog on the spot etc. until you call out a word. They freeze until someone uses the word correctly in a sentence.

## Frozen Vocabulary



Call out a word from the spelling list. Have students work in groups to spell out the word with their bodies.

## Body Spelling



Stick the words "true" and "false" on either side of the classroom. Call out statements and ask students to choose a side to run to.

## True or False





Skip counting activity  
- e.g. "Pop 2s" means  
the class counts 1,  
pop, 3, pop, 5, pop, 7  
etc.

**Pop**



Start by calling out "1".  
Any child can stand up  
and say "2", then  
another says "3". If  
two stand together  
then reset to zero.

**Group Count**



Students close their  
eyes and listen as  
you drop coins into a  
jar/can. Students  
guess how many you  
dropped.

**Coin Drop**

