Brain breaks are simple and quick activities that can help to re-charge the brain. They can be done before, during, or after lessons (or any time learners need to ‘wake up’ their brains).

This can lead to better concentration, which helps kids learn!

In this pack, you’ll find 23 different WIGGLE Brain Break cards, perfect for the classroom or at home.

Read more about them @ This Reading Mama

Terms of Use: This printable pack was created for you to use at home with your child/students or with multiple children in your classroom/tutoring setting. Please do not sell, host, reproduce, giveaway, or store on any other site (including a blog, Facebook, 4Shared, Dropbox, etc.). Thank you!
You may also like
All of these sight word spelling cards could also be used during a brain break!

©www.thisreadingmama.com

Let's connect!
Blog: www.thisreadingmama.com
Subscribe to my Newsletter: HERE
Facebook: /thisreadingmama
Pinterest: /thisreadingmama
Twitter: @thisreadingmama
TpT: /This-Reading-Mama
Email: becky@thisreadingmama.com
toe touches

Bend down and touch your toes, then stand back up. Do it again.

carry books

Pick up books and carry them across the room as you walk.

stretch it out

Stretch your body out. You can stretch your arms, neck, sides, or legs.

jumpin' jacks

Do as many jumping jacks as you can until time is up.

one foot hop

Hop on one foot as many times as you can until time is up. Switch feet if you need to!
Dance Party
Find an upbeat song and dance, dance, dance!

Just Jump!
Jump up. You can jump like a kangaroo, frog, or just as you!

Jog in Place
Stay in your spot and jog in place. If space allows, jog around.

Stomp! Stomp!
Stomp, stomp, stomp your feet...one, then the other. How loud can you stomp?

Very Video
Pick an online video and MOVE! (Be sure an adult helps you find the right video.)

Walk in Place
Stay in your spot and walk in place. If space allows, walk around.
Clap a Pattern

Listen to a pattern and copy it. ~OR~
Create a pattern for others to copy.

Wiggle it!

Wiggle your hands, head, legs, feet. Just wiggle it!

Spin around

Spin around 3 times to the right. Now spin 3 times to the left. Careful not to get dizzy!

Push the Wall

Do as many wall push-ups as you can until time is up.

Make a Pattern

Make a pattern with your body by patting your head, patting knees, or touching toes.

Elbow to Knee

Touch your right elbow to your left knee 10 times. Now do the same with your left elbow and right knee.
Stretch Arms
Cross your arms at your chest. Now stretch them way out. Repeat several times.

Push Ups
Get down and do some push-ups! How many can you do?

Lovin' Lunges
We're lovin' those lunges! How many can you do? Be sure to switch legs!

Animal Acting
Pick one of your favorite animals. Can you move and sound like that animal?

Move & Freeze
Put on some fast music and move it! Freeze when the music stops.

Just One Side
Can you only move one side of your body? Now, try the other side!