



Brain Break Ideas (Kluth, 2013)

- do the chicken dance/twist/hand jive
- 1, 2, 3 [hand clap/shout/twist]
- active voting
- do 25 jumping jacks
- countdown [5/4/3/2/1]
- Great Wind Blows
- touch all 4 walls in the room and come back to your seat
- take a 3 minute walk & talk with a partner (in classroom or outside)
- design a 4-step handshake with a partner and teach it to 3 people
- dance the YMCA
- run in place
- pretend to surf [play Hawaiian music or theme from Hawaii 5-0]
- body spell your name/spelling words/non-sense words
- play telephone
- yoga poses
- limbo
- stand and tell a collaborative story [sit when you share a sentence, move quickly]
- play a few rounds of rock, paper, scissors
- play Simon Says
- 25 “high knees”
- try some pattern claps
- 1-2 item scavenger hunt [find an example of symmetry; find something green]
- line up without talking by birthdays, number of siblings, address number
- do the wave (regular speed, then fast, then slow motion)
- dance party to any short song
- have a ‘snowball fight’ with scrap paper
- arm circles
- act like “it” [fusion, autumn leaf, a run-on sentence, a cobra, Gold Rush]
- act out vocabulary words
- draw math facts, geometric shapes, or words in the air
- charades in small groups
- dance the Macarena
- no-hands hot potato [keep a balloon in the air without using hands]
- beach ball toss [anyone who catches the ball has to share a fact/name/example/fact]
- “Rockin Robin”/”Who Let the Dogs Out”/”Under the Sea”
- chair aerobics
- conga line
- play cards [assign exercise to ea. suit & then flip cards having students engage in the exercises as you flip cards—suit is the exercise/number is the # of reps]