

HELP YOUR **BRAIN** GROW BY TAKING A BREAK!

Roll a die and perform the brain break in the 1st column. For example, if you rolled a 1 for your 1st roll, do 10 jumping jacks. Roll again to perform the 2nd brain break, then the 3rd. For extra fun, print out the affirmations die on page 2 and roll both dice. Say the affirmations during or after you perform the activity!

1st Roll

2nd Roll

3rd Roll



Do 10 jumping jacks



Dance to your favorite song

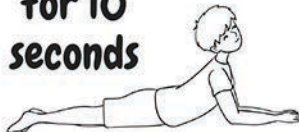


Balance on one foot as long as you can



Imaginary jump rope for 20 seconds

Snake pose for 10 seconds



Do a triangle Pose



Run in place for 20 seconds



Dog pose for 10 seconds



Do a bear walk for 1 minute



Waterfall pose for 10 seconds

Hop like a frog 5 times



Run in place for 20 seconds



Flamingo pose for 5 seconds



Skip for 1 minute



Tiptoe for 10 seconds



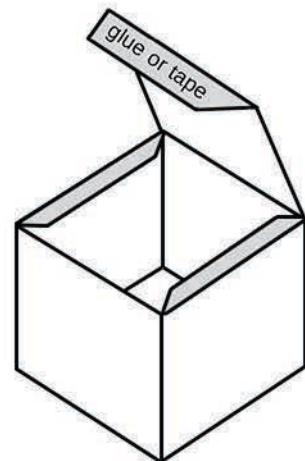
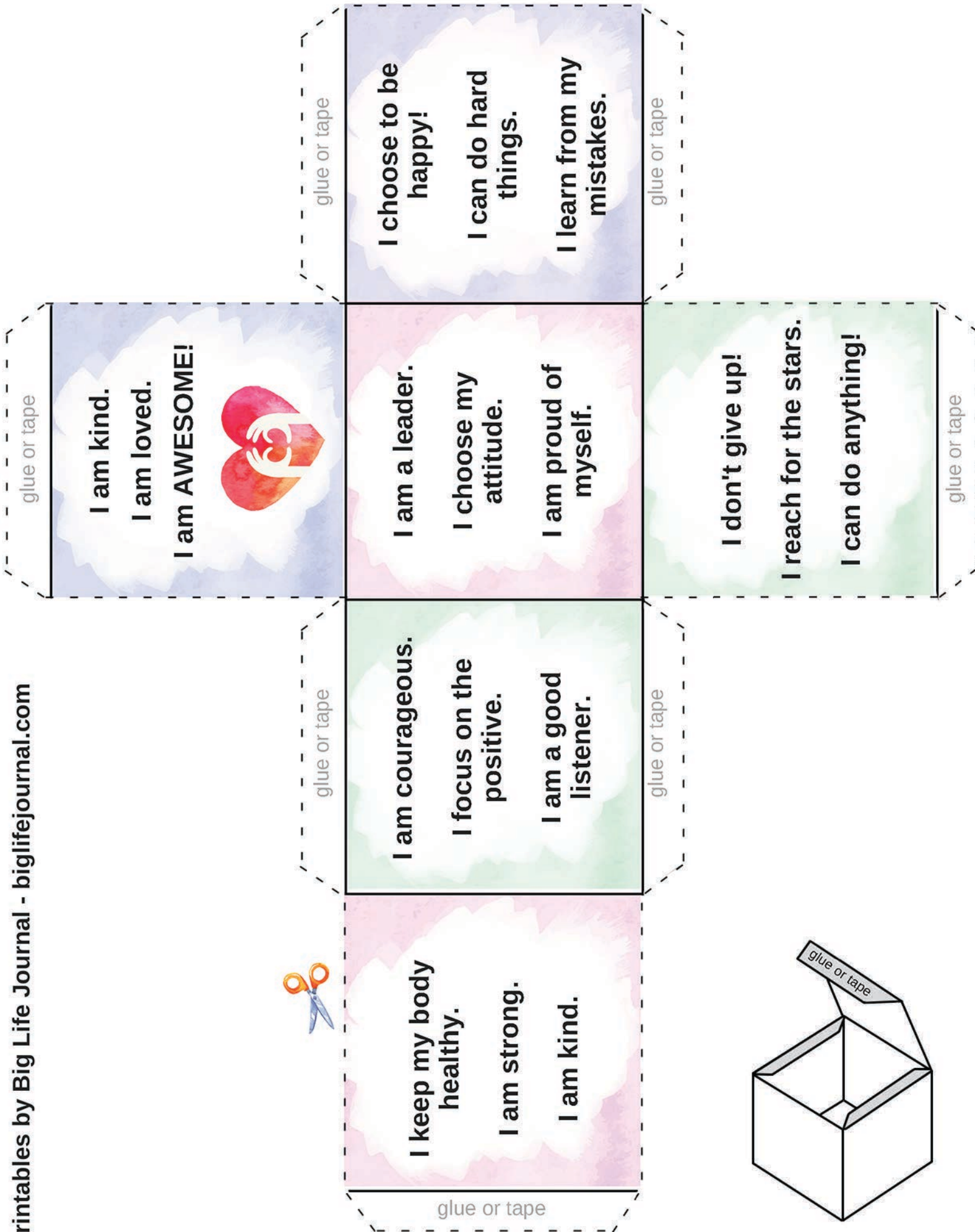
Pretend you are walking on a tightrope

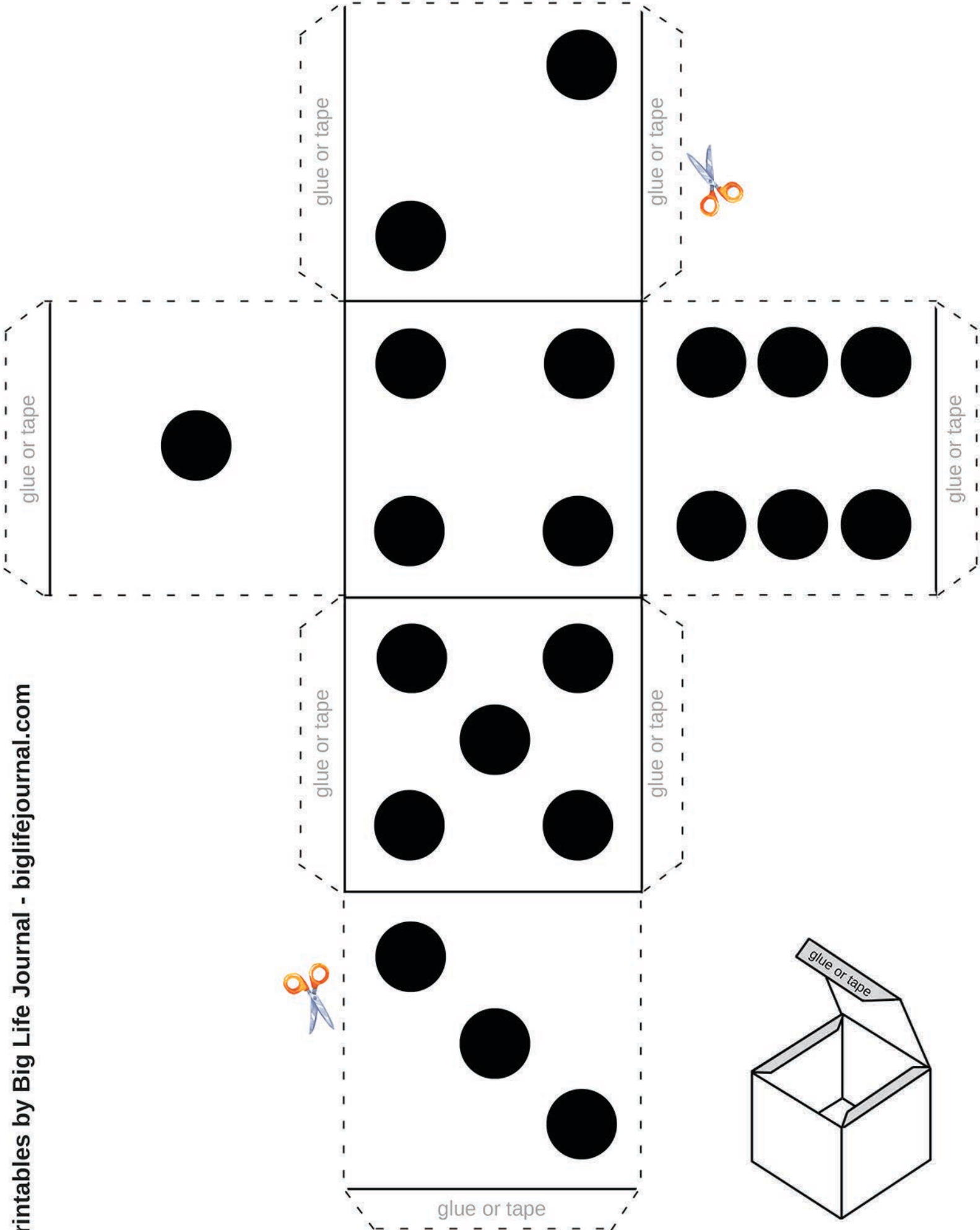
Walk like a robot



Air guitar to your favorite song







LEARNING *through* MOVEMENT ACTIVITIES



AGES 0-5

SHAPES YOGA

Start with a warm-up by making circles with your arms. Next, make some fun shapes with your body. Pretend to be a rectangle while doing a plank, go into child's pose as you make a circle, or downward-facing dog pose to make a triangle.



COLOR SLAM

Cut strips of different colored paper. Write the name of the color on a matching paper. Use wall-friendly tape to stick the strips of paper to the wall, leave plenty of room between the strips. Give your child a soft medium-size ball and then call out a color. Ask them to throw the ball at the matching color and repeat the color name as they throw the ball.

BLUE

ALPHABET GARDEN

With sidewalk chalk, draw big flowers and leaves on the pavement. Inside each flower and leaf, write a different letter of the alphabet. Give your child a small watering can filled with water and call out a letter. When they find the letter, tell them to water the letter as they say it.



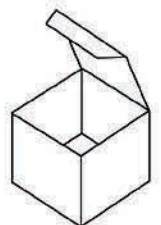
NATURE SCAVENGER HUNT

There are so many fun ways to do a nature scavenger hunt. You can hunt for specific colors, or shapes, or just collect flowers. You can also hunt for various pieces to create nature art.



GET UP AND MOVE CUBES

Make 2 paper cubes. On the 1st cube, write on each side different time limits; 45 seconds, 1 minute, 20 seconds, 7 seconds and so on. On the 2nd cube, write different movements; for example, kangaroo jump or crab walk. Roll both cubes at the same time. Your child should then move like the animal on the movement cube for the amount of time shown on the time limit cube.



LEARNING *through* MOVEMENT ACTIVITIES



AGES 5-10

GRATITUDE ALPHABET GAME

Stand in a circle or, if there are only two players, face to face. One player throws the ball to another person while saying something he/she is grateful for that starts with the letter "A". The person who catches the ball says something they are grateful for starting with the letter "B". Continue until you go through the entire alphabet.



HISTORY AND ADVENTURES

Does your child or student have a favorite adventure story or is she learning an important piece of history? Get creative with some fun pieces of clothing and props and have your child reenact that moment in time. This is an engaging way to learn a story, boost confidence and improve communication skills.



BOUNCE

Invite them outside to jump on the trampoline, or a rebounder, and read to them while they bounce. You can also use a jump rope or a pogo stick. A quick jump in between homework also makes for a fun brain-break!



DANCE, DANCE, DANCE

Turn on some tunes and get moving! A fantastic way to take a brain-break, improve your child's mood, and increase motivation. Do this at home or in the classroom.

BUILD IT WALKS

Commit to a walk around the block at least once a week with your child, or ask your students to get into groups and go for a walk around the school while working on sentence building.



MATH ON THE MOVE

Check out Math on the Move by Malke Rosenfeld for some fun activity ideas you can use at home or in your classroom. Malke uses her passion for dance and patterns in choreography and links them to learning patterns of mathematics.



LEARNING *through* MOVEMENT ACTIVITIES



AGES 11+

MUSCLE BREAKS

Start the day with a mile run to boost those feel-good hormones, or create stations of movement in your classroom for muscle breaks. For example a pushup, plank or jumping jack station. Use these stations in between periods of desk work to encourage movement and increase focus and motivation.



WALK 'N' TALK

Go for a walk with your child and share ideas. Let them talk about their dreams, visions, and inventions. If you are a teacher, provide your students with a list of questions to ask each other. You can use the Growth Mindset Conversation Starters (available in the Growth Mindset Printables Kit). Then gather students into groups of 2 or 3. Invite them for a walk around the school as they share their answers with each other.



EXERCISE BALL

Ditch the hard plastic chair and replace it with an exercise ball. This will not only engage your child or student's core, improving the health and posture of their body, but they will be able to make small movements while they think and process information.



LIBRARY SCAVENGER HUNT

Create a list of things to find in a library such as a specific chapter from an author your child or class is studying, a piece of music, a poem, or novel. Give the sheet to your child or student and have them tick off the item on the list when they find it. This activity will keep them active as they explore the endless shelves of knowledge.

