

30 At-Home Brain Breaks

5 minute break	15 minute break	30 minute break
Do 5 quick exercises	Take turns telling silly jokes	Dance to your favourite music
Phone/text a friend	Fly a kite	Read your favourite book
Kick a soccer ball	Jump rope	Throw a ball or frisbee
Make a healthy shake	Take a walk outside	Listen to music
Draw a picture	Take a photo	Play a board game
Create an obstacle course	Do a family puzzle	Do some yoga
Play a card game	Do some push ups	Play scrabble/Suduko
Play with your pet	Do a Find- A -Word	Make a short movie
Water a plant	Paint/draw a picture	Solve the rubrics cube
Walk around the yard	Build a paper aeroplane and fly it down the hall	Bake a healthy snack
Yoga ed Youtube video	Learn a card trick	Write a letter