

Break	Description
Jumping Jacks	Stand with your feet shoulder width apart and your arms at your side. As you jump, move your feet wider apart and move your arms out to the side and up above your head. Jump again to return to the starting position. Repeat.
Toe Touches	Stand with your feet shoulder width apart and your arms at your side. Inhale as you raise your arms up above your head. Exhale as you bend at the hips and reach down toward your toes. Repeat.
Simon Says	Choose one person to be "Simon." Everyone else must obey orders that begin with the phrase "Simon Says." If anyone obeys an order that does not begin with "Simon Says" they are out until the next game. Instead of getting "out" students could track how many times they mess up. Play for 5 minutes or until everyone is out.
Rock-Paper-Scissors	https://www.wikihow.com/Play-Rock.-Paper.-Scissors
Three-step Handshake	In pairs, have students invent a secret handshake with three steps. Have each pair teach their handshake to another pair, and see how fast they can do it without messing up.
Charades	Write vocabulary words on small pieces of paper. Fold the papers and put them in a container. Split the class into teams. The first team sends their first actor to the front. They have 30 seconds to act out as many words as they can without speaking or making noises. Tally how many are correctly guessed. Switch teams. Continue in rounds changing who acts out the words for each team.
Pictionary	Same as charades, except have them draw a picture on the board to represent the word - no letters or numbers allowed.
Hot potato	Pass a ball or a small object around a circle while music plays. If someone drops the ball they are "out." At a random time, stop the music. Whoever is holding the ball when the music stops is "out." Start the music again and continue passing the ball. Repeat until only one person is left.
One song dance party	Turn out the lights and play one song with an upbeat tune. Everyone must either dance or keep moving in a way of their choice throughout the entire song.
Air spelling	Pick a body part that you can move around (hand, elbow, foot, knee, head, etc.) Students must use that body part to spell a word in the air in front of them.
One-minute walk and talk	Choose a topic for students to discuss in pairs or groups of 3. Take your class on a short walk. The students must discuss the topic for the entire walk.