

Brain Breaks/ Physical activity breaks

Hot Potato (with a potato) /pass the hat

- Participants need to name a fruit or veg in order to pass the potato
- If the potato falls to the floor, everyone has to do a squat
- Depending on the size of the group, you can split into two groups and challenge the other to how many f+v you can name or can give a time limit
- I have not done this yet, but with other students, you could microwave the potato first and make it a real play on words.

Go noodle

gonoodle.com/

GoNoodle provides dance-alongs, yoga videos, mindfulness activities, and other awesomely active and fun ways to move. Use in a classroom with a smart board.

Stop and scribble

eatSMARTmoveMoreNC.com

- Begin by having participants do an activity standing at their desks: Jumping ,Twisting, Jogging ,Jumping jacks ,Hopping, Knee lifts, Playing air guitar
- Students continue activity for 30 seconds or until teacher calls out a vocabulary word at which point the students freeze.
- Teacher calls on volunteer to use the vocabulary word properly in a sentence.
- Resume activity or begin a new activity when a student uses the vocabulary word properly in a sentence.

Pass the ball categories

- Have participants stand in a circle in group of 2 to 5.
- Have them pass the ball in a pattern that they will remember.
- Now have them pass the ball in that same pattern but while sharing vegetable or Go Foods names.
- This can be done with state capitals, countries, math problems.

The Wright family story.

<https://www.cdc.gov/healthyschools/shi/pdf/training-manual/wrightfamily.pdf>

Move to Improve

Good for age group K-5

- If I say a Go food, Jump in place 3 times
- If I say a Whoa Food, do 4 toe taps.
- Can be modified to do anything that can be put in 2 categories (True/ false or sedentary/active)

Guess the leader

Good for a group of 15+

- Have everyone stand in a circle facing towards the center
- One person should volunteer to be the detective
- The detective has to go outside the room while the rest of the group chooses a leader that will lead the group in physical activity
- The leader will do a physical activity in place that the rest of the group will follow. The activity should change every 15 seconds.
- The detective come back in and stand in the middle of the circle and try to figure out who the leader is.
Play music (optional)

Ear and nose switch

- Everyone stand up.
- Grab your left ear with your right hand.
- Touch your nose with your left hand.
- Now switch. Grab your right ear with your left hand and touch your nose with your right hand.
- Switch back and forth as quickly as possible.

Movement integrated in academics

- Math and Science: Integrate simple movement tasks such as jumping jacks, squats or running in place in various math concepts (counting, equation, graphs). Monitor student's heart rates before and after the short burst of exercise and have them predict how their heart rate is affected.
Relay races with math and science problems
- Reading: ask students to spell words by using their bodies to mimic or trace the shape of each letter. Read books with action verbs and invite the students to demonstrate the movements

- Write each letter on the alphabet on multiple sets of bean bags. Spread the bean bags around the classroom. Give the students words to spell using the bean bags. Ask students to move around the classroom to retrieve letters needed to spell their words in a designated space.

Energizing breath

- Three quick inhales are each paired with specific arm movement, while the deep exhale is paired with a forward fold for a detoxifying effect.
- Participants start by standing comfortably with arm hanging to the side, knees slightly bent and leg hip distance apart.
- One the first quick inhale the participants raise their arms straight out in the front of their bodies, parallel to the ground.
- One the second inhale, have the Participants swing their arms out to the side (T position)
- On the third inhale, guide the Participants to swing their arms straight up to the ceiling, framing their head
- Finally guide the participants to bend at their waists and bring their arms forward to sweep the ground with their fingertips, as their forcefully exhale through their mouth.

Add on : have Participants check their pulses before and after the breathing exercises

Mix it Up:

- Create a dance sequence one move at a time by calling out a move. Add one move each time through the sequence. Moves could include- stomp left, high five, jump twice, spin in a circle, squat, etc.

Core Strength Brain Breaks:

FORWARD and BACKWARD CIRCLES

1. Point your arms toward the ceiling.
2. Keep your elbow straight and move your right arm forward creating a large circle. Continue making forward circles with this arm. Now do the same with your other arm except go BACKWARD. Continue with both arms moving at the same time. Make sure you have this pattern working before you continue.
3. While both arms continue to move, lift your right foot off the ground and make a ninety degree angle with your knee. Hold this for a few seconds.
4. Now extend your right knee out to make your leg parallel to the ground. Hold for a few seconds.
5. Stop.
6. Repeat the same process again with your left leg.

AIRPLANE

1. Point your arms toward the ceiling.
2. Lift your right leg and put it behind you. Try to keep your knee straight.

3. Lean forward with your body. Try to make your body, arms and leg parallel with the ground. Hold for 10 seconds.
4. Now try the same sequence with your left leg behind you.

DON'T FALL

1. Point your arms toward the ceiling.
2. Lift your right leg and put it to the side of you. Try to keep it straight.
3. Point your body in the opposite direction. Try to make your body, arms and leg parallel with the ground. Hold for 15 seconds.
4. Now try the same sequence with your left leg to the side.

A-B-C Group Activity:

1. Have group members form 2 lines.
2. The group leader then calls out a topic, such as physical activity, fruits and vegetables, etc.
3. When the leader says start, starting with the first person in each line, each person takes a turn and says, in A-B-C order, one item that fits the topic.
4. The object is to be the first team to get to the letter Z.

Brain Breaks for all:

1. Starting with one group member, each person will get to lead the group in a physical activity/brain break, until everyone has had a chance to go.