

Brain Break ideas!



Indoor energizing:

1. Jumping jacks or Jump rope
2. Shadowbox
3. Keep the balloon in the air
4. March/high step around the house
5. Skip up and down the hallway
6. Shoot baskets with nerf ball
7. Do push-ups or planks
8. Bounce on mini trampoline
9. Play ping pong
10. Do a treasure hunt!

Indoor calming:

1. Deep breathing!!
2. Yoga stretches
3. Bear crawl or crab walk
4. Balance a plate on your head and walk around
5. Listen to, or sing, a song

Outdoor energizing:

1. Go for a brisk walk
2. Bike, scooter or inline skate
3. Play catch
4. Play soccer
5. Play basketball
6. Make a chalk hopscotch on the sidewalk and play hopscotch
7. Play badminton
8. Weed the garden
9. Play tag
10. Outdoor treasure hunt!

Outdoor calming:

1. Sit in the sun and do deep breathing
2. Blow bubbles
3. Play with sand in a sandbox
4. Play with water in a watertable
5. Close your eyes and listen to the sounds of outside