

BRAIN BREAKS

crossing midline activities,
yoga poses and more!



Includes:

- 36 movement activity cards

Perfect for calming students, adding sensory input and
activating both hemispheres of the brain!

BRAIN BREAKS

Brain Break cards	Materials: • brain break sheets • scissors
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Set up:

- Print and cut out card sheets
- Place cards into a bag, have students pick out one at a time

How to play:

- Cut out cards, take turns picking out cards and follow the instructions
- Have fun!

Plank

Hold plank pose for 5
seconds

Jumping Jacks!

Balloon Breath

inhale as deeply as
possible and exhale as
slowly as possible

Bird Pose

Bend your knees, bring
arms behind you and
fly peacefully like a
bird

Tightrope Walk

Imagine you are
walking on a tightrope
heel to toe

Cat and Cow pose

move in cat/cow for 10
seconds

Butterfly pose

sit down bring soles of
feet together, knees
open like a diamond

Lion Pose

sit comfortably, open
your eyes and mouth stick
out tongue try to touch
your chin with your
tongue and roar!

Sloth

Walk and move slowly
like a sloth

Snake pose

Lie on your belly, push
hands into the ground
and lift your head

Warrior I

Feet spread apart like
on a railroad track,
back heel down, arms
lift overhead, switch
legs

PATTYCAKE

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Play patty cake with a
friend

Cross Crawl

while standing cross
right elbow to left
knee and switch

Shoulder Tap

Tap right hand to left
shoulder and switch

Toe Touch

Touch right hand to left
toes (or knee) and
switch

Toe Tap

Cross right toes in
front of left and tap-
switch!

Jumping Jacks!

Do ten jumping jacks

Crabwalk

belly up, crawl on
hands and feet for 15
seconds

Bearwalk

Hands and feet on the
floor, walk with hands
and feet
for 15 seconds

Wheelbarrow Walk

come into plank pose,
have a friend pick up
your feet and walk on
your hands

Tree pose

Stand on one leg, lift
opposite foot to shin or
thigh

Airplane Pose

Stand on one leg, bend
at hip lift opposite leg
behind you. Keep both
legs straight

Hop!

Hop on left foot five
times

Hop!

Hop on right foot
five times

Windmill

Windmill your arms
forward and backward

Leaf Pose

Sway your arms in the
air and float them
down like a leaf

Robot!

March like a robot

Frog

Frog hop for 15 seconds

Turtle

Crawl slowly like a
turtle

Standing

Stand on right leg for
15 seconds

Standing

stand on left leg for 15
seconds

Toe Touch

Touch your toes (or
knees) 5 times

Sloth Walk

Walk slowly like a
sloth

Tip toe stretch

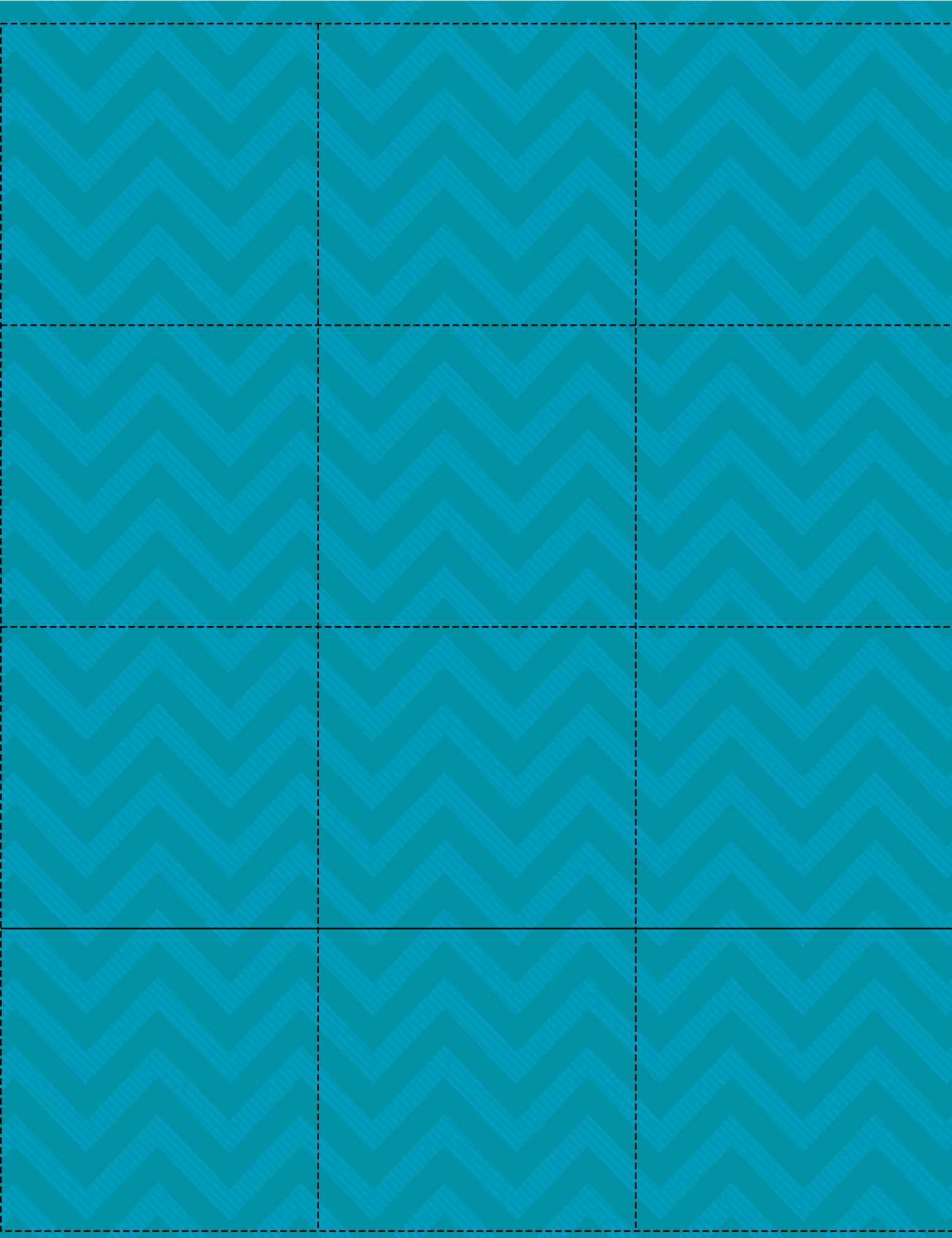
Stand on tiptoes for 10
seconds

Backward Walk

Walk backwards for 10
seconds

Downward Dog

Bring hands and feet
to the floor, walk feet
and hands apart. Push
floor away with hands
and feet



thanks for downloading

BRAIN BREAKS



see my tpt store for more
multisensory activities

Chevron background by:

