

Roll a Brain Break!



Students have exactly one minute to hop on one foot as many times as they can. Students should count their hops. If a student touches the ground with the other foot, he or she must start over.



Students pair up into groups of two. Pairs face each other. As quickly as they can, in this order, they must: clap right hands, touch left toes, clap left hands, touch right toes. Repeat until time is called. Adjust the order to make it easier if needed.



Students mill around the room until the teacher calls, "House, Tree, Rock!" Students quickly get into groups of three. Within each group, one student poses as a house (hands joined in a point above head), one poses as a tree (arms out like branches) and one poses as a rock (crouched on the floor). Do several rounds. Students should group differently each time.



Divide the class into four groups. When the teacher says, "Go!" The students in each group must line up in order by height as quickly as they can without talking. Variations: line up: alphabetically by first name, by hair length, by age (may need to allow talking for that one)

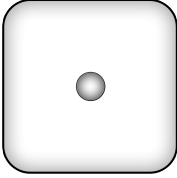


Each student takes exactly five steps away from his or her desk. Then they all spin around five times. As soon as they finish spinning, the students must try to walk in a straight line back to their desks.

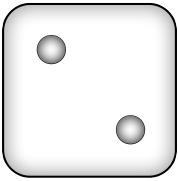


Students must walk six steps in each of these six ways: 6 backwards steps, 6 giant steps, 6 baby steps, 6 sideways steps, 6 tip-toe steps, 6 high-knee steps. If time allows, repeat, but reverse the order.

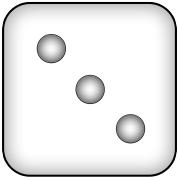
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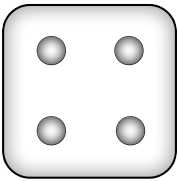
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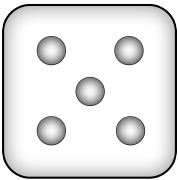
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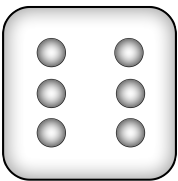
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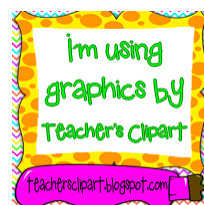
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I'm so glad you downloaded this freebie! This is a fun way to do Brain Breaks -just roll a die and follow the instructions in the box that corresponds to your roll. Just to make things interesting, each activity has a tie-in to its number!

You can find more Brain Breaks in card format [right here!](#)



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