

Brain Breaks FOR YOUR *Classroom*

- **Musical chat.** Think “musical chairs” but for big kids. Instead of finding a chair every time the music pauses, they find a new person to chat with.
- **Simon says.** It’s been around forever, but kids love it. Start out with the teacher as “Simon” and then transition to students taking turns as “Simon.”
- **Beach ball.** Toss a beach ball to the masses and instruct them not to let it touch the ground. For an additional challenge, add more beach balls.
- **Skip counting.** It’s a great skill for younger groups to practice. Have them go in order or call out names randomly.
- **Countdown.** Call out simple movements for students to do, but each time they do one less. For example: Give 3 people a high five; jump 2 times; do 1 push up.
- **Dance songs.** Play music such as “Cupid Shuffle” for older groups or “Head, Shoulders, Knees, and Toes” for younger learners.
- **Animal play.** Younger learners love to bring out their inner lion. Call out “lion” or “tiger” and students will make the sound of that animal, but don’t stop there! Encourage them to crawl like tiger or make an elephant’s trunk with their arm.
- **Freeze dance.** Remember freeze tag? Freeze dance takes on the same concept, except when the music pauses, all the dancers must hold their pose until the music starts again.
- **Do the impossible.** Rub your tummy while patting your head. Wave your right hand left to right while waving your left hand up and down.
- **Trading desks.** Anyone who meets the criteria, trades with another student who also meets the criteria. For example, “Trade desks with someone who has a November birthday.” This one is also fun when a big event is coming up: “Trade desks with someone who’s pulling for the Broncos in the Super Bowl this weekend!”