

Brain Breaks



One Minute Dance Party



Arm Rolls



Jog in Place 60 Seconds



Stretch



25 Invisible Jump ropes



Animal Pretend



Yoga Pose



Pattern Clap



Mirror Mirror



15 Jumping Jacks



One Minute Simon Says



COPYRIGHT

Stomp



Skip



Brain Breaks
Active
Movement
Cards

Twist



Spin



Hop



Leg
Raises



Creep



Knee Tap



Crouch



Shoulder Tap



Squat



Kick



Creep



Shoulder Tap



Balance



Stretch



Jump



Crunch



Lunge



Toe Tap



Thigh Pat



Jumping
Jacks



Plank



Elbow
To Knee



COPYRIGHT

25
JUMPING
JACKS

20 SECOND
AIR GUITAR

30 SECONDS
ELBOW TO
OPPOSITE
KNEE

15 PUSH
UPS

15 SECONDS
JUMPING
JACKS

20 SECOND FLY
LIKE AN
AIRPLANE

15 STAR
JUMPS

30 SECOND
CRABWALK

30 SECONDS
HIGH KNEES

FOAM
BREAKS

BOXING IN
PLACE

30 SECONDS
TOUCH YOUR
TOES, TOUCH
THE GROUND

HEAD,
SHOULDERS,
KNEES AND
TOES

30 SECOND
IMAGINARY
JUMP ROPE

60 SECONDS
STRETCHING

30 SECONDS
DANCE
BREAK

30 SECONDS
HOP IN
PLACE

MIRROR
YOUR
PARTNER

20 FROG
JUMPS

THIRD IN hollywood

Sensory Breaks

© Tales From Miss D, 2017

Do 10 star jumps



Hop 10 times



Sailboat



Push ups



Wall push ups



Balance on one foot



Dance



Jog in place



Spin 5 times



March in place



The Dancer



Clap your hands



Stamp your feet



Touch your toes



The Tennis



Stretch up high

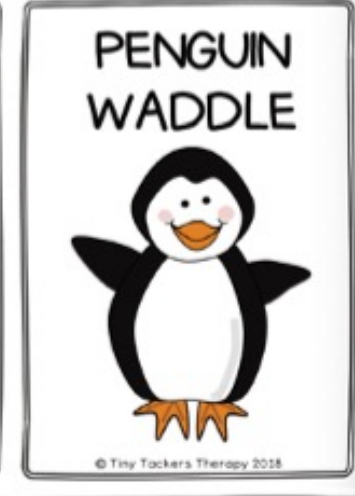


Kick the air 10 times



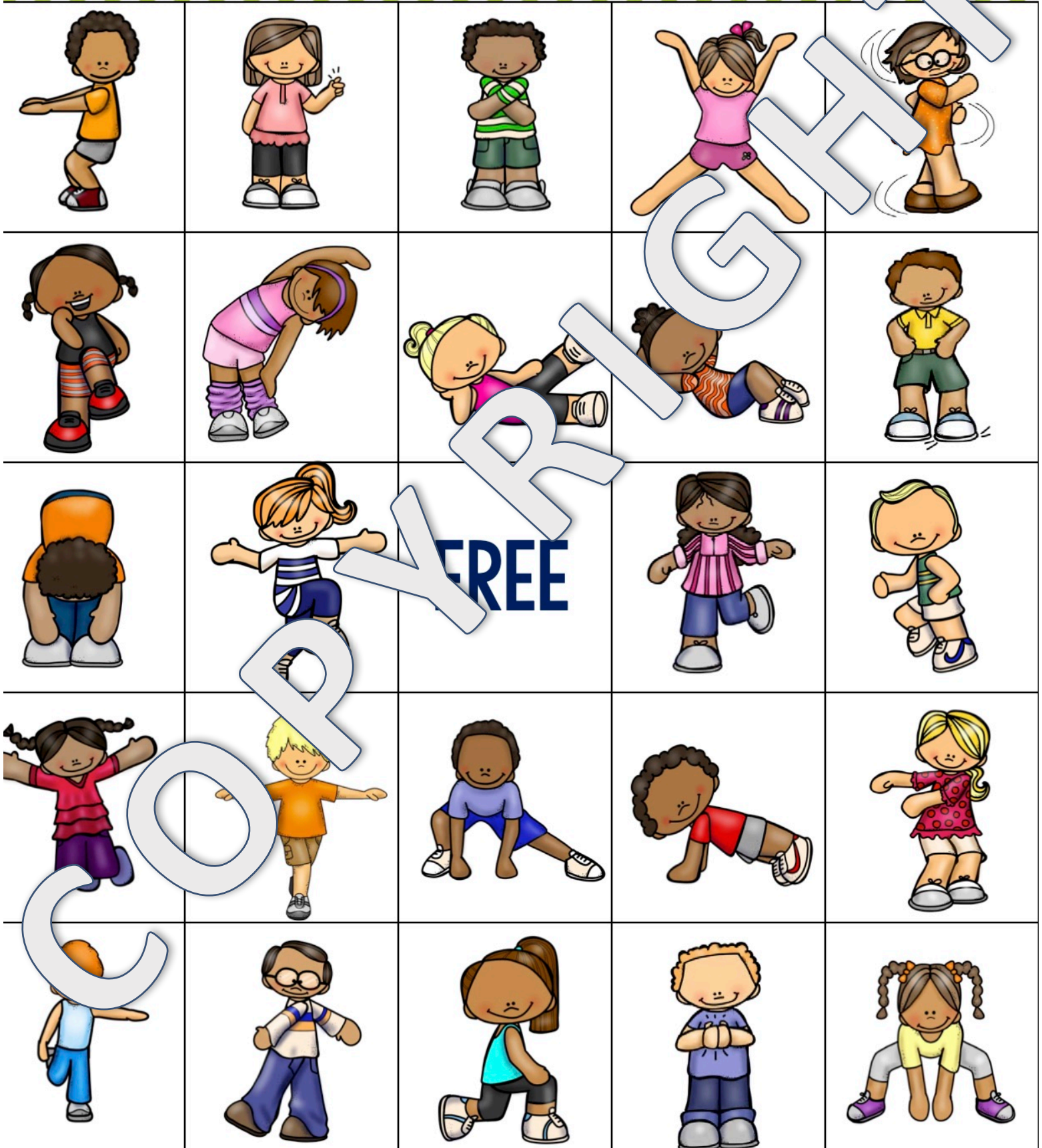
Body percussion





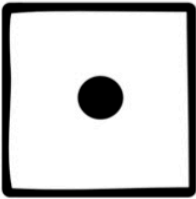

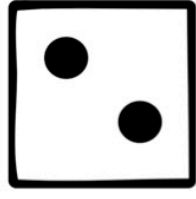

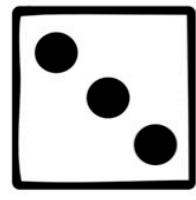

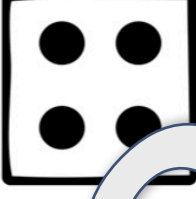


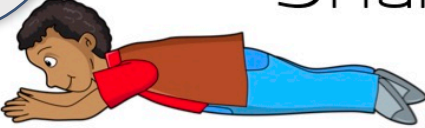


Fitness BINGO

© 2013 KATMEAL



Roll an Animal Walk

© Tiny Tackers Therapy 2018

I	ROLL #1 ANIMAL WALK	ROLL #2 NUMBER OF TIMES
	 Bear	2
	 Crab	4
	 Turtle	1
	 Walrus	5
	 Snake	6
	 Cat	3

In the Classroom

SLOW TWISTS



Slowly twist your upper body from side to side.

TOE TAPS



Alternate tapping each foot in front of the chair.

CHAIR TOE TOUCH



While sitting in your chair, lift both legs and touch your toes.

LEGRaises



While holding onto the back of a chair, alternate lifting your legs straight in front of you.

KNEE GRAB



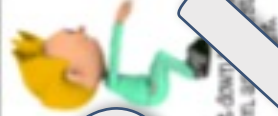
Take turns grabbing each knee while standing up straight.

KNEE RAISES



March in place while lifting your knees as high as you can.

SQUATS



Squat down into a seated position, then stand up straight.

ARM CIRCLES



Stretch out your arms and rotate them in circles, changing direction and size.

HEAD, SHOULDERS, KNEES & TOES



Touch your head, shoulders, knees, and feet.

JOG IN PLACE



How long can you jog in place?

LUNGES



With your hands at your waist, step forward into a lunge position.

BOXING JOG



Jog in place while boxing with your arms.

SIDE LEG LIFTS



While standing, lift your legs straight out to your side.

CALF RAISES



While standing straight, raise your heels so you are standing on the balls of your feet, and then lower your heels back to the floor.

JOGGING ARM ROLLS



While jogging, rotate your arms in a circle.

Movin' and Groovin'

DANCE



Move your body to the music (even if it's in your mind) and dance!

ELBOW TO KNEE



Touch your right elbow to your left knee, and vice versa!

BURPEES



Start by standing flat, then drop, touch your hands to the floor, jump up, and then return to standing position.

CALF RAISES



While standing up straight, raise your heels so you are standing on the balls of your feet, and then lower your heels back to the floor.

KNEE GRAB



Take turns grabbing each knee while standing up straight.

KNEE RAISES



March in place while lifting your knees as high as you can.

HEAD TOUCHES - KNEES & TOES



Touch your head, shoulders, knees, and toes!

HEEL-TOE WALK



Walk with your heels touching your toes.

JOGGING ARM ROLLS



Jog in place while rotating your arms in a circle.

JUMPING JACKS



Jump and land with your feet and arms apart, and then bring them with your feet together and your arms at your sides.

SKIING



Pretend you are sliding down a mountain.

SQUATS



Squat down to the seated position, and then stand up straight.

ARM JOG



Jog in place with your arms stretched out at your sides.

BOXING JOG



Jog in place while boxing with your arms.

JOG TO SPACE



How long can you jog in place?

LUNGES



Step one foot forward into a lunge position.

On the Ground

PLANK



See how long you can hold the plank position!

PUSHUPS



How many pushups can you do with your knees off the ground?

LEGS



While lying flat on your back, lift up one straight leg at a time.

FLUTTER KICKS



While lying flat on your back, kick your feet up and down like a scissor.

LEG LIFTS



Slowly lift and lower both legs while lying on your back.

MOUNTAIN CLIMB



From plank position, bend your knees as though you are climbing a mountain.

SIDE LEG LIFTS



While standing, lift your legs straight out to your side.

SIT UPS



How many sit ups can you do while getting your back completely off of the ground?

LEG LIFTS



While lying flat on your back, lift up one straight leg at a time.

FLUTTER KICKS



While lying flat on your back, kick your feet up and down like a scissor.

CAT & COW



Slowly alternate between arching your back like a cow and curving it like a cat.

ARM CIRCLES



Stretch out your arms and rotate them in circles, changing direction and size.

BURPEES



Start by standing, then crouch down, jump your feet up to form a plank position, and then jump straight up, returning to standing position.

CALF RAISES



While standing up straight, raise your heels so you are standing on the balls of your feet, and then lower your heels back to the floor.

LUNGES



With your hands at your waist, step forward into a lunge position.

SQUATS



Squat down to the seated position, and then stand up straight.

HEAD SHOULDERS Knees



Touch your head, shoulders, knees, and feet.

KNEE GRAB



Bring each hand up to grab the opposite knee while standing up straight.

What's your name?

Spell your name and do the activity listed for each letter. You can also spell your middle name, your pet's name, your favorite character's name, or try different words.

A Spin around in a circle 5 times

B Hop on one foot 5 times then on the other foot

C Jump up & down 10 times

D Run to the nearest door and back

E Do 2 cartwheels

F Do 10 jumping jacks

G Walk like a bear for a count of 10

H Balance on your left foot for a count of 10

I Hop like a frog 5 times

J March like a toy soldier for a count of 10

K Balance on your right foot for a count of 10

L Pretend to jump rope for a count of 20

M Do 2 somersaults

N Walk backwards 25 steps

O Walk sideways 25 steps

P Pick up a ball without your hands

Q Crawl like a crab for a count of 10

R Touch your toes 25 times

S Roll a ball using only your head

T Pretend to pedal a bike with your hands for a count of 20

U Flap your arms like a bird 25 times

V Reach for the clouds for a count of 15

W Walk on your knees for a count of 10

X Do 10 push-ups

Y Pretend to ride a horse for a count of 20

Z Do 25 jumping jacks



SIMON SAYS FITNESS DISGUISED AS FUN

Get your kids moving by playing Simon Says with these fun yet physical activities. You decide when or if you say "Simon Says"!

Shake your whole body.

Jump up and down.

Spin around in circles.

Do a cartwheel.

Do a somersault.

Wave your arms above your head.

Walk like a bear on all 4s.

Walk like a crab.

Hop like a frog.

Walk on your knees.

Lay on your back & pedal your legs in the air like you are on a bike.

Pretend to sit in an invisible chair 5 times - sit then stand, sit then stand, etc.

Hold your arms out at your side and make circles with them in the air.

Hop on your left foot 10 times.

Hop on your right foot 10 times.

Hop around like a bunny.

Balance on your left foot for a count of 10.

Balance on your right foot for a count of 10.

Bend down and touch your toes 10 times.

Reach behind you and try and hold your right foot with your left hand without falling over.

Show off the muscles in your arms.

Reach behind you and try and hold your left foot with your right hand without falling over.

Lay on the floor and stretch out as far you can for 10 a count of 10.

Pretend to shoot a basketball 10 times.

Pretend to jump rope for a count of 10.

Pretend to ride a horse.

Pretend to milk a cow.

Take 5 of the biggest steps forward that you can.

Pretend to lift a car.

Do the strangest dance you can think of.

Scream.

