

# Brain Breaks



Things I could do to give  
my brain a break

To give my brain a break, I could:



**Balance on  
a chair**

To give my brain a break, I could:



**Balloon  
breathe**

To give my brain a break, I could:



Blow out

To give my brain a break, I could:



Do chair  
push-ups

To give my brain a break, I could:



Close my  
eyes



To give my brain a break, I could:



Do wall  
squats

To give my brain a break, I could:



**Do chair  
twists**



To give my brain a break, I could:



Get a ball  
massage

To give my brain a break, I could:



Carry heavy  
books

To give my brain a break, I could:



**Clench hands  
and feet**

To give my brain a break, I could:



Do eagle  
arms

To give my brain a break, I could:



Do push-  
ups

To give my brain a break, I could:



Do wall  
push-ups

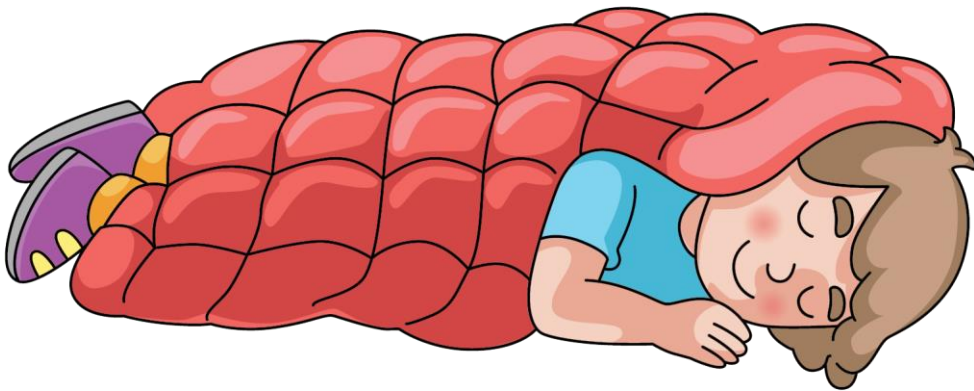


To give my brain a break, I could:



Do a tree  
pose

To give my brain a break, I could:



Lie under  
weight  
blanket

To give my brain a break, I could:



**Do a warrior  
on a chair pose**

## Resources used in this file from:



<https://www.teacherspayteachers.com/Store/Hello-Literacy>



<https://www.teacherspayteachers.com/Store/Ramonam-Graphics>



<https://www.teacherspayteachers.com/Store/Dancing-Crayon-Designs>