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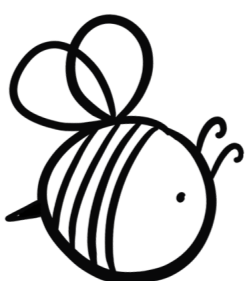
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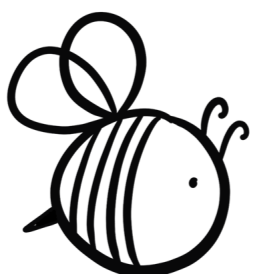
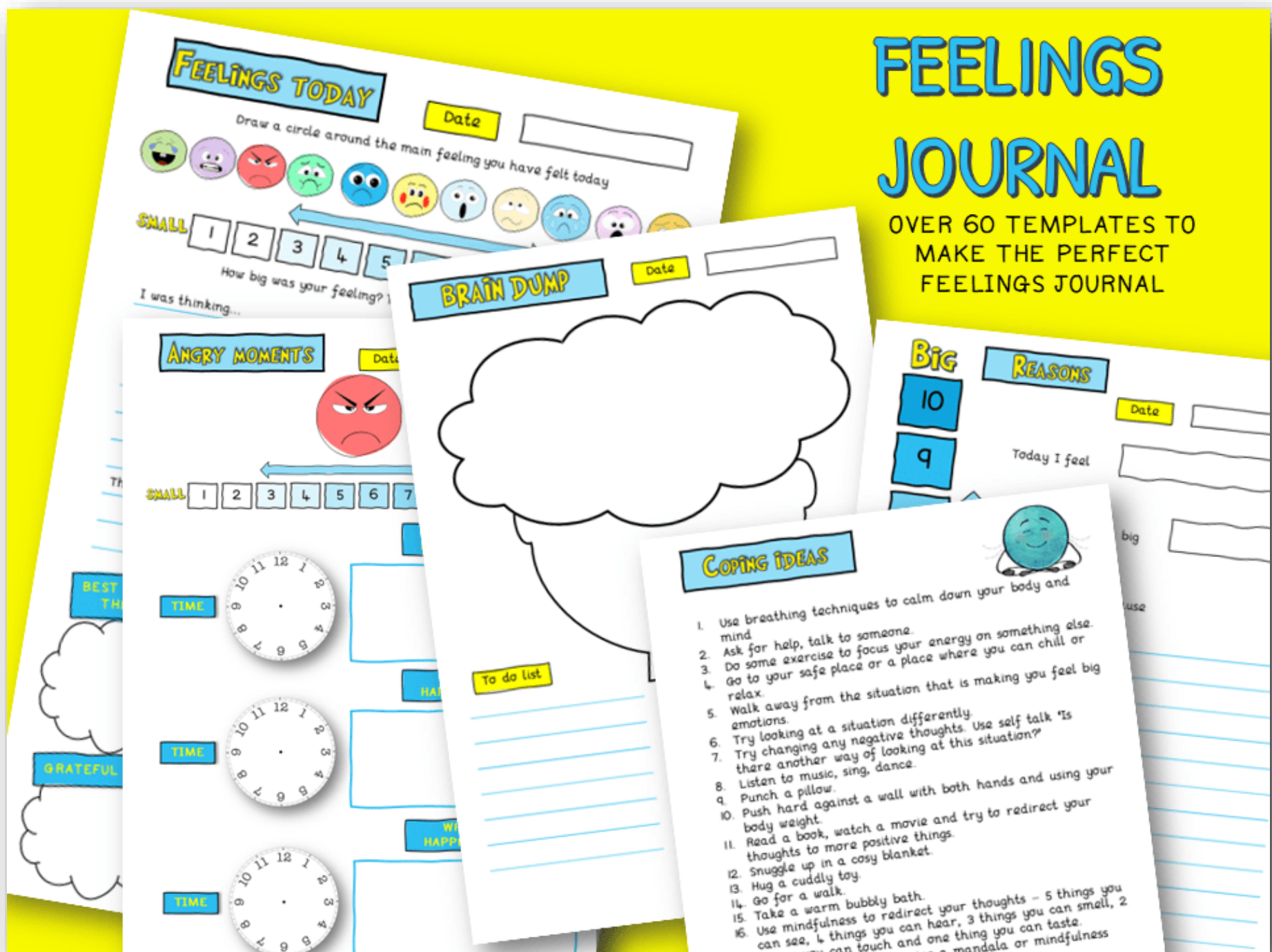




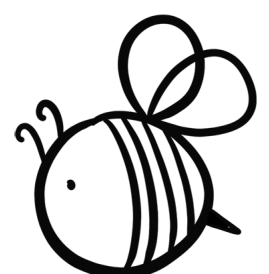
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# BRAIN BREAKS

This poster is set up for A3 printing.

Display it in your area to remind children to take a break from time to time. It might be at school or it might be at home.



Talk about all the ways children can take a break, to rest their bodies and their minds





Hug a cuddly toy



Do a puzzle



Cook something that  
you enjoy eating



Play a computer  
game



Try some yoga  
poses



Paint a picture



Write down your  
feelings



Draw a picture



10 side bends



Do some crafting and  
make something



Imagine your  
superpowers



Breathe



Play on your  
scooter or bike



Play with toys



Plant something  
and watch it grow



Play an instrument



Jump up and down  
10 times



# Brain Breaks



Do some stretches



Take notice of  
nature and look at  
it mindfully



Do a silly dance and  
enjoy yourself



Take notice of  
things around you



Throw and catch  
a ball



Run, run as fast as  
you can



Find the lyrics to your  
favourite song and sing it



Have a snack and enjoy  
eating your food



Have a nap and relax  
your mind and body



Spend time with  
friends



Read a book and lose  
yourself in story



Build with bricks



Take your dog for a  
walk