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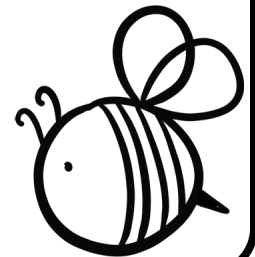
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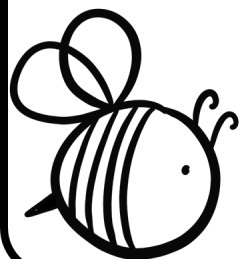




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Brain breaks

Brain breaks are short (often movement) breaks to help children refocus, and give their minds a break.

Movement can help children to get oxygen to their brains and help with their learning and behaviour.

Lots of children can't sit for too long and concentrate. As a rough guide I always think of their age and expect that many of minutes concentration. EG. 6 year old = 6 minutes.



Brain Break

Imagine you are bouncing on an invisible trampoline. Bounce up and down 20 times.

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Brain Break

You are a wibbly wobbly jelly. Wobble wobble, wibble wobble jelly on a plate. Move your body like a jelly.

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Brain Break

Stretch up as tall as a tree. Stretch your arms into the air, stand on tip toes and see how high you can grow. Can you reach the clouds?

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Brain Break

Notice 5 things in the room that you haven't noticed before. Walk around the room to find them.

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Brain Break

Imagine you are a dog and you have the most amazing sense of smell. What can you smell in the room now? Get on your hands and knees and be a dog!

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Brain Break

Imagine you are a bat and you are flying in the night sky. Flap your arms slowly and in a controlled way. What can you hear? Fly like a bat around the room.

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Brain Break

Use your smile. Notice how your face changes when you smile. How does it feel inside when you smile? Make lots of different smiley faces. Walk around the room and smile.

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Brain Break

Try the superhero pose. This will make you feel strong and brave. Stand with your legs slightly apart, hands on hips, push out your chest and lift your chin to the sky. Hold the pose for one minute.

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Brain Break

Dance in silence. Imagine your favourite song and play it in your mind. Move your body to the music. It can be a silly dance or a proper routine. Just go with it.

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Brain Break

You are climbing a mountain. Use your hands and your feet to climb slowly and carefully. Try not to slip? Did you reach the top?

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Brain Break

The sun is shining and you are a cloud floating in the sky. Float around the room slowly and carefully.

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Brain Break

Make a body pattern. For example clap three times, jump up and down 4 times, turn around, kneel on the floor, jump up and start the claps again. Make up your own pattern.

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Brain Break

Waddle like a duck around the room. Don't forget to quack. When you reach the water make sure you glide as you swim.

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Brain Break

Balance like a flamingo. Stand on one foot and hold for 10 seconds. Now try the other foot for 10 seconds. Don't get your foot wet!

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Brain Break

Slither like a snake. Lay on the floor on your tummy and imagine you are snake slithering in the long grass. Don't forget to hissssss!

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Brain Break

You are a sleepy cat. Curl up in a ball like a cat sleeping. Wake up and stretch your body a little at a time.

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Brain Break

Strut your stuff just like a rooster. Push out your chest, lift your chin and strut around the room for one minute.

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Brain Break

You are a pig and are rolling around in the mud. You are loving your mud bath. Roll around the floor covering all of your body in lovely MUD!

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