All 50 brain breaks at a glance

Teacher's quick list, page 1 of 2. Full instructions are on the cards.

	Brain break	Minutes	Space	Noise	Chair OK
○	**Mirror Me**	2	Beside desks	Quiet	Yes
○	**Weather Workout**	3	Beside desks	Some talk	Yes
○	**Count and Stretch**	2	Beside desks	Some talk	Yes
○	**Shake Down**	1	Beside desks	Lively	-
○	**Animal Walks**	3	Open space	Lively	-
○	**Freeze Frame**	2	Beside desks	Some talk	Yes
○	**Balance Challenge**	2	Beside desks	Quiet	Yes
○	**River and Bank**	2	Open space	Lively	-
○	**Wall Push-Ups**	1	Beside desks	Quiet	-
○	**Follow the Leader**	3	Open space	Some talk	-
○	**Number Jumps**	2	Beside desks	Lively	Yes
○	**Cross the Middle**	2	Beside desks	Quiet	Yes
□	**Balloon Breath**	1	At your desk	Quiet	Yes
□	**Square Breathing**	2	At your desk	Quiet	Yes
□	**Five Senses Check**	2	At your desk	Quiet	Yes
□	**Slow Stretch**	2	Beside desks	Quiet	Yes
□	**Hand Trace**	1	At your desk	Quiet	Yes
□	**Sound Hunt**	2	At your desk	Quiet	Yes
□	**Squeeze and Let Go**	2	At your desk	Quiet	Yes
□	**Picture a Cloud**	3	At your desk	Quiet	Yes
□	**Slow Motion**	2	Beside desks	Quiet	Yes
□	**Thank-You Minute**	1	At your desk	Quiet	Yes
△	**Alphabet Chain**	2	At your desk	Some talk	Yes
△	**Odd One Out**	2	At your desk	Some talk	Yes
△	**Guess My Thing**	3	At your desk	Some talk	Yes

○ Movement □ Calm and breathing △ Thinking and puzzles ◇ Quick games ☆ Seated and small-space

All 50 brain breaks at a glance

Teacher's quick list, page 2 of 2. Full instructions are on the cards.

	Brain break	Minutes	Space	Noise	Chair OK
△	**Finish the Pattern**	2	At your desk	Quiet	Yes
△	**Word Ladder**	3	At your desk	Quiet	Yes
△	**Quick Draw**	2	At your desk	Quiet	Yes
△	**Would You Rather**	2	Beside desks	Some talk	Yes
△	**Higher or Lower**	2	At your desk	Some talk	Yes
△	**Story Chain**	3	At your desk	Some talk	Yes
△	**Think Fast**	2	At your desk	Some talk	Yes
◇	**Teacher Says**	2	Beside desks	Some talk	Yes
◇	**Silent Ball**	4	Beside desks	Quiet	Yes
◇	**Heads Down Thumbs Up**	5	At your desk	Quiet	Yes
◇	**Four Corners**	3	Open space	Some talk	-
◇	**Clap Pass**	2	Beside desks	Some talk	Yes
◇	**Find the Leader**	3	Beside desks	Some talk	Yes
◇	**Rock Paper Scissors Train**	3	Open space	Lively	Yes
◇	**Fizz Buzz Count**	2	At your desk	Some talk	Yes
◇	**Silent Line-Up**	3	Open space	Quiet	-
◇	**Pass the Face**	2	At your desk	Some talk	Yes
☆	**Chair March**	2	At your desk	Some talk	Yes
☆	**Seated Twist**	1	At your desk	Quiet	Yes
☆	**Finger Tap Race**	1	At your desk	Quiet	Yes
☆	**Air Writing**	2	At your desk	Quiet	Yes
☆	**Desk Drum**	2	At your desk	Lively	Yes
☆	**Shoulder Reset**	1	At your desk	Quiet	Yes
☆	**Pat Clap Cross**	2	At your desk	Some talk	Yes
☆	**Ankle Alphabet**	2	At your desk	Quiet	Yes

○ Movement ▢ Calm and breathing △ Thinking and puzzles ◇ Quick games ☆ Seated and small-space