Make your own brain break cards

Write your class favourites. Tick the time, space and noise level. Cut along the dashed lines.



Name: _____

Minutes ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Space ☐ Desk ☐ Aisle ☐ Open

Noise ☐ Quiet ☐ Talk ☐ Lively



Name: _____

Minutes ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Space ☐ Desk ☐ Aisle ☐ Open

Noise ☐ Quiet ☐ Talk ☐ Lively



Name: _____

Minutes ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Space ☐ Desk ☐ Aisle ☐ Open

Noise ☐ Quiet ☐ Talk ☐ Lively



Name: _____

Minutes ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

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Name: _____

Minutes ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Space ☐ Desk ☐ Aisle ☐ Open

Noise ☐ Quiet ☐ Talk ☐ Lively