Brain break cards: Seated and small-space

Cut along the dashed lines. Page 1 of 2. Laminate them, or keep them on a ring.

SEATED AND SMALL-SPACE — 2 min

Chair March

At your desk · Some talk · Chair OK

Sit tall and march your feet on the floor while swinging your arms. Go fast for 10, slow for 10, then march on tiptoes, then on heels.

Adapt: Arms alone count as marching for anyone who cannot move their legs.

SEATED AND SMALL-SPACE — 1 min

Seated Twist

At your desk · Quiet · Chair OK

Sit tall with feet flat. Gently turn your shoulders to the right and look behind you, hold for 3 breaths, then turn to the left. Twice each side.

Adapt: Turn only as far as is comfortable; turning the head alone is fine.

SEATED AND SMALL-SPACE — 1 min

Finger Tap Race

At your desk · Quiet · Chair OK

Touch your thumb to each finger in turn and back again, first one hand, then both. Then try one hand going forwards while the other goes backwards.

Adapt: Tap fingers on the desk one at a time if thumb-to-finger is hard.

SEATED AND SMALL-SPACE — 2 min

Air Writing

At your desk · Quiet · Chair OK

Write this week's spelling words, letters or numbers in the air with a finger, then an elbow, then a foot. Partners guess what was written.

Adapt: Write on a partner's palm with a fingertip, or on the desk, as another option.

SEATED AND SMALL-SPACE — 2 min

Desk Drum

At your desk · Lively · Chair OK

The leader taps a short rhythm on the desk and the class copies it. Add one beat each turn. Then a student leads the next rhythm.

Adapt: Students sensitive to noise tap with fingertips or on their knees.

SEATED AND SMALL-SPACE — 1 min

Shoulder Reset

At your desk · Quiet · Chair OK

Roll your shoulders forwards 5 times and backwards 5 times. Shrug them up to your ears, hold for 3, and drop. Finish with slow head nods: yes, then no.

Adapt: Small movements are just as good as big ones.

Brain break cards: Seated and small-space

Cut along the dashed lines. Page 2 of 2. Laminate them, or keep them on a ring.

SEATED AND SMALL-SPACE 2 min

Pat Clap Cross

At your desk | Some talk | Chair OK

Pat your knees twice, clap twice, cross your hands on your chest twice, wave twice. Repeat the pattern a little faster each round, then invent a new fourth move.

Adapt: Pat the desk instead of knees, and go at your own speed.

SEATED AND SMALL-SPACE 2 min

Ankle Alphabet

At your desk | Quiet | Chair OK

Lift one foot slightly and draw the letters of your name in the air with your toes. Swap feet and write your favourite animal.

Adapt: Draw letters with a finger or the nose instead of a foot.