Brain break choice board

Choose a square. Set the timer. Colour the square in when your class has tried it.

Name or class: _____

○ **3 min**

Weather Workout

Beside desks · Some talk

Drizzle, wind, thunder, sunshine: act the weather you hear.

□ **1 min**

Balloon Breath

At your desk · Quiet

Hands on tummy. Five slow balloon breaths.

△ **2 min**

Alphabet Chain

At your desk · Some talk

Pick a topic and go round the room from A to Z.

○ **2 min**

Freeze Frame

Beside desks · Some talk

Move to the beat. When it stops, freeze in a shape.

□ **2 min**

Five Senses Check

At your desk · Quiet

Notice 5 things you see, 4 you hear, 3 you touch...

◇ **2 min**

Clap Pass

Beside desks · Some talk

Pass one clap round the circle. Beat the record.

☆ **2 min**

Chair March

At your desk · Some talk

March your feet and swing your arms, fast then slow.

△ **2 min**

Quick Draw

At your desk · Quiet

20 seconds to draw it, then hold it up.

☆ **1 min**

Shoulder Reset

At your desk · Quiet

Roll, shrug and drop your shoulders.

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

My brain break choice board

Write or draw nine brain breaks your class likes. Add the minutes in the corner.

Name or class: _____

min	min	min
min	min	min
min	min	min