

Brain Breaks

Activity Sticks



Activities for
any
classroom
K-5

Product
includes
labels and
explanation
of activities

Keep Calm and Teach On
Rachel Horn

Keep Calm
&
Teach On

Brain Breaks

Activity Sticks

Activity

Explanations



Macarena - I have the song saved to my desktop so I can just double click really quick and we Macarena for one minute.

Tic Tac Toe - The students play tic tac toe on their paper with the person who sits next to them. They try to see who can win the most in one minute.

Spin X 3 - This is the one I pick on purpose when we are short on time, haha. The just stand up, spin around 3 times, and sit back down.

Seat Switch - They have 10 seconds to sit in someone else's chair. They then check the last problem that person did. They then have 10 seconds to return to their desk.

Open Mic - Students can share jokes. I also have a book that I can share from when the kids run out.

Would You Rather... - I share would you rather questions from a book.

10 Cherry Pickers - This is a work out. Here are the steps. 1) Jump up to the ceiling 2) jump down into push up position 3) jump into a frog position, That's I.

10 Push Ups - Self explanatory

Dance Party - I turn on a fun song (Hanna Montana or something)and we dance for a minute.

High Cincos - High 5's to 5 people.

Rainstorm - Start by everyone tapping one finger on the desk, then two, then three, then four, then lightly tap whole hand, a little harder, a little harder, now pound! Now do it all backward. It should sound like a rainstorm hitting the building.

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Keep Calm
&
Teach On

Pop! - This is a skip counting exercise. I say Pop! 2s, then we go in a circle, each child saying a number, but on each "2" they say Pop! 1, pop, 3, pop, 5, pop, 7, pop, etc.

Beach Ball Fun - Sit on desk and pass around a beach ball for 1 minute.

Zoom! - 1. Students sit in a circle. 2. The first person says "Zoom!" and turns their head quickly to their neighbor. 3. The next person says "zoom" and turns their head quickly to their neighbor. 4. That person passes the zoom to the next person and it travels around the circle. Try and beat the time it takes to get around the class.

Orange - Same as Zoom! just say orange instead. It sounds funny.

Telephone - Classic telephone game. Students play with the friends at their table to make it go quicker.

Categories - Pick a category such as words with long a, verbs, junk food, etc. Go around the room and each student says one word that fits in the category.

Get in Order - Say an order for the students to get it, such as height, birthdays, ABC first name, ABC last name, etc. Give them 1 minute to get there. Challenge - do it without talking!

Repeat After Me Song - Search "Camp Song - Little Red Wagon" on YouTube

Shoulder to Shoulder - Say two body parts, "shoulder to hand", elbow to knee", etc. Students must find a partner and put those body parts together. Call out another pair. Students must find a new partner.

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Jump Rope - Jump rope for 30 seconds... it gets tiring.

Kickboxing - Call out kickboxing moves for the students to follow.
"Jab, Uppercut, Hook, Cross"

"Be Banana" - It's a song, you can search it online.

Sign Language ABCs - Sing the ABCs and sign the letters.

"Singing in the Rain" - Similar to Tooty ta, "I'm signing the in the rain, just singing in the rain, what a wonderful feeling, I'm ch-ch-ch-ch-ch- ch-ch- ch-ch-ch hey! Ch-ch-ch-ch-ch-ch-ch-ch hey! Thumbs up, elbows back, knees bent, head up, tongue out!" Then sing it all again, looking silly. Sorry that's not a great explanation.

20 Jumping Jacks - Self explanatory

Bear, Man, Gun - Like Rock, Paper, Scissors but with hand motions.
"Bear beats the man, man beats the gun, gun beats the bear, if you tie, you die. 1, 2, 3, turn!"

Macarena

Tic-tac-toe

Spin X 3

Seat switch

Open Mic

**Would you
rather...**

**10 Cherry
Pickers**

10 Push-ups

Dance Party

High Cincos

Rainstorm

Pop!

**Beach Ball
Fun**

“Zoom!”

“Orange”

Telephone

Categories

Get in order!

**Repeat After
Me Song**

**Shoulder-to-
Shoulder**

**20 Jumping
Jacks**

**Bear, Man,
Gun**

**Rock, Paper,
Scissors**

**Follow the
Leader**

Simon Says

Jump Rope

Kickboxing

“Be Banana”

**Sign
Language**

**“Singing in
the Rain”**

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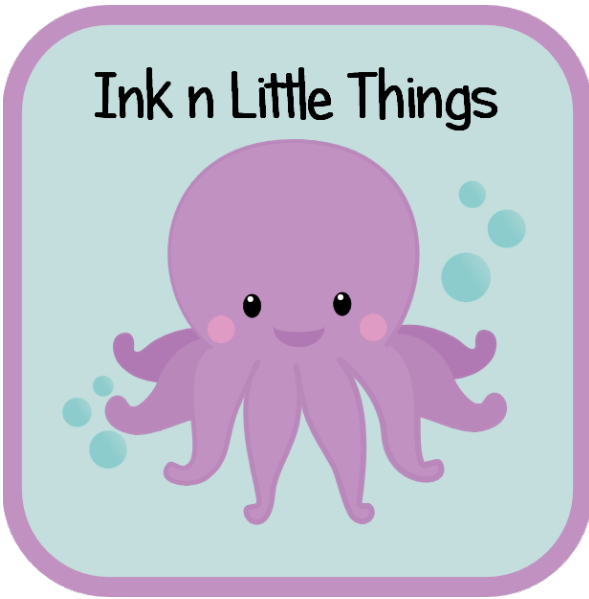
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**Teach On!
Rachel**

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