

PHYSICAL EDUCATION

K-5

Classroom Brain Break Cards

24 quick movement breaks for beside the desk. No equipment, no gym needed.

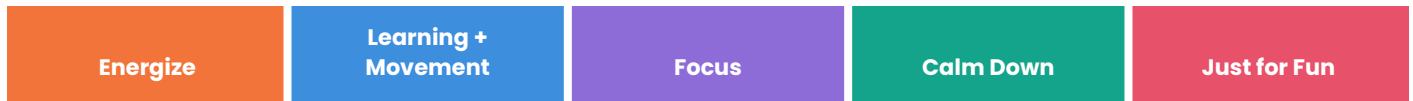


WHAT'S INCLUDED

- 24 illustrated cards, 4 per page
- 5 categories: Energize, Learning, Focus, Calm Down, Fun
- 1-3 minutes each
- How-to page for classroom teachers
- Perfect for indoor recess

How to Use the Brain Break Cards

Print, cut apart, and keep the cards in a ring or envelope. Pick a card by purpose: **Energize** after sitting, **Learning + Movement** during lessons, **Focus** before a test, **Calm Down** after recess, and **Just for Fun** any time.



Tips for classroom teachers

- Use a brain break every 20–30 minutes of seated work.
- Keep it short: 1–3 minutes, then straight back to work.
- Let students pick the card once routines are set.
- Push chairs in first so there is room to move.

PREVIEW

Shake It Out



Shake right hand 8 times, then left hand, right foot, left foot. Repeat with 4, 2, and 1.

ENERGIZE

#1

Desk Jog



Jog in place beside your desk. Speed up on "fast!" and slow down on "slow!"

ENERGIZE

#2

Rock, Paper, Scissors Jacks



Play with a neighbor. Winner does 5 jumping jacks; the other does 5 squats.

ENERGIZE

#3

Would You Rather Move



"Swim or fly?" "Run or jump?" Act out your choice for 20 seconds.

ENERGIZE

#4

Weather Report



Act out sunshine (reach up), rain (fingers wiggle down), wind (sway), and a thunderstorm (stomp).

ENERGIZE

#5

Math Moves



The teacher says a math fact. Jump the answer in place.

LEARNING + MOVEMENT

#6

Spelling Squats



Spell a word aloud. Squat on vowels, reach high on consonants.

LEARNING + MOVEMENT

#7

True or False Freeze



True: stand tall. False: crouch low. The teacher reads a statement from today's lesson.

LEARNING + MOVEMENT

#8

Count by Moves



Skip-count by 2s, 5s, or 10s with a new movement for each number.

LEARNING + MOVEMENT

#9

Mirror Me

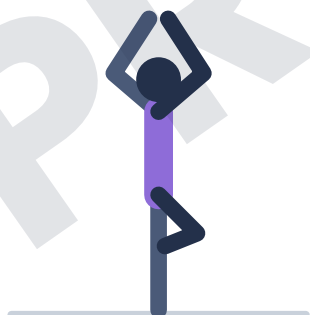


Face a partner. Leader moves slowly; partner copies. Switch after 30 seconds.

FOCUS

#10

Balance Challenge



Stand on one foot for 20 seconds. Switch feet. Try it with eyes closed.

FOCUS

#11

Cross-Crawl



Touch right hand to left knee, then left hand to right knee, 20 times.

FOCUS

#12