

# Brain Break Activities



# breathing activities



## Laughter Breath

Breathe in deeply. 

As you exhale - laugh -   
"ha ha ha!"

Keep going...you might laugh for real!



## Tummy Breath


Put your hands on your tummy.

Have your thumbs touch the bottom of your rib cage. 

Inhale and exhale slowly and calmly.

Feel your tummy and ribcage working.


## Wave Breath

Breathe in slowly through your nose. 


Exhale slowly through your mouth - saying "ha". 

Your breath will sound like a wave in the ocean. 

## Candle Breath

Hold a finger out in front of your face - pretend it's a candle. 

Breathe in slowly through your nose. 

Exhale slowly through your mouth - pretending to breathe on the candle - but don't blow it out. 

## Cooling Breath

Pretend you have a cup of something hot in front of you *(like cocoa or hot chocolate)*.



Breathe in slowly through your nose.

Exhale slowly through your mouth - saying "hoo" - pretending to cool down your hot drink.



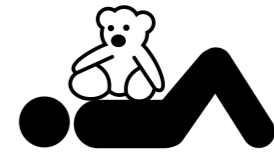
## Stuffy Breathing

Lie down on your back.

Put a stuffy on your tummy.

Breathe in slowly.

Breathe out slowly.



Watch your stuffy move up and down.

The slower your breath, the slower your stuffy moves.

## Triangle Breathing

Imagine a triangle in front of you. As you breathe, trace around the triangle in the air.

Breathe in for 3 counts.



Hold for 3 counts.



Breathe out for 3 counts.



## Square Breathing

Imagine a square in front of you. As you breathe, trace around the square in the air.

Breathe in for 4 counts.



Hold for 4 counts.



Breathe out for 4 counts.



Hold for 4 counts.



## Crazy 8 Breath

Imagine the number 8 on its side in front of you.



Breathe in as you trace one side of the 8 with your finger. *(about 4 counts)*



Breathe out as you trace the other side of the 8. *(about 4 counts)*

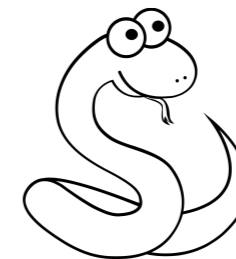


## Snake Breath

Breathe in deeply.



Breathe out slowly while you make a 'ssssss' sound - like a snake.



## Bunny Breath

Put your fingers on your head like a bunny.



Take quick sniffs in - like a bunny.

Take quick breaths out - like a bunny.

You can jump around like a bunny too.

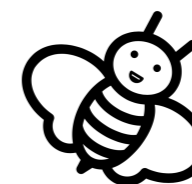


## Bee Breath

Breathe in deeply.



Breathe out and hum or buzz - like a bee.



You can put your hands on your ears to really hear the buzzing.

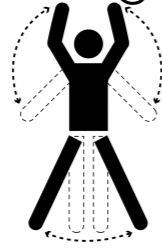


# movement activities



## Jumping Jacks

Jump while you move your legs and arms apart and together.

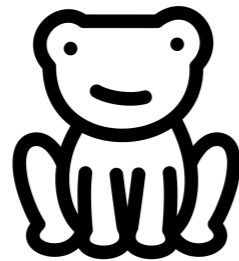


### Extra fun:

- ▶ count by 1s, 2s, 5s, or 10s
- ▶ move feet forwards and backwards, like you're skiing

## Frog Jumps

Crouch down on the floor, then jump up in the air, like a frog.



Keep jumping up and down like a frog - either in 1 spot, or around the room.

## Windmill Arms

Stand with your legs apart and your arms all the way out at your side - so your body looks like a **T**.



Roll your arms in circles - like a windmill.



### Extra fun:

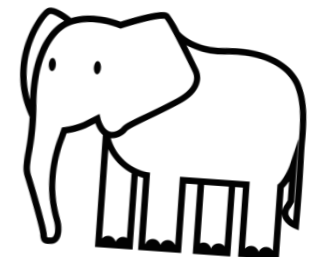
- ▶ bend at the waist and touch your right hand to your left foot - then switch



## Animal Walk

Pick an animal and walk around like your animal.

For example: waddle like a penguin, shuffle on the floor like a crab, stomp like an elephant...



## Toe Ups

Stand up tall.



Stand up on your toes. *(you can hold on to something for balance, if you need to).*



You'll feel the stretch in the back of your legs.

Switch between standing on your toes and then flat on your feet.

## High Knees

Stand up tall.



Bring your left knee to your right elbow.

Then switch - bring your right knee to your left elbow.

See how high you can lift your knees.

## Side Hops

Imagine there is a line on the floor.

Stand tall with your feet together.

Jump from one side of the imaginary line to the other - with your feet together.



## Dance Party

Put on your favourite song and dance it out!

The faster the song, the more energy you'll use.

Put on other people's favourite songs and dance out to those too!





## Triangle Pose

Stand with your legs apart and your arms all the way out at your side.

Bend over and touch your toes on one side, with your arms still out. Your body will make the shape of a triangle.

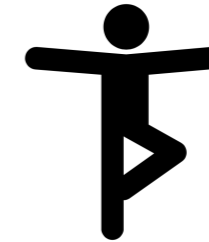


Hold the stretch.  
Then switch to the other side.

## Tree Pose

Stand tall with your feet a little bit apart. Feel the strong connection to the ground.

Bring one foot to the inside of your thigh.  
*(you can hold on to something for balance, if you need to).*



Hold the stretch.  
Then switch to the other side.

## Downward Dog

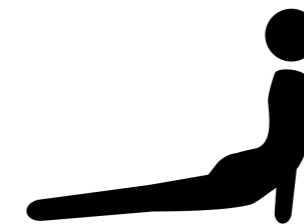
Bend over and put your hands on the floor far in front of you, until your body makes the shape of an upside-down **V**.



Hold the stretch.  
Bend and re-straighten your knees to get deeper into the pose.

## Upward Dog

Lie on your tummy.  
Put your hands underneath your shoulders, and lift your chest off of the ground.  
Keep your legs out straight behind you.



Hold the stretch.



# Online Brain Break ideas



[Go Noodle](#)

[BoksKids](#)

[FitSanford](#)

*from FitSanford*

[Cosmic Kids](#)

*Yoga and Mindfulness*

[YGym at Home](#)

*from YMCA*

[Brain Breaks & Focus Exercises](#)

*from Edutopia*

[DASH - Dedicated Action for School Health](#)

*Healthy at Home activities*

# With thanks to the following sources for inspiration.

Activities adapted & inspired by:

[Breathe Like a Bear - 30 Mindful Moments for Kids to Feel Calm and Focused - by Kira Willey](#)

[Strong Nations Yoga Cards](#)

[3<sup>rd</sup> Grade Teacher - Stephanie Van Horn](#)

*special thanks to Stephanie's work for the layout inspiration 😊*

[Yoga Games for Kids - Cosmic Kids](#)

[Laughter Yoga - Yoga Journal](#)

[Deep Breathing Exercises - Coping Skills for Kid](#)

[50 Educational Brain Breaks - We Are Teachers](#)

[Fun Ways to Get Kids Moving Every Day - Fit Sanford](#)

[FitFlow - Yoga for Kids - Fit Sanford](#)

[Fun and Simple Stretches for Kids - Very Well Family](#)

[Namaste Kid](#)

[tummee.com](#)

[GoNoodle](#)

