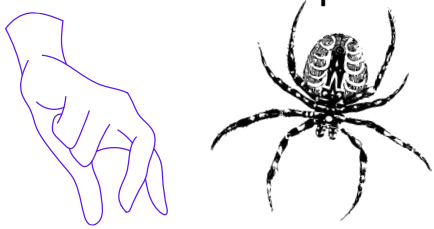


BRAIN BREAKS

Hand Crawls

Make your hand crawl over the table like a spider.



BRAIN BREAKS

Scrunch & Crumple

Scrunch a piece of paper, or foil into a ball. Uncrumple and scrunch again.



BRAIN BREAKS

Rainmaker

Tip your rainmaker and breathe in (hold your breath whilst the last beads rattle to the bottom) and then tip it again to breathe out.



BRAIN BREAKS

Snuggle Time

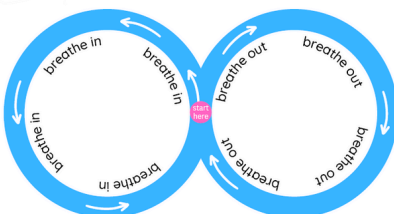
Wrap up in a fleecy, soft blanket.



BRAIN BREAKS

Deep Breathe

Use the lazy 8s deep breathing. Use your finger in the air.



BRAIN BREAKS

Gentle bouncing

Sit and bounce gently on the gym ball.



BRAIN BREAKS

Fiddle Toys

Use a stretchy, twisty toy to think and refocus.



BRAIN BREAKS

Super Hero Roll

Lie on the gym ball and roll forward and backwards.



BRAIN BREAKS

Draw It

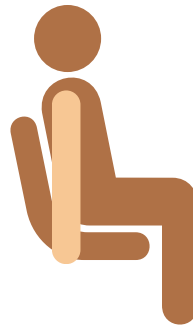
Use your dry wipeboard and pens to draw! (e.g. animals)



BRAIN BREAKS

Chair Push Ups

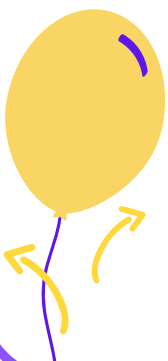
Sit on a chair and place your hands over each edge of the seat and use your arms to hover your body!



BRAIN BREAKS

Balloon Volleyball

Keep a balloon in the air. Pat from one hand to the other



BRAIN BREAKS

Brain Tricks

1. Pat your head, whilst rubbing your tummy.
2. Wink your eye whilst clicking your fingers on the opposite hand.

