

Brain Break Cards



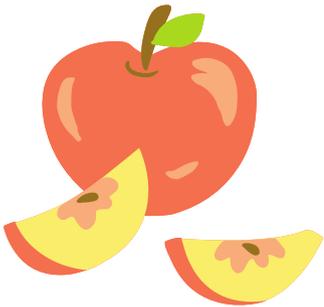
Jog on the spot
for 5 minutes



Move like a
crab



Dance Party



Have a snack



Read a book



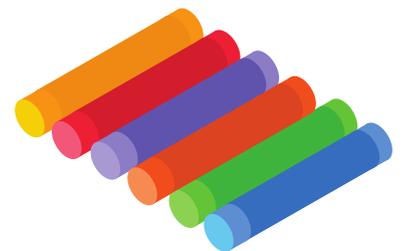
Walk the dog



Swing



Think happy
thoughts



Colour or
draw

Brain Break Cards



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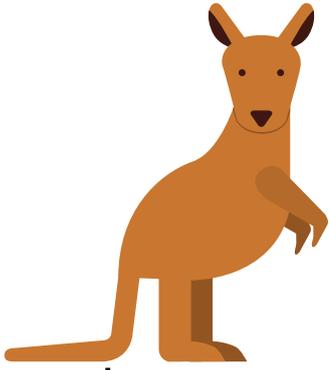


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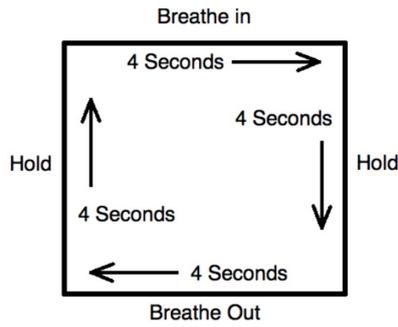


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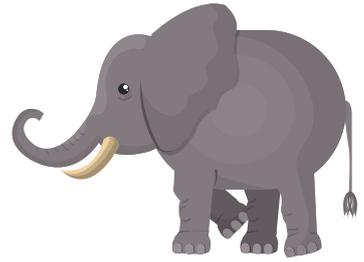
Brain Break Cards



Do kangaroo
hops



Square
Breathing



Do an
elephant stomp



Take a walk



Tell a
joke



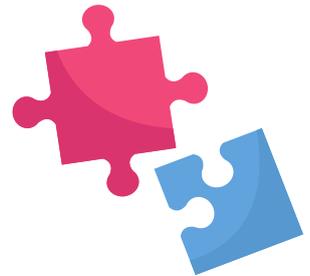
Have a drink



Have a hug



Listen to
music



Do a
puzzle

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Brain Break Cards



Yoga



Take deep
breaths



Do 5
star jumps



Skip



Stretch



Go for a
bike ride



Do 10
pushups



Blow bubbles



Jump

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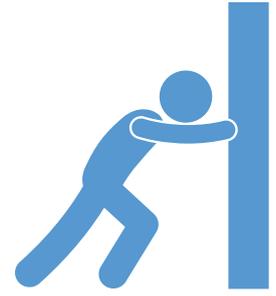
Brain Break Cards



Do side
bends



Figure of
8 breathing



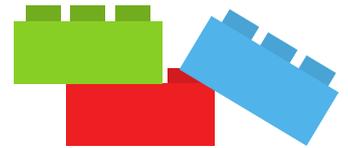
Push against
the wall



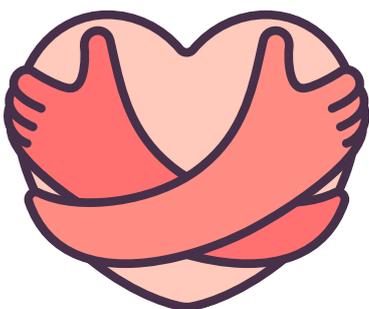
Think of 3
Good Things



Relax



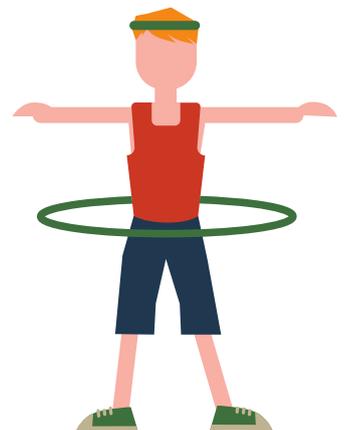
Build with
bricks



Give yourself
a hug



Sing a song



Hula Hoop

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