

KGPE

Wiggle Brain Breaks

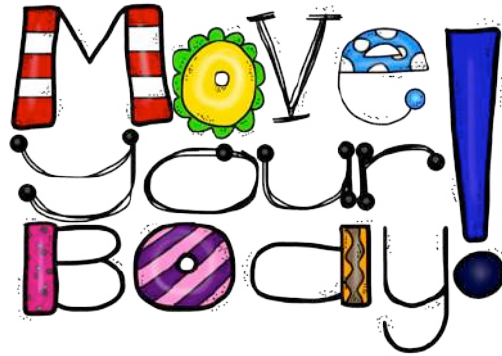


If you can print out these cards, you can then keep them to use whenever you feel like doing some exercise or just need to take a "brain break"!

You can do as many of them as you would like!

Wiggle Brain Break Cards

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toe touches

Bend down and touch your toes, then stand back up. Do it again.

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carry books

Pick up books and carry them across the room as you walk.

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stretch it out

Stretch your body out. You can stretch your arms, neck, sides, or legs.

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Jumpin' Jacks

Do as many jumping jacks as you can until time is up.

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one foot hop

Hop on one foot as many times as you can until time is up. Switch feet if you need to!

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Dance Party

Find an upbeat song
and dance, dance,
dance!

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Just Jump!

Jump up. You can
jump like a kangaroo,
frog, or just as you!

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Jog in Place

Stay in your spot and
jog in place. If space
allows, jog around.

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Stomp! Stomp!

Stomp, stomp, stomp
your feet...one, then
the other. How loud
can you stomp?

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Very Video

Pick an online video
and MOVE! (Be sure
an adult helps you find
the right video.)

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Walk in Place

Stay in your spot and
walk in place. If space
allows, walk around.

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Clap a Pattern

Listen to a pattern and copy it. ~OR~
Create a pattern for others to copy.

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Wiggle it!

Wiggle your hands,
head, legs, feet.
Just wiggle it!

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Spin around

Spin around 3 times to
the right. Now spin 3
times to the left.
Careful not to get dizzy!

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PUSH the Wall

Do as many wall
push-ups as you can
until time is up.

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make a Pattern

Make a pattern with your
body by patting your
head, patting knees, or
touching toes.

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elbow to knee

Touch your right elbow
to your left knee 10
times. Now do the
same with your left
elbow and right knee.

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Stretch arms

Cross your arms at your chest. Now stretch them way out. Repeat several times.

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PUSH UPS

Get down and do some push-ups! How many can you do?

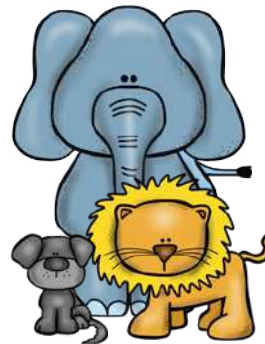
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lovin' lunges

We're lovin' those lunges! How many can you do? Be sure to switch legs!

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animal acting

Pick one of your favorite animals. Can you move and sound like that animal?

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move & freeze

Put on some fast music and move it! Freeze when the music stops.

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Just one side

Can you only move one side of your body? Now, try the other side!