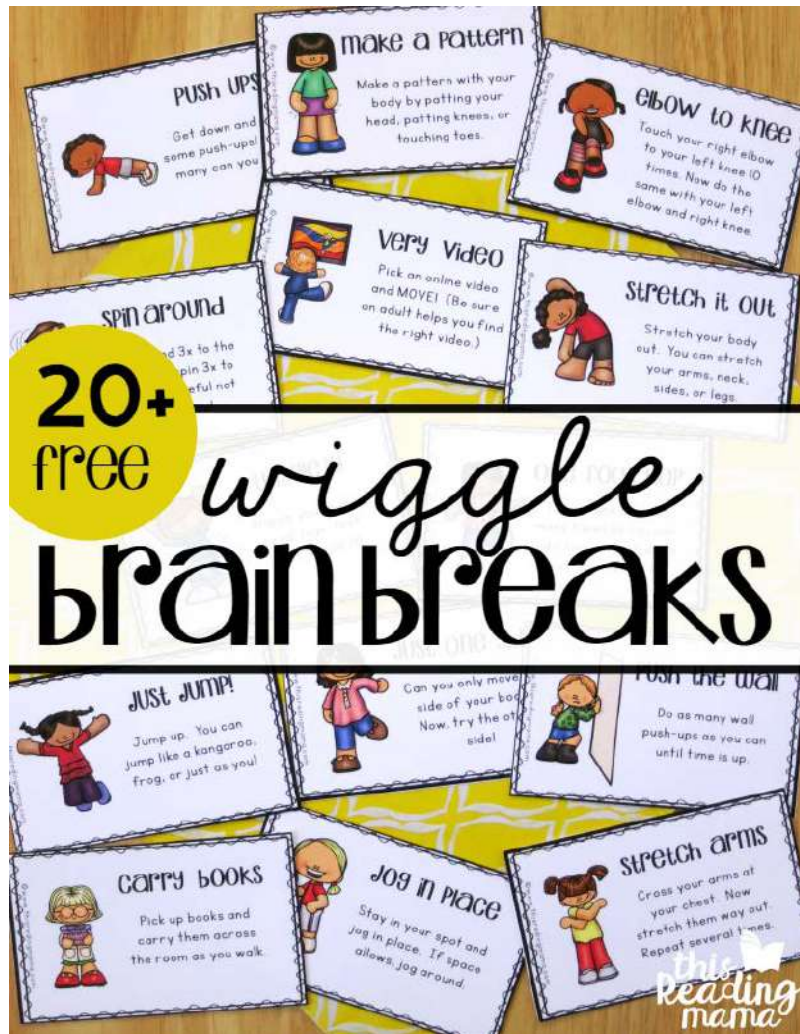


# Wiggle Brain Break Cards



Brain breaks are simple and quick activities that can help to re-charge the brain. They can be done before, during, or after lessons (or any time learners need to “wake up” their brains).

This can lead to better concentration, which helps kids learn!

In this pack, you'll find 23 different WIGGLE Brain Break cards, perfect for the classroom or at home.

Read more about them @  
*[This Reading Mama](http://www.thisreadingmama.com)*

**Terms of Use:** This printable pack was created for you to use at home with your child/students or with multiple children in *your* classroom/tutoring setting. Please **do not** sell, host, reproduce, giveaway, or store on any other site (including a blog, Facebook, 4Shared, Dropbox, etc.). Thank you!

Thank you to these clip artists →



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# you may also like

All of these sight word spelling cards could also be used during a brain break!

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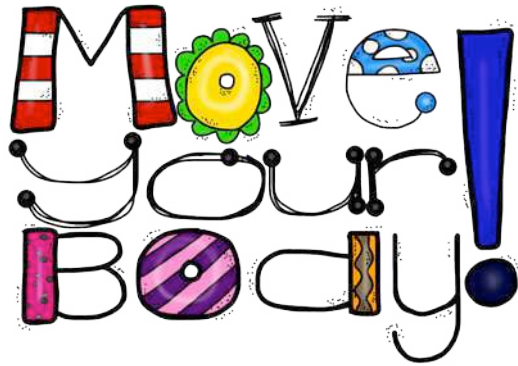
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# Wiggle Brain Break Cards

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## Wiggle Brain Breaks

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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!



# Wiggle Brain Break Cards

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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.

# Wiggle Brain Break Cards

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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.

# Wiggle Brain Break Cards

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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?

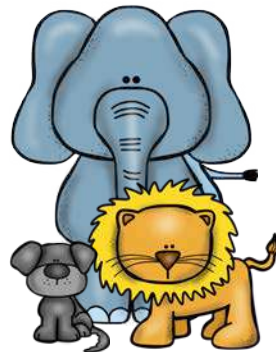
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## lovin' lunges

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!