



ROLL YOURSELF

A BRAIN BREAK! NEED A NEW CHALLENGE?



CREATE YOUR OWN BRAIN BREAK
POSTER TO ADD MORE MOVEMENT
TO YOUR CLASSROOM!



Pupils must attempt to balance on one foot for exactly ONE minute. They can lean and/or use their arms and other leg to stay balanced. If their foot touches the ground, they must sit down. The last pupil standing gets to roll the dice when it's time for your next Brain Break.



Pupils form groups of TWO. (If there's an odd number of children, pair one with teacher). They are to play three rounds of Rock, Paper, Scissors. The loser must perform TWO squats, TWO desk push ups, TWO star jumps and TWO lunges.



Pupils walk slowly around the room until teacher calls 'Hen, Horse, Hamster!' They must form groups of THREE. One pupil is a hen (with flapping arms). One pupil is a horse (with a trot or canter). One pupil is a hamster (with twitchy movements and a wriggly nose). Any pupil who doesn't make it into a group must pick their own animal mime.



On the call of 'Connect Four!' pupils must form teams of FOUR. They are to quickly line up in an order of their choosing (height, age, alphabetised surnames, hair length, foot size, etc). Teams can then take turns guessing what each order is based on. Allow a team of three or five where necessary.



Pupils take exactly five steps away from their own desk. They must spin around FIVE times, being careful not to bump into anybody. Then, they should try to walk back to their desks in a straight line.



Pupils must take SIX steps in each of the following ways: SIX backwards steps, SIX side steps, SIX bunny hops, SIX tip toes, SIX giant steps and SIX high knee steps.