

Brain Breaks

Brain Break

Power Posing

Research has shown that standing in a superhero pose for 60 seconds each day can help increase self-confidence!

Stand up tall with your hands on your hips and your chest puffed out!

What other superhero poses could you try?



Brain Break

Whole-Body Rock, Paper, Scissors

Instead of using our hands we are going to use our whole bodies to play

Rock: Scrunch yourself into ball

Paper: Stretch out your body as straight as possible, with your arms above your heads

Scissors: Legs spread and arms opening and closing

ROCK



PAPER



SCISSORS



Brain Break

Finger Tips

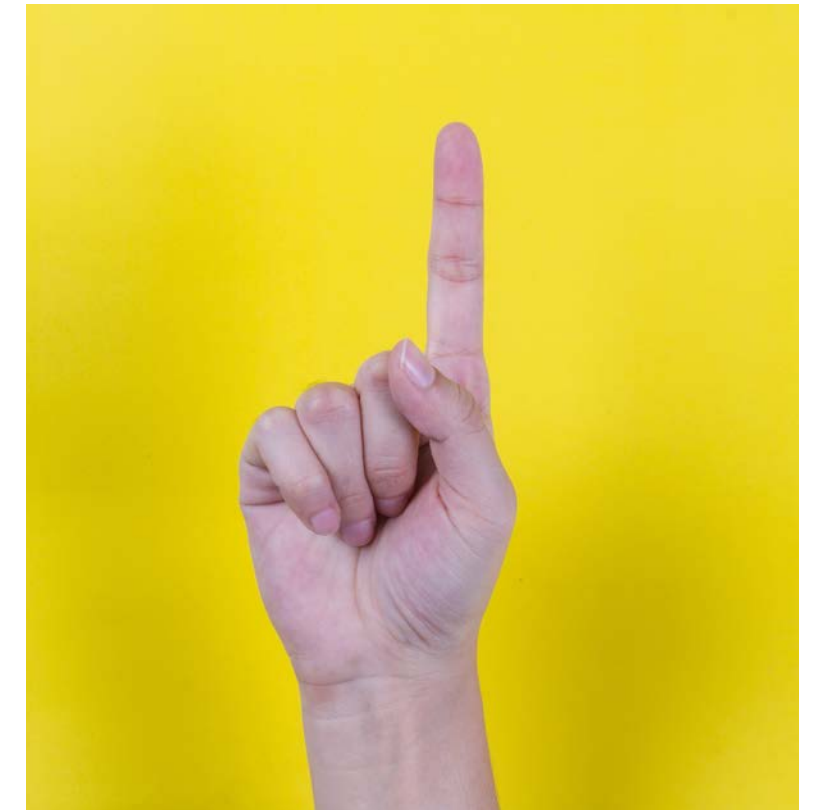
Make an X with your arms in front of you with your palms facing you

Keep your fingers in the air and lock your thumbs together

With the index (pointer) finger on your right hand try to touch each finger tip on your other hand

Take you middle finger and do the same, then your ring finger and your pinkie

Repeat the process for your left hand



Brain Break

X's and O's

Sitting on your chair, lean forwards and take your arms down to form an O shape, arch your back to help get the shape

Slowly stretch out your arms, legs and back to make an X, if it is safe you can lean back on your chair when you do this

Slowly move back to the O shape and repeat the stretch 2-3 times

Don't forget to breathe while you are stretching



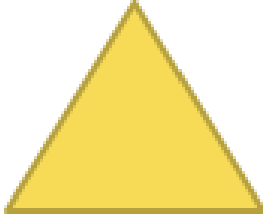
Brain Break

Scavenger Hunt

- Walk around the room and touch something
 - Starting with the letter A
 - The colour GREEN
 - Square shaped 
 - That requires electricity 

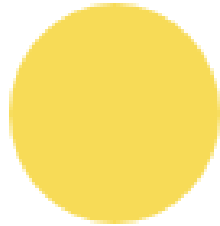
Brain Break

Scavenger Hunt

- Walk around the room and touch something
 - Starting with the letter S
 - The colour RED
 - Triangle shaped 
 - That you use for drawing or writing 

Brain Break

Scavenger Hunt

- Walk around the room and touch something
 - Starting with the letter P
 - The colour Orange
 - Circle shaped 
 - That you have read 

Brain Break

Silent Cheer

Stand up and **SILENTLY** cheer
and celebrate all of the work
you have done so far today



Classroom Yoga

Cat Pose

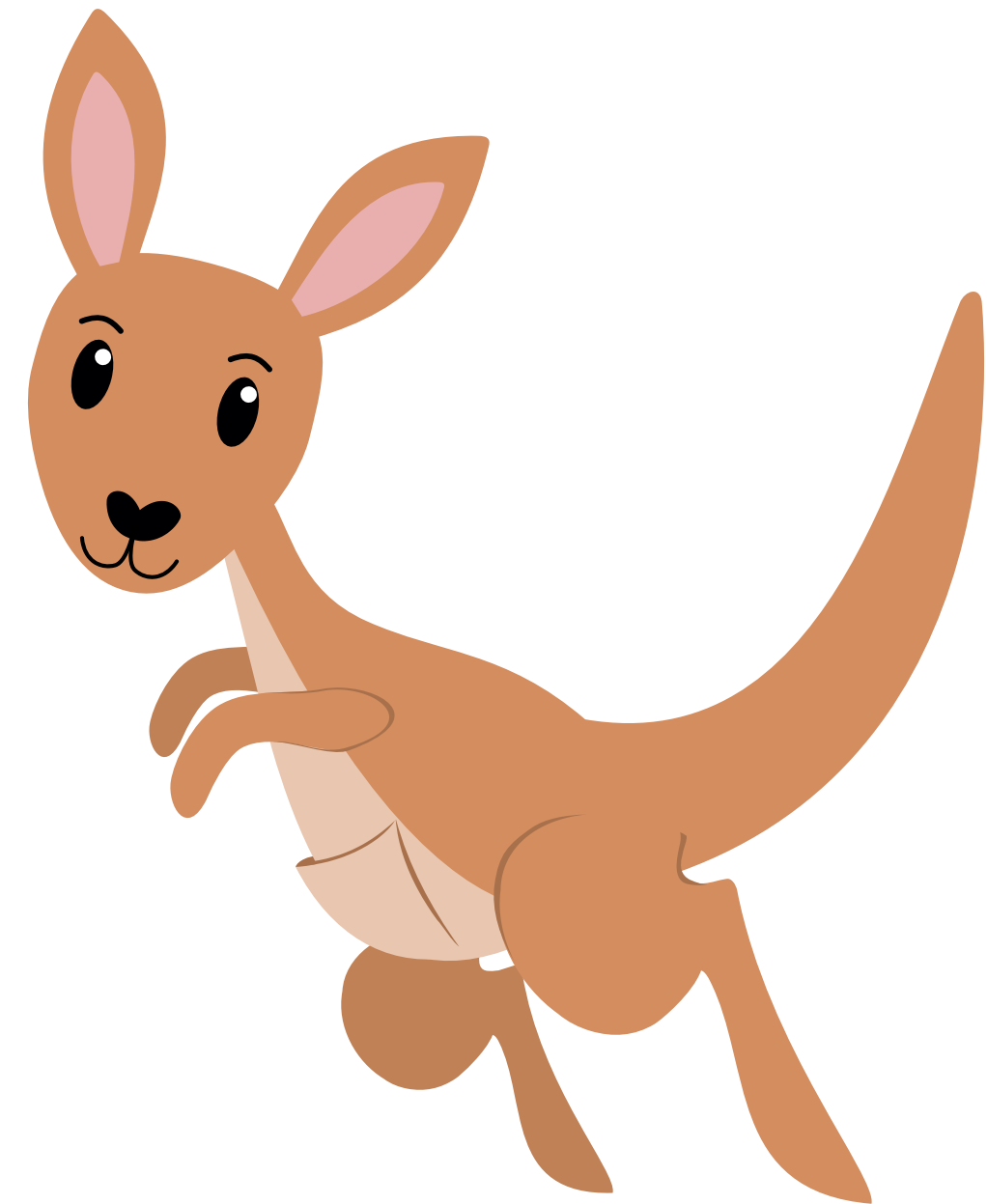
Come to an all-fours position,
round your back, and tuck
your chin into your chest.



Classroom Yoga

Chair Pose

Stand tall in Mountain Pose
with your feet hip-width
apart, bend your knees, and
hop like a kangaroo



Classroom Yoga

Child's Pose

Sit on your heels, slowly bring your forehead down to rest in front of your knees, rest your arms down alongside your body, and take a few deep breaths.



Classroom Yoga

Cobber's Pose

Sit on your bottom with a tall spine, bend your feet together, and gently flap your legs like the wings of a butterfly.



Classroom Yoga

Cobra Pose

Lie on your tummy, place palms flat next to your shoulders, press into hands, lift head and shoulders off ground, and hiss like a snake.



Classroom Yoga

Cow Pose

On all-fours, look up, arch your back and open your chest.



Classroom Yoga

Crescent Moon Pose

From Mountain Pose, reach your arms up high over your head, bringing your palms together. Tilt your upper body to one side.

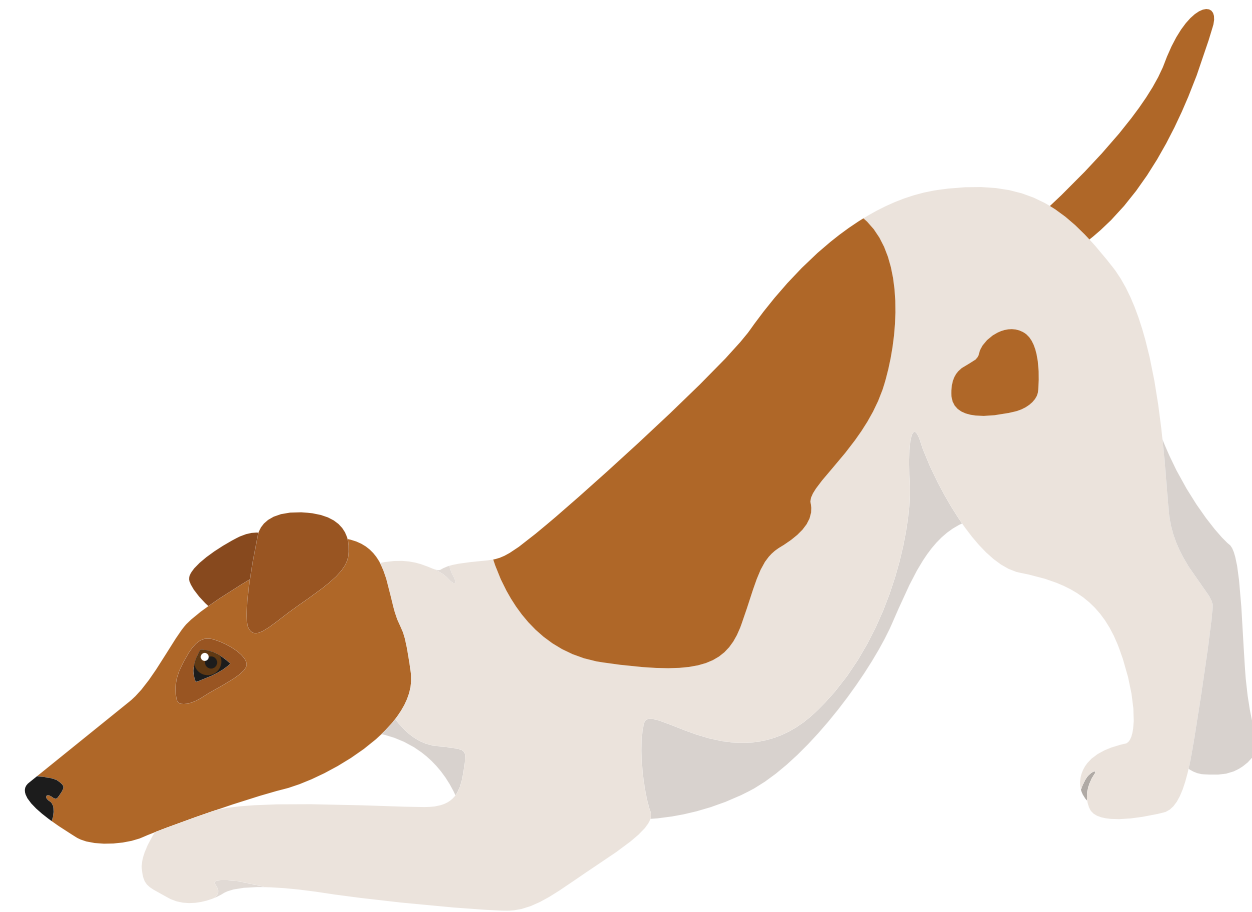
Come back to center. Tilt your body to the other side.



Classroom Yoga

Downward Facing Dog

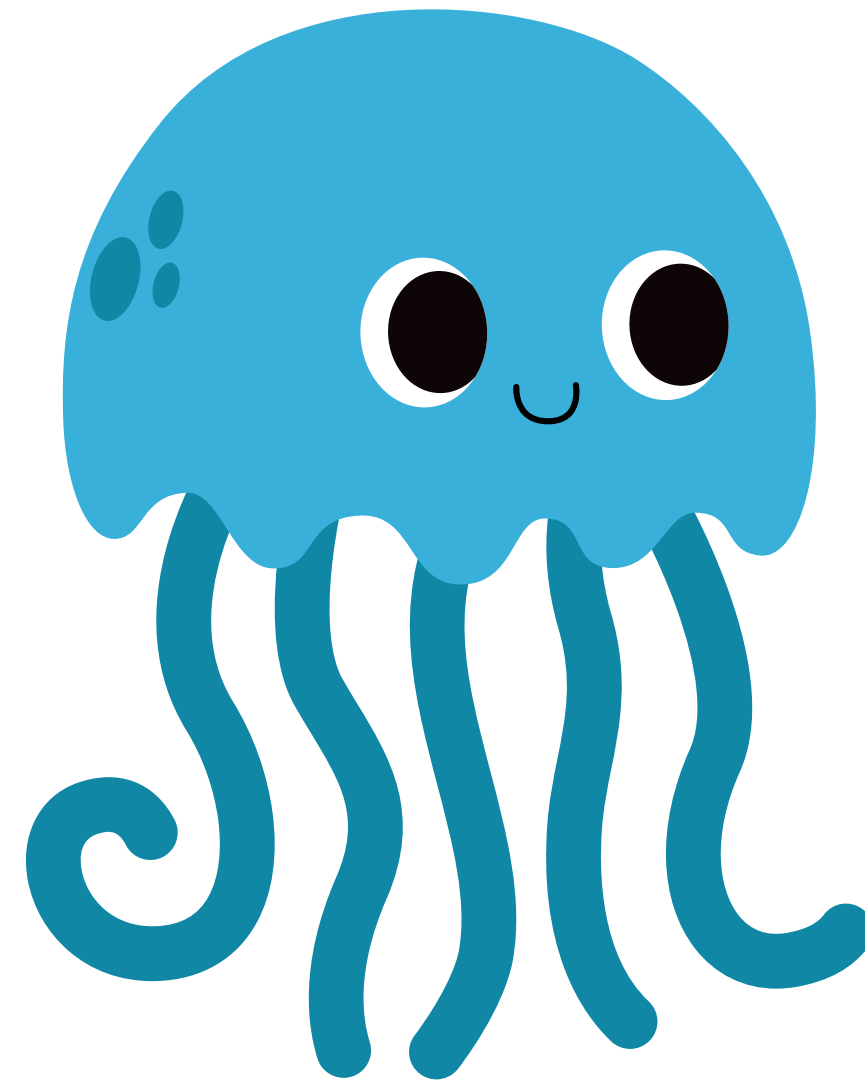
From a standing position, bend down and place your palms flat on the ground. Step your feet back to create an upside-down V shape with your buttocks high in the air. Straighten your legs, relax your head and neck, and look down between your legs.



Classroom Yoga

Standing Forward Bend

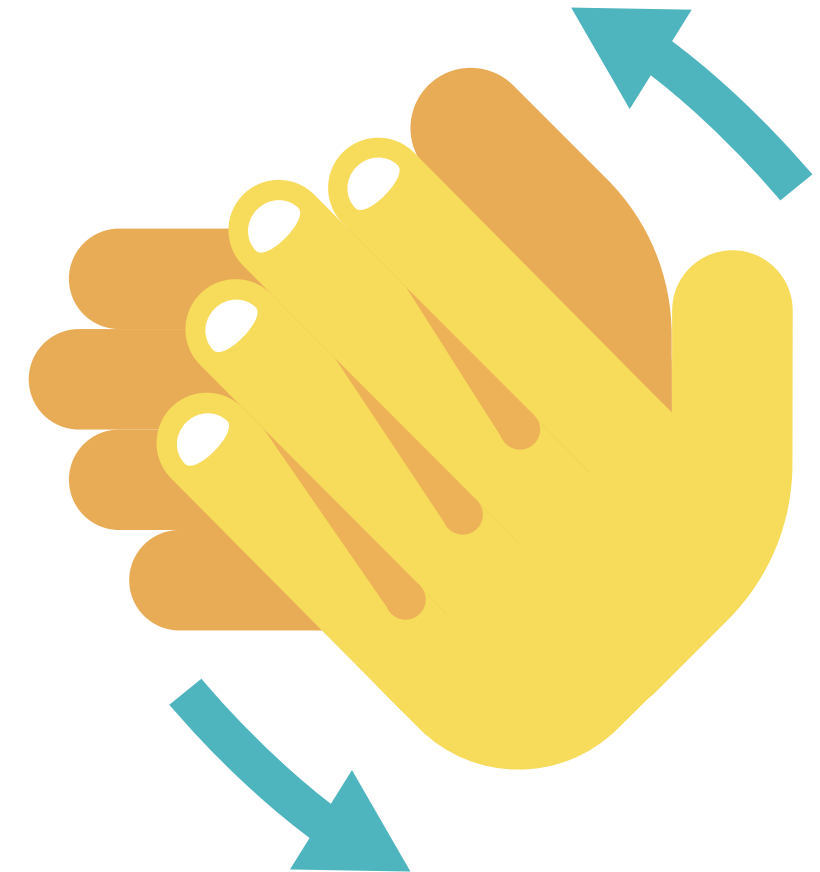
From Mountain Pose, bend your upper body, reach for your toes, and sway your arms like a jellyfish.



Brain Break

Hot Hands

- Rub your hands together really fast until they get nice and warm
- Close your eyes and place your hands over your eyes
- Sit quietly with your hands like that and take some big deep belly breaths



Brain Break

Balancing

- Stand up tall with one foot in front of the other.
- Put one arm in front of you with your thumb up.
- Move your arm out to the side, following your thumb with your eyes.
- Try to keep your balance.
- Swap to the other arm then change swap your feet.

