



ROLL SOME BRAIN BREAKS

	1	2	3	4	5	6
1	Do 10 Jumping Jacks	Wiggle your whole body for 10 seconds	Bring right elbow to left knee, then left elbow to right knee 5 times	Jump in place 10 times	Lie down on the floor and lift each leg 10 times	Show your best dance moves for 15 seconds
2	Sprint in place for 10 seconds	Do 5 wall push-ups	Move the upper half of your body for 30 seconds	Go up and down some stairs 3 times	Raise right foot and touch the bottom with left hand 5 times	Strike a yoga pose and see how long you can hold it
3	Raise your right arm and leg 30 times while standing	Touch right hand to left elbow; left hand to right elbow. Repeat 5 times	Make 10 small circles with your arms	Jump over a pencil on the floor 10 times	Give yourself a big hug for 10 seconds	Do 20 second alternating karate kicks
4	Squat and touch the floor 10 times	Hop on your left foot 10 times	Twist at the waist 10 times with arms out to the side	Spin in circles 3 times to the right and 3 times to the left	Make 10 large circles with your arms	Pretend to be an animal of your choice for 20 seconds
5	Hop on your right foot 10 times	March in place with high knees for 10 seconds	Touch head, Shoulders, Knees, and toes 10 times	Walk around the room 10 times	Jog in place for 60 seconds	Have a parent/child thumb wrestling match
6	Play Rock, Paper, Scissors best of 5	Sit down/stand up 10 times	Stand on one foot for 30 seconds	Draw a figure 8 in the air 5 times with each arm	Take 10 slow, deep breaths	Turn on music and dance until the song ends