



3 MINUTE BRAIN BREAKS



Movement Activities for the Classroom

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STOP & FREEZE DANCE	<ul style="list-style-type: none"> • Play energetic music for students to dance to • When the teacher turns off the music, students "freeze" the last position they were in and hold that position until the music starts
BODY WRITING	<ul style="list-style-type: none"> • Students use their heads, elbows, hips, etc. to write the answers to various questions such as: last name, favorite food, favorite animal, and/or favorite breakfast
THREE CORNERS TAG	<ul style="list-style-type: none"> • Divide students into groups of 4 • 3 students form a triangle by holding hands, one of them is "it" • The fourth student stands outside the triangle and tries to tag the student that is "it" while the other students try to protect that student from being tagged • Once the student is tagged OR a certain amt of time has passed, the roles are rotated • NOTE: This is a great activity to play outside too
FINGER GRAB	<ul style="list-style-type: none"> • Students partner up and face each other • One student puts their right hand out, palm up • Other student puts left index finger out in the palm of first student's palm. • Teacher says go and the student tries to pull their partner's finger out of the palm of the other person
LEAD FEET	<ul style="list-style-type: none"> • Students partner up and face each other an arm's length away • Partners try to knock each other off balance by tapping hands or moving hands away when their opponent come at them • Students can't touch their partner's body except their hands
CRAZY TOWN	<ul style="list-style-type: none"> • Students walk quickly and all around the "busy" city trying not to bump into anyone. • Students are to use good manners and say "excuse me" if they bump into anyone • Can modify activity by galloping, skipping, sliding, etc.
BACK-TO-BACK GIVE	<ul style="list-style-type: none"> • Students partner up and are positioned back-to-back • Students pass an object (ball, beanbag, marble, etc.) by turning their bodies to one side, then the other • Can play music during this activity • Can change directions



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BACK-TO-BACK SIT-DOWN, STAND-UP	<ul style="list-style-type: none">• Students partner up (students should be similar in size) and are positioned back-to-back, sitting on the ground, knees bent with feet flat on the floor• Students try and stand up from the floor
BEANBAG / KOOSH BALL TOSS	<ul style="list-style-type: none">• Students partner up and toss a bean bag, koosh ball, or similar back and forth• Can play music during this activity
GRAB IT	<ul style="list-style-type: none">• Students partner up and face each other an arm's length away• A small object is placed in the middle of the paired students• The teacher says either "right" or "left" and the students try and snatch the item with the appropriate hand before their partner does
KNOCKS	<ul style="list-style-type: none">• Students partner up and face each other an arm's length away• First student positions hands with palms up• Second student positions hands with palms down• First student tries to quickly flip his hands over and tap the second's students hands before the second student pulls his hands back• After a few turns the partners switch rolls
ROCK-PAPER-SCISSORS	<ul style="list-style-type: none">• Students break out into pairs• Play with or w/o keeping track of points Paper beats rock, scissors beat paper, rock beats scissors
(IMAGINARY) HOT POTATO	<ul style="list-style-type: none">• Students stand up and form a circle or random• Teacher plays music and students pass a ball or similar object around the room• When the music stops the students try not to be the last one holding the "potato" Alternate: Imaginary potato is tossed and caught in "pretend" fashion. Once a student catches the potato, he sits down.
DROP-CLAP-CATCH	<ul style="list-style-type: none">• Students partner up and the first student is positioned with his back to the second student• The Second student places a ball or small beanbag on the first student's neck• The Second student drops the ball and the first student tries to catch it behind his back• Make it harder by having the first student clap his hands before catching the ball
THROW-SPIN-CATCH	<ul style="list-style-type: none">• Students partner up and give each other plenty of room• The First student gently throws a ball or small beanbag (or similar) up in the air, does a quick spin, then catches the ball• The second student makes sure other groups keep their distance safe• Student switch roles

