**30 Brain Break Ideas **

**Studies show that students need a brain break every 25-30 minutes. Try some of these fun ideas to make sure your brain is working at full capacity.**

1. **Get Moving!** How does an elephant move? A cat? An alien? A car? A baby? An older adult? See how creative you can get by moving in different ways.
2. **Silent Ball** **or Balloon** Silently pass the ball or balloon to each other without letting it hit the ground. See if you can break your record each time.
3. **Would You Rather?** Pose a choice between two things to your family. Would you rather eat ice cream or cake? Would you rather vacation at the beach or on the ski slopes? Would you rather listen to country music or classical music? Have everyone move to a certain side of the room to indicate their choice.
4. **Dance Party!** Put on your favorite tunes and dance or try this: <https://www.youtube.com/watch?v=sHd2s_saYsQ>.
5. **Activity Pages** Do a crossword puzzle, word search, or Sudoku puzzle. Color a picture. Play tic-tac-toe with someone.
6. **It’s in the Cards** Play a card game with someone, such as Uno, Go Fish, or Old Maid.
7. **Finger Spell** Partner up and take turns “spelling” a word on each other’s backs with your finger. Who can guess the most correctly?
8. **Take It Outside** Go on a quick walk or run. Jump rope, ride your bike, hula hoop, do jumping jacks, or skip….whatever makes you happy.
9. **Make Some Dough (And Play With It)** Here is a recipe for homemade play dough: <https://www.iheartnaptime.net/play-dough-recipe/>.
10. **Do Some Yoga** If you have never done yoga before, here is a site to get you started: <https://www.youtube.com/watch?v=X655B4ISakg>.
11. **It’s a Secret!** Create and teach each other secret handshakes. How many different things can you add to it?
12. **Do Nothing** Literally, for two minutes do nothing but concentrate on your breathing.
13. **Scavenger Hunt** Take turns choosing and hiding 5-10 objects around the room for others to find. Make sure they know what they are looking for beforehand.
14. **Rock, Paper, Scissors** Play Rock, Paper, Scissors. Add some new things, such as water (wiggle your fingers).
15. **As If!** Take turns giving each other challenges, such as “run in place as if you were being chased by a bear” or “reach up and pop as many invisible bubbles as you can.”
16. **Simon Says** Take turns being Simon. Give each other physical actions to do, but the other players should only do them if Simon says. If they don’t, they are out. The last remaining player is the new Simon.
17. **Mother May I?** Take turns being the Mother on one end of the room with the other players on the other end of the room. The Mother must give commands to each player individually or to all players, but the players must ask “Mother, may I?” before moving, for example, take five giant steps forward. If they move without doing so, they must go back to start. The first one to make it across the room to Mother is the new Mother.
18. **Hot Potato** Sit in a circle and pass around an object, which is the “hot potato” while music plays. When the music stops, the person who is holding the “potato” is out. Keep playing until there is only one player left.
19. **Hide and Seek** Play hide and seek in your house or in your yard.
20. **5-4-3-2-1** Take turns coming up with a series of actions for the others to do. For example, do 5 jumping jacks, 4 spins, 3 squats, 2 giant steps, and 1 shoulder roll. Take turns giving the commands.
21. **Obstacle Course** Create and complete an obstacle course in your house or yard.
22. **Four Corners** Number each corner of the room from one to four. One person hides their eyes and counts to ten while the others quietly move to a corner of their choice. The person who is it then calls out a number from one to four without looking. Anyone in that corner is out. The last person left becomes It.
23. **Freeze Dance** Play some music while everyone dances. When the music is stopped, everyone must freeze!
24. **Find It Fast** Take turns calling out a physical trait and see how long it takes the others to find something in the room with that trait, such as find something red, find something fuzzy, etc.
25. **Don’t Drop It** Each person chooses an unbreakable object, such as a pillow, and walks around the room with the object on his/her head. The one who can hold it on their head the longest is the winner.
26. **Limbo** Play limbo using a broom or other household object. How low can you go?
27. **Jump Skip Counting** Jump rope or jump in place while skip counting by 2s, 5s, 10s, etc.
28. **Categories** Take turns choosing a category, such as animals, famous people, natural objects, etc. Everyone tries to name as many items in the category as they can.
29. **Telephone** Sit in a circle. One person whispers a sentence or two to the next person, who then passes it to the next, etc. Can’t hear what the person whispered? You may say “operator” up to three times for a repeat. The last person then says the message out loud. How much did the message change from the original?
30. **Tidy Up** Set a timer and see how long it takes to tidy up the room. A tidy work space is a happy work space!