The Brain Breaks Board



WOULD YOU RATHER ...

How to play

- 1. Gather in the middle of the classroom.
- 2. Teacher will ask a 'Would you rather question?'.
- 3. Everyone moves to the left or the right of the class depending on their answer.

Fun questions

- Would you rather eat donuts or chocolate ice-cream for the rest of the week?
- What's better being able to fly or being invisible?

How to play

SILENT BALL

- 1. Spread out around the classroom.
- 2. Pass a soft ball or beanbag around the classroom without dropping it or making any noise.
- 3. Anyone who drops the ball or bag or makes any noise is out!

Extra fun rules

- You can't pass it back to the same student straight away.
- Each player is a number starting from one. Teacher gives a number to reach (for example, 7). You must pass the ball around enough times to make 7 without going past it! Repeat with a different number.





JUST DANCE!

How to play

- 1. Agree to play one of three favourite songs of the week.
- 2. Start dancing!

Dance Freeze – if the teacher stops the music, you have to stop too! Anyone that moves it out!

Find it – the teacher will call out something for you to find in the class – the last one to find it is out!

Pair up – the teacher will ask you to find a buddy because of something they have (example – they might have the same eye colour, have the same shoes, might be the same height). Last one to find a buddy is out!



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SIMON SAYS

How to play

- 1. Gather in the middle of the classroom.
- 2. Teacher calls out 'Simon Says!' and an action (for example, touching your head or crossing your chest).
- 3. You must copy whatever Simon says however if you do something that Simon didn't say, you're out!



HEADS AND TAILS

How to play

- 1. Teacher will ask everyone to pick 'heads or tails'.
- 2. If you pick heads, put your hands on your head. If you pick tails, put your hands on your bottom.
- 3. Teacher will flip a coin and say which side it landed on.
- 4. If you picked right, you're still in! If you picked wrong, you're out!
- 5. The last one in is the winner!

SLEEPING LIONS

How to play

- 1. You must stay still no moving or wriggling!
- 2. Teacher will either be the zookeeper or select someone in class to be the zookeeper.
- 3. If the zookeeper catches any students moving, they're out!



LINE-UP

How to play

1. Teacher will ask you to line up – but you must listen carefully how they want you to do it!

For example:

- Line up in alphabetical order using your first name (or last name)
- Line up in order of birthdays
- Line up in height order





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5-4-3-2-1

How to play

- 1. Teacher will choose 5 different movements for you to do.
- 2. You must remember them all and do them in descending order!
- 3. Keep it up until everyone is puffed out!

For example:

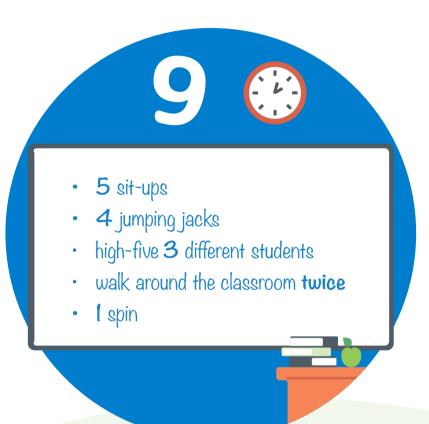
5 sit-ups, 4 jumping jacks, high-five 3 different students, walk around the classroom twice, 1 spin.



FITNESS LUCKY DIP

How to play

- 1. Teacher will bring out the deck of 'Active Cards' which have exercise words written on them.
- 2. Teacher calls out for someone to quickly select a card that has been mixed up in a hat or bowl.
- 3. You must do the exercise for 10 seconds really fast!
- 4. Keep going until everyone is puffing and tired.



CATEGORY CATCH

How to play

- 1. Everyone gets into a circle.
- 2. Teacher will give someone a ball or bean bag, and then choose a subject (for example, animals, countries, or words beginning with P).
- 3. Every time a student catches a ball, they have 3 seconds to say something from that subject!
- 4. Anyone who drops the ball or says the wrong thing is out! Each student that catches the ball must list something from that category otherwise they are out.

