

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?



SILENT BALL

How to play

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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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!

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!



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

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!



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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.

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

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Dog!



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.