

# Brain Break ideas - Kindergarten

Quiet Time Activities	Physical Activities	Community Project
<p><u>IN CLASS:</u></p> <ul style="list-style-type: none"> <li>✓ Mandalas/coloring pages</li> <li>✓ Lacing pages</li> <li>✓ Collage making</li> <li>✓ Search'N Find placements (laminated, used with dry-erase markers)</li> <li>✓ Play Doh</li> <li>✓ Pattern making with beads</li> <li>✓ Letter games</li> <li>✓ Magnets – shapes, letters, numbers</li> <li>✓ Draw on the Teacher's</li> </ul>	<p><u>IN CLASS:</u></p> <ul style="list-style-type: none"> <li>✓ Go Noodle</li> <li>✓ Just Dance</li> <li>✓ Fitness Bingo</li> <li>✓ 10 sided exercise dice</li> <li>✓ Simon Says Game</li> <li>✓ Desk Drumming</li> <li>✓ Pool Noodle workout</li> <li>✓ Boks Fitness program</li> <li>✓ Yoga exercises</li> </ul>	<p><u>IN CLASS:</u></p> <ul style="list-style-type: none"> <li>✓ Mural drawing on banner paper</li> <li>✓ Puzzle (larger group puzzle)</li> <li>✓ Building game</li> <li>✓ THEME craft table</li> <li>✓ LEGO wall</li> </ul>
<p><u>ONLINE:</u></p> <ul style="list-style-type: none"> <li>✓ Coloring</li> <li>✓ Virtual Scavenger Hunt</li> <li>✓ Reading a story</li> </ul>	<p><u>ONLINE:</u></p> <ul style="list-style-type: none"> <li>✓ Dance party / Freeze dance</li> <li>✓ Playing air guitar on a song</li> <li>✓ Yoga / Stretching / Animal actions</li> <li>✓ Simon Says Game</li> </ul>	

# Brain Break ideas – Cycle 1

Quiet Time Activities	Physical Activities	Community Project
<p><u>IN CLASS:</u></p> <ul style="list-style-type: none"> <li>✓ Mandalas/coloring pages</li> <li>✓ Lacing pages</li> <li>✓ Collage making</li> <li>✓ Search'N Find placements</li> <li>✓ Laminated mazes with dry-erase markers</li> <li>✓ Play Doh</li> <li>✓ Pattern making with beads</li> <li>✓ Sorting games</li> <li>✓ “Craft Station”</li>   <li>✓ Personal project:               <ul style="list-style-type: none"> <li>✓ Yarn creation -corking, straw weaving, finger knitting</li> <li>✓ Fidget making</li> <li>✓ Sketching (personal book)</li> </ul> </li> </ul>	<p><u>IN CLASS:</u></p> <ul style="list-style-type: none"> <li>✓ Go Noodle</li> <li>✓ Just Dance</li> <li>✓ Fitness Bingo</li> <li>✓ 10 sided exercise dice</li> <li>✓ Hula hoops (a station in the room)</li> <li>✓ Simon Says Game</li> <li>✓ Desk Drumming</li> <li>✓ Pool Noodle workout</li> <li>✓ Alphabet Fitness</li> <li>✓ Boks Fitness program</li> <li>✓ Yoga exercises</li> </ul>	<p><u>IN CLASS:</u></p> <ul style="list-style-type: none"> <li>✓ Mural drawing on banner paper</li> <li>✓ Puzzle</li> <li>✓ Building game</li> <li>✓ THEME craft table</li> <li>✓ Weaving project</li> <li>✓ LEGO wall</li> </ul>
<p><u>ONLINE:</u></p> <ul style="list-style-type: none"> <li>✓ Coloring</li> <li>✓ Virtual Scavenger Hunt</li> <li>✓ Reading a story (or an article of interest)</li> </ul>	<p><u>ONLINE:</u></p> <ul style="list-style-type: none"> <li>✓ Dance party / Freeze dance</li> <li>✓ Playing air guitar on a song</li> <li>✓ Yoga / Stretching / Animal actions</li> <li>✓ Simon Says Game</li> </ul>	<p><u>ONLINE:</u></p> <ul style="list-style-type: none"> <li>✓ Math Challenge games</li> <li>✓ Riddles: Guess what I am?</li> <li>✓ Charades</li> <li>✓ Pictionary</li> <li>✓ Alphabet object memory game (theme: animals, food, etc.)</li> <li>✓ Talent show</li> <li>✓ Show and tell</li> </ul>

# Brain Break ideas – Cycle 2

Quiet Time Activities	Physical Activities	Community Project
<p><u>IN CLASS:</u></p> <ul style="list-style-type: none"> <li>✓ Mandalas/coloring pages</li> <li>✓ Lacing pages</li> <li>✓ Collage making</li> <li>✓ Search'N Find placements</li> <li>✓ Play Doh</li> <li>✓ Pattern making with beads</li> <li>✓ “Craft Station”</li> <li>✓ Personal project:               <ul style="list-style-type: none"> <li>✓ Yarn creation -corking, straw weaving, finger knitting</li> <li>✓ Fidget making</li> <li>✓ Scrapbooking</li> <li>✓ Sketching (personal book)</li> </ul> </li> </ul>	<p><u>IN CLASS:</u></p> <ul style="list-style-type: none"> <li>✓ Go Noodle</li> <li>✓ Just Dance</li> <li>✓ Fitness Bingo</li> <li>✓ Minute to Win It Challenges</li> <li>✓ 10 sided exercise dice</li> <li>✓ Desk Drumming</li> <li>✓ Pool Noodle workout</li> <li>✓ Alphabet Fitness</li> <li>✓ Boks Fitness program</li> <li>✓ Yoga exercises</li> <li>✓ “Create your own dance routine”</li> </ul>	<p><u>IN CLASS:</u></p> <ul style="list-style-type: none"> <li>✓ Mural drawing on banner paper</li> <li>✓ Puzzle</li> <li>✓ Maze construction/simple wood projects</li> <li>✓ THEME craft table</li> </ul>
<p><u>ONLINE:</u></p> <ul style="list-style-type: none"> <li>✓ Coloring</li> <li>✓ Sketching</li> <li>✓ Origami</li> <li>✓ Virtual Scavenger Hunt</li> <li>✓ Reading a story (or an article of interest)</li> </ul>	<p><u>ONLINE:</u></p> <ul style="list-style-type: none"> <li>✓ Dance party / Freeze dance</li> <li>✓ Playing air guitar on a song</li> <li>✓ Yoga / Stretching</li> </ul>	<p><u>ONLINE:</u></p> <ul style="list-style-type: none"> <li>✓ Math Challenge games</li> <li>✓ Riddles: Guess what I am?</li> <li>✓ Charades</li> <li>✓ Pictionary</li> <li>✓ Talent show</li> </ul>

# Brain Break ideas – Cycle 3

Quiet Time Activities	Physical Activities	Community Project
<p><u>IN CLASS:</u></p> <ul style="list-style-type: none"> <li>✓ Mandalas/coloring pages</li> <li>✓ Origami (have patterns, paper and samples already made)</li> <li>✓ Reading</li> <li>✓ Listening to music</li> <li>✓ “Craft Station”</li> <li>✓ Personal project:               <ul style="list-style-type: none"> <li>✓ Knitting, weaving, craft creations</li> <li>✓ Fidget making</li> <li>✓ Scrapbooking</li> <li>✓ Sketching (personal book)</li> </ul> </li> </ul>	<p><u>IN CLASS:</u></p> <ul style="list-style-type: none"> <li>✓ Go Noodle</li> <li>✓ Just Dance</li> <li>✓ Minute to Win It Challenges</li> <li>✓ Desk Drumming – create their own routines</li> <li>✓ Pool Noodle workout</li> <li>✓ Alphabet Fitness</li> <li>✓ Boks Fitness program</li> <li>✓ Yoga exercises</li> <li>✓ “Create your own dance routine”</li> </ul>	<p><u>IN CLASS:</u></p> <ul style="list-style-type: none"> <li>✓ Mural drawing on banner paper</li> <li>✓ Puzzle</li> <li>✓ THEME craft table</li> <li>✓ Maze construction/simple wood projects</li> </ul>
<p><u>ONLINE:</u></p> <ul style="list-style-type: none"> <li>✓ Coloring</li> <li>✓ Sketching</li> <li>✓ Origami</li> <li>✓ Virtual Scavenger Hunt</li> <li>✓ Reading a story (or an article of interest)</li> </ul>	<p><u>ONLINE:</u></p> <ul style="list-style-type: none"> <li>✓ Dance party / Freeze dance</li> <li>✓ Playing air guitar on a song</li> <li>✓ Yoga / Stretching</li> </ul>	<p><u>ONLINE:</u></p> <ul style="list-style-type: none"> <li>✓ Math Challenge games</li> <li>✓ Riddles: Guess what I am?</li> <li>✓ Charades</li> <li>✓ Pictionary</li> <li>✓ Talent show</li> </ul>