

# Create a classroom Brain Break Wheel

Create NED's activity wheel for a classroom reminder that "It's good to give your brain a break!" The wheel has six 1-2 minute activities that will get their bodies moving and deliver fresh oxygen to those young, tired brains! The make-your-own wheel allows you to write in other activities that you and your students love to do!

## What you'll need:

- Color printer
- 8-1/2 x 11" paper
- Scissors
- Tape
- Metal brad (round head fastener)

## Directions:

1. Print out pages 2-7 on a color printer.
2. Cut out triangular window on page 3.
3. Tape pages 1 and 2 together (Fig. A)
4. Cut out wheel halves on pages 4 & 5 and tape together. (Fig. B)  
**NOTE:** Use the blank wheel halves on pages 6 & 7 to create your own brain break activities.
5. Place brad through this mark  and through center of the wheel. (Fig. C)

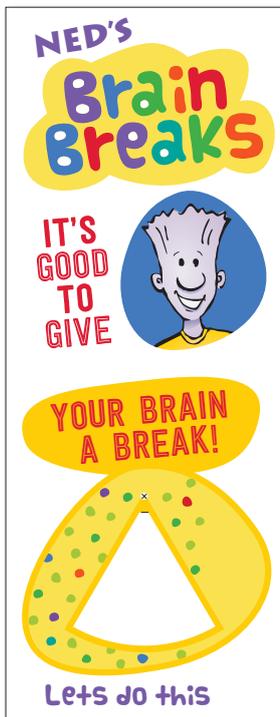
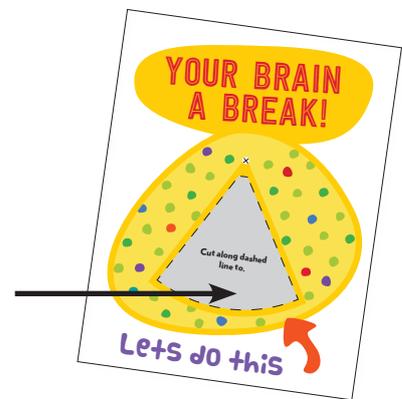


Fig. A



Fig. B

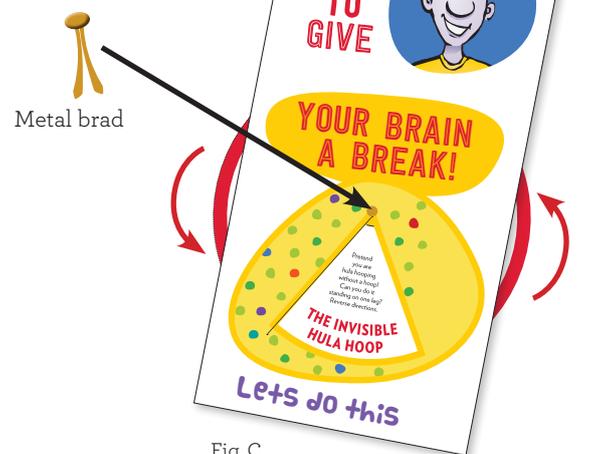


Fig. C

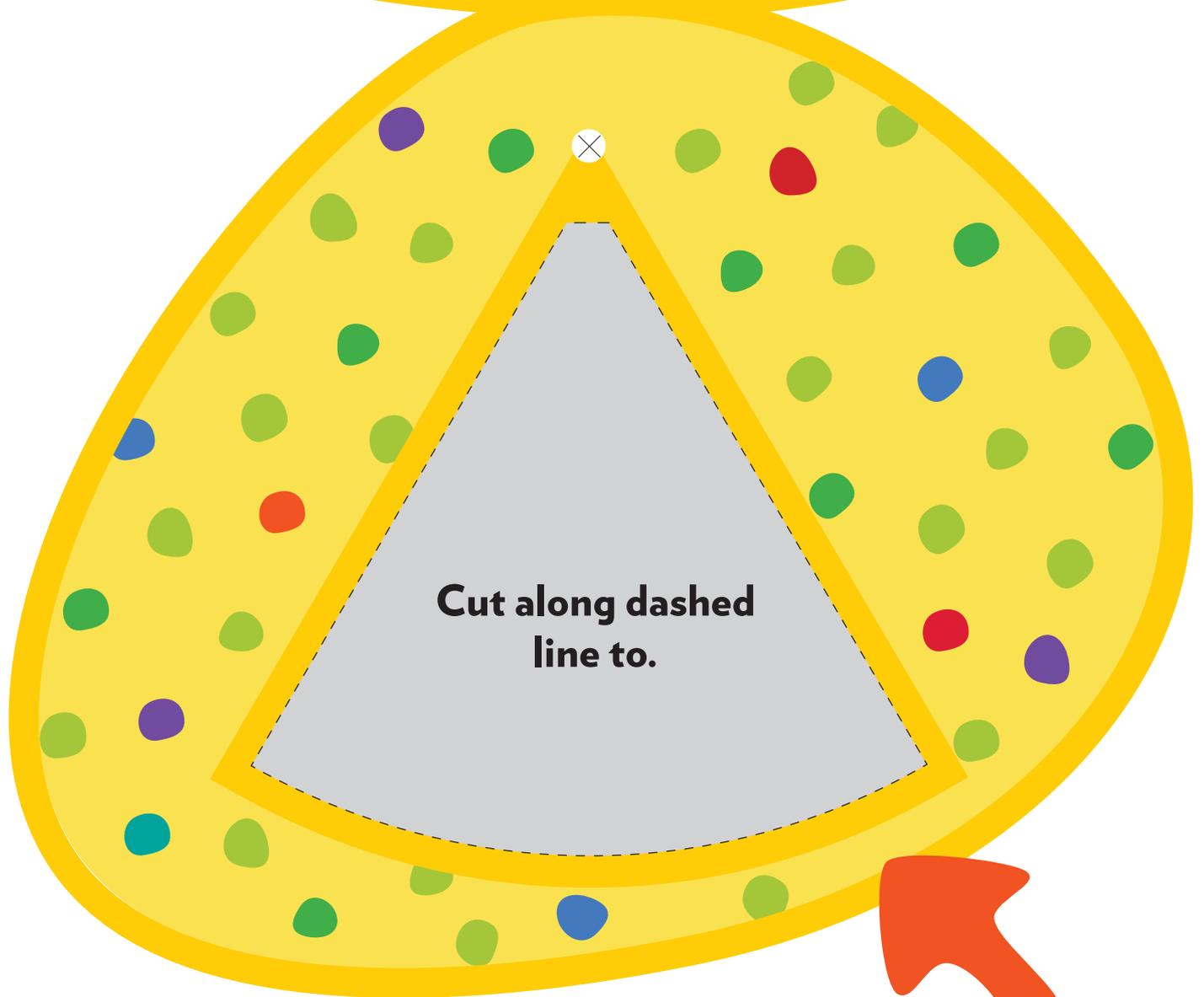
**NED'S**

**Brain  
Breaks**

**IT'S  
GOOD  
TO  
GIVE**



YOUR BRAIN  
A BREAK!



Lets do this

# BIG BREATHS

How slowly can you do this?  
Repeat several times.  
Then drop your shoulders  
through your nose.  
You can and inhale  
up as high as  
shoulders  
Move  
your  
shoulders  
through your mouth.  
exhale as far as you can and  
down as far as you can mouth.

# I'M FEELING...

concerned, nervous, calm,  
freaked out, confident!

try these expressions:  
hopeful, frustrated,  
unconcerned, then  
expressions. Look

place while  
changing  
in  
Walk

Pretend  
you are  
hula hooping  
without a hoop!  
Can you do it  
standing on one leg?  
Reverse directions.

# THE INVISIBLE HULA HOOP



# JUMPING JACKS

# 10

Whisper as you count out your 10 jumping jacks. Remember to smile as you do these!

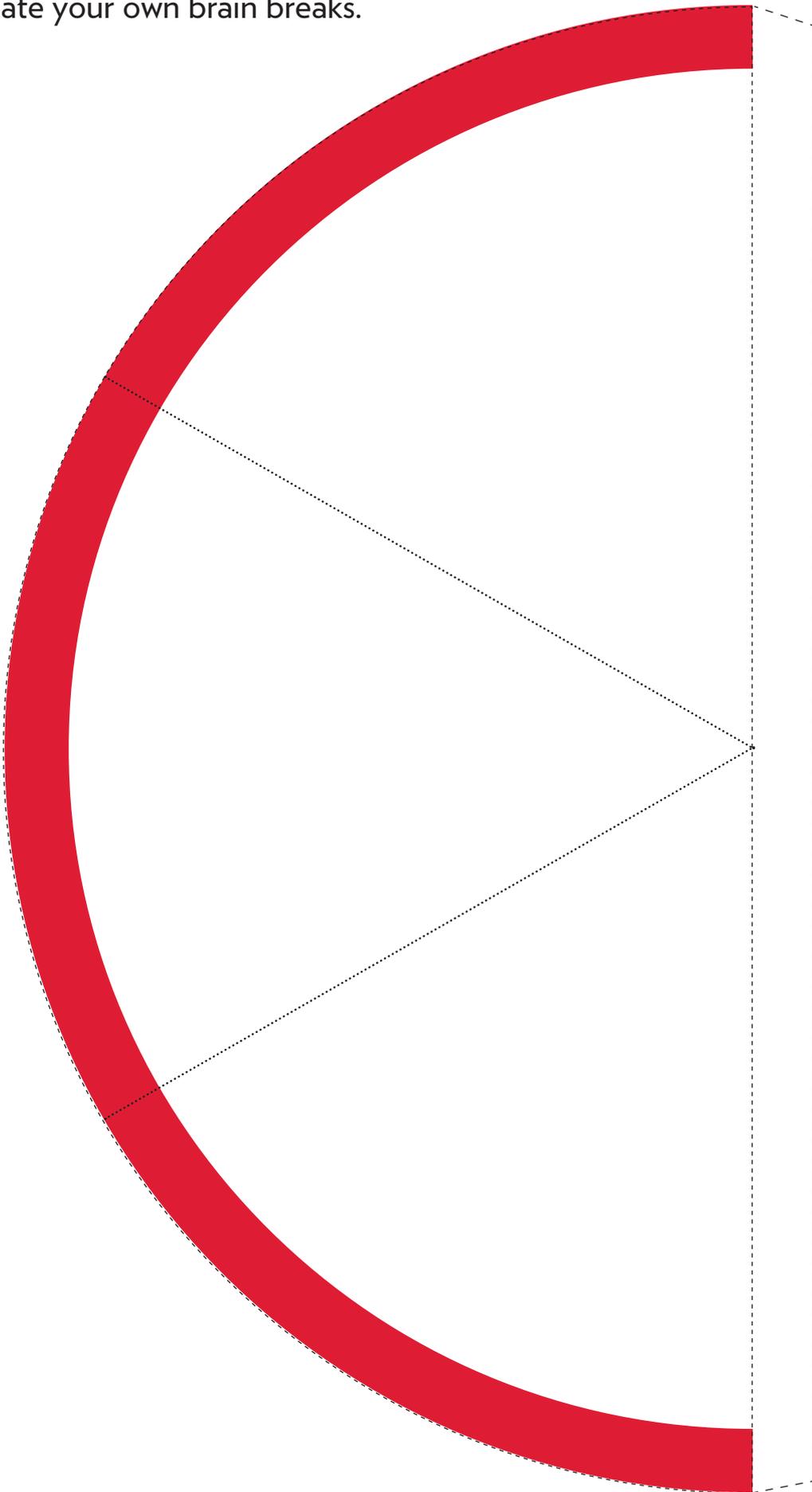
Move around the classroom like a hummingbird! Then try an eagle, a flamingo, a chicken, and even a penguin.

# BE A BIRD!

Put a paper plate on top of your head. Without looking, draw on the plate your favorite thing to eat. Then give it to a classmate and see if they can guess what you drew!

# SILLY DRAWING

Create your own brain breaks.



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