

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:

Print out pages 2-7 on a color printer.

Cut out triangular window on page 3.

Tape pages 1 and 2 together (Fig. A)

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.

Place brad through this mark ⊗ and through center of the wheel. (Fig. C)

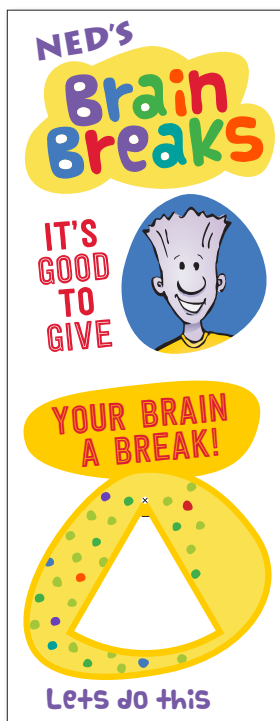
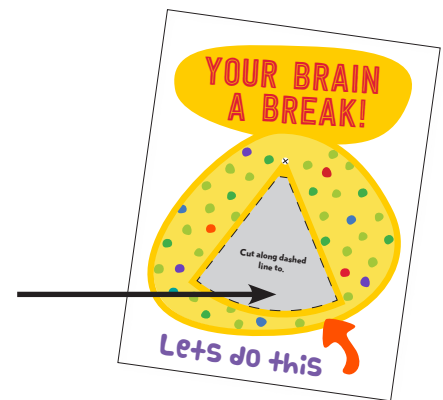


Fig. A

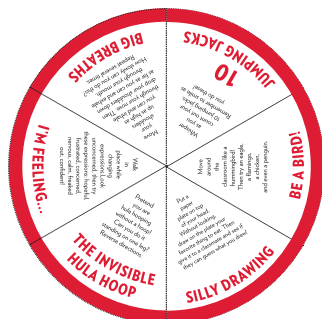


Fig. B



Fig. C

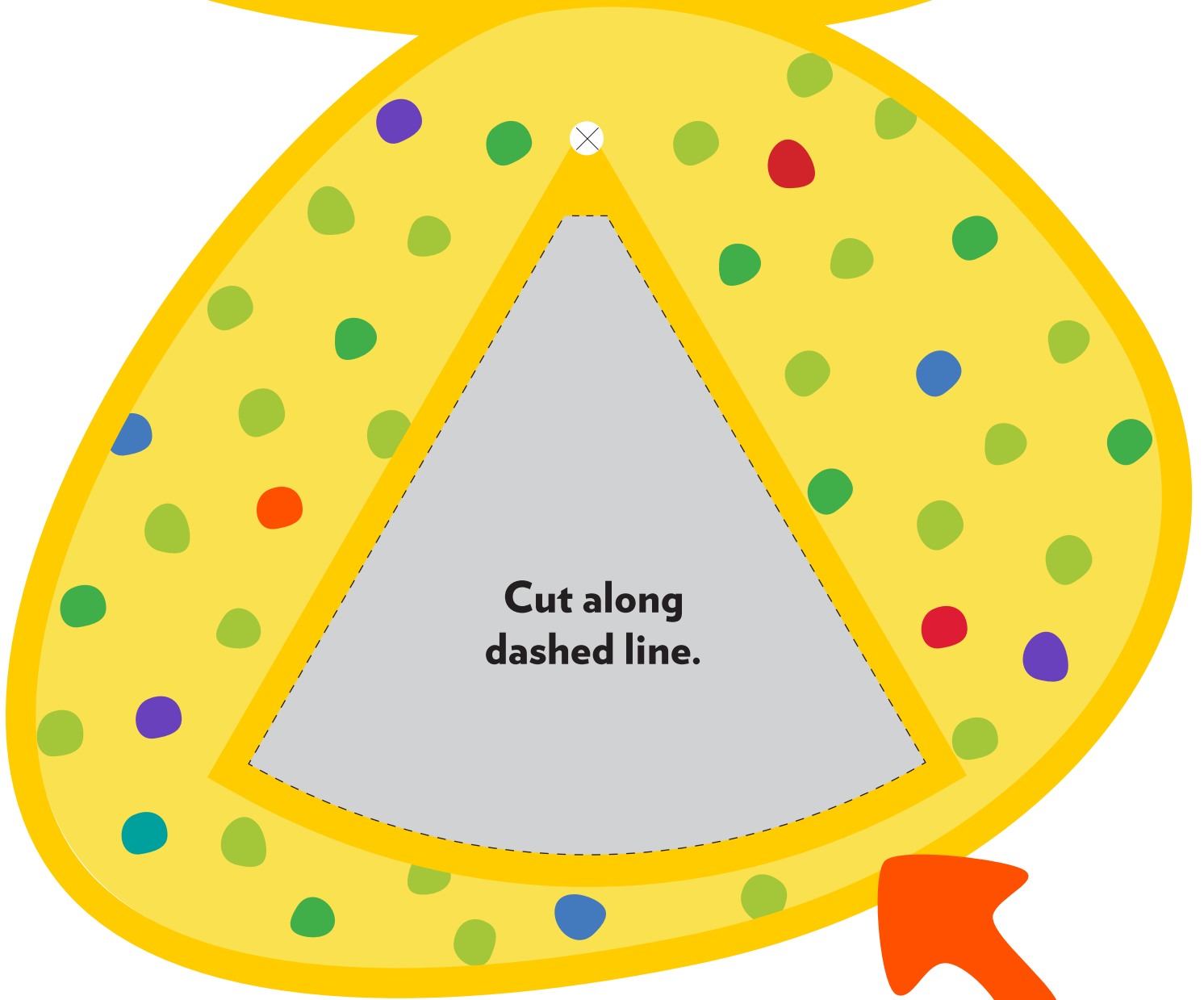
NED'S

**Brain
Breaks**

**IT'S
GOOD
TO
GIVE**



YOUR BRAIN
A BREAK!



Lets do this

BIG BREATHS

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

I'M FEELING...

concerned, nervous, calm, freaked out, confident!

Walk in place while changing expressions. Look unconcerned, then try these expressions:

hopeful, frustrated, concerned, nervous, calm, freaked out, confident!

THE INVISIBLE HULA HOOP

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

JUMPING JACKS

10

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

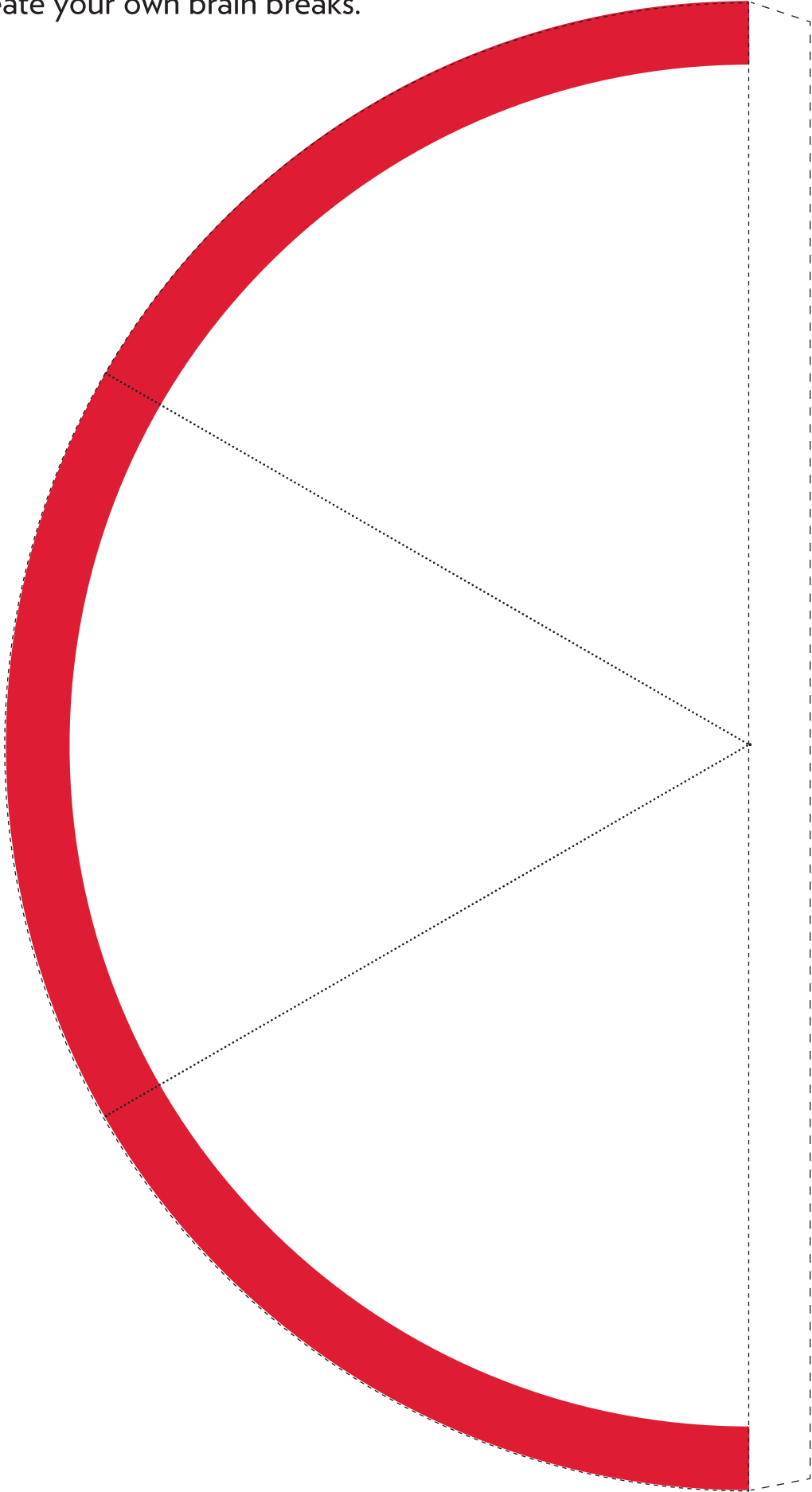
Move
around
the
classroom like a
hummingbird!
Then try an eagle,
a flamingo,
a chicken,
and even a penguin.

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

BE A BIRD!

Create your own brain breaks.



Create your own brain breaks.

