







Brain Break Bingo



Instructions:

During brain break time, roll the dice and select one square for a brain break. Place a cross over the square when completed. When you have completed the entire card, call "Bingo" and give the card to your teacher.

	<p>Pencil Balance</p> <p>Balance your pencil horizontally on your index finger. Try walking a full circle of the room with your pencil.</p>	<p>Cross the Midline</p> <p>Stand up. Put your right elbow to your left knee. Repeat with your left arm and right knee. Repeat slowly 10 times.</p>
	<p>Shake and Shimmy</p> <p>Stand and slowly shake each of your limbs one by one. Then shimmy your entire body at once for 10 seconds.</p>	<p>Reset Switcheroo</p> <p>Touch your left ear with your right hand and, at the same time, touch your nose with your left hand. Now, switch and hold your right ear with your left hand and touch your nose with your right hand. Switcheroo with your eyes closed 10 times.</p>
	<p>Toe Touch</p> <p>Stand and slowly lower your arms to touch your toes. Repeat five times. Then, hold your toes for 30 seconds.</p>	<p>Stretch for Success</p> <p>Stand and hold your three favourite stretches for 15 seconds each.</p>
	<p>Just Jump</p> <p>Stand and do five mini jumps. Then, do five knee tuck high jumps.</p>	<p>Five, Four, Three, Two, One</p> <p>Five star jumps. Four knee tucks. Three sit-ups. Two push-ups. One burpee.</p>
	<p>Chest Stretch</p> <p>Stand as tall as you can. Hold both hands behind your back. Raise your shoulders up and then release. Repeat 10 times - slowly! Each time should take 10-15 seconds.</p>	<p>Fantasy Skateboard</p> <p>Hold one hand on the wall and push one foot against the wall. Swing your other leg as if you are riding a skateboard. Start slow, then work up faster and faster.</p>
	<p>Fantasy Skipping</p> <p>Pretend you have a skipping rope. Try to skip for 30 seconds.</p>	<p>Hop it Out</p> <p>Try to hop on one foot for 30 seconds without falling. Then, switch feet and try again.</p>