



BRAIN BREAKS BUNDLE

AN IDEA OF:

@THELIGHTHOUSE.TL

@ARTEYJUEGOSLW



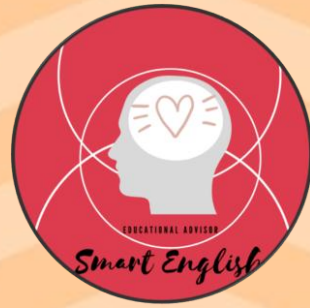
What are brain breaks?

Attention spans fluctuate constantly and it is necessary for the brain to take a break from time to time, especially when dealing with kids and even more in virtual environments.

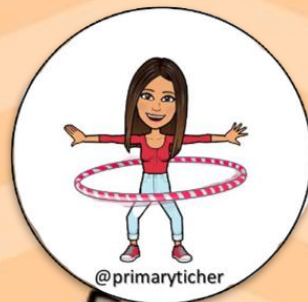
Brain breaks are designed to help students stay focused and attend.

These activities have been designed to fulfill that purpose and they can be also used as warmers or activators.

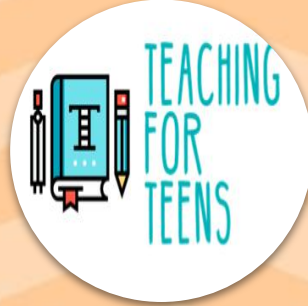
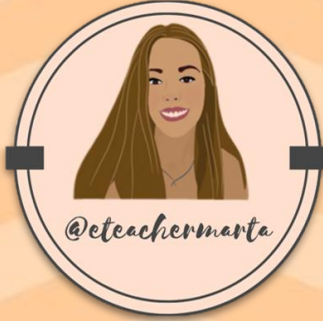
Collaborating accounts



Collaborating accounts



Collaborating accounts



The background features a repeating chevron pattern in shades of light blue. Scattered throughout are various hand-drawn icons: pink brains, yellow lightbulbs with green leaves inside, black hearts, and dashed lines. Some lightbulbs have radiating lines, suggesting they are lit. The word "PRIMARY" is centered in a large, bold, black font.

PRIMARY

my fun
lesson

Age

5-8

Title

The Opposites

Description

Roll the dice.
Read the instructions for each number and do the opposite movement.
It can be done in pairs and the quickest student wins.

THE OPPOSITES



Roll the dice with a partner
Make the movement three times using the opposite side of the body the picture shows
The first students in finishing the challenge quickly, is the winner

Breaks!

1

RAISE YOUR
LEFT HAND

2

WAVE YOUR
RIGHT HAND

3

LEFT FOOT
HOP!

4

RIGHT FOOT
HOP!

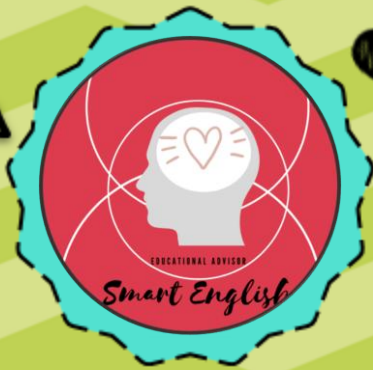
5

SNAP YOUR
LEFT
FINGERS

6

SNAP YOUR
RIGHT
FINGERS

@myfunlesson



Age

+6

Title

Muscle
Relaxation

Description

The teacher will pick a random card and say the actions. The students have to perform the action, respecting the time given for each one.



Take 3 Deep Breaths



Squeeze your foot for 5 seconds,
Relax



Squeeze your leg for 5 seconds,
Relax



Age

+6

Title

Happy moment!

Description

Choose a student.
He/she says what makes
him/her happy.
Play the song and, while
he/she dances, everybody
copies the movements.



TEACH ELE MARIA

SPANISH TEACHER IN THE UK

Age

+6

Title

The music band

DESCRIPTION

Standing up, the class dances to the music. One child (the conductor) dances pretending to play the instrument (card). The rest will copy him/her when they recognise the instrument. When the whole class is doing the moves, it's somebody else's turn with a different card.



Guitar



Saxophone



Maraca



Tambourine



Bongo



Keyboard



Violin



Harp



Accordion



Electric guitar



Triangle



Flute



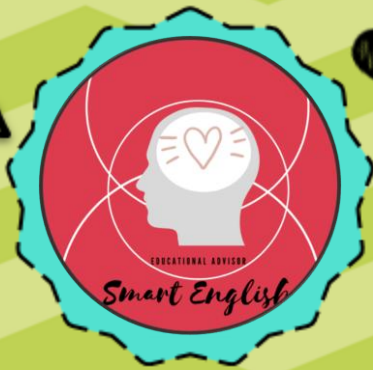
Microphone



Drum



Drum kit



Age

+6

Title

Body Challenge

DESCRIPTION

The teacher will pick a random card and say the actions. The students have to perform the challenge, and try to accomplish it. You can play it using a colour dice and choose the card with that colour.

**Make 10
large
circles with
your arms**

**Touch your right
hand to the
bottom of your
left foot - Five
times**

**Touch your left
hand to the
bottom of your
right foot - Five
times**

**Spin in a
circle 3 times
to the left**



Age

+6

Title

Write in the air!

Description

The teacher say a word and the students write it in the air with the finger. Funny words can be used to have a jolly moment.

WRITE IN THE
AIR



Age

+6

Title

Plates

DESCRIPTION

Give the students a paper plate. They must walk around the classroom balancing the plates on their heads. If a student drops his/her plate, the student must freeze until another student picks up and places it back on the student's head (while keeping his/her plate in place, of course).





Age

+6

Title

Pencil balance

Description

Each student balance a pencil or pen horizontally on his/her index finger. They can walk too.





remote
teaching today

Age

+6

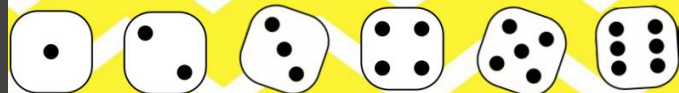
Title

Ready, set, roll!

Description

Cast the dice (there's one hyperlinked in the title).
Click on the dice you got - it'll take you to the action!
Get the learners to move!

C.A.S.T. T.H.E. D.I.C.E.!





Age

+6

Title

Find something...

Description

The teacher will say: Find something... and an adjective, a colour, that starts with a letter... or show a flashcard.
The students will raise their hands and answer.

FIND SOMETHING...
THAT SMELLS
BAD



A circular profile picture with a teal border showing a woman in front of a house. The text 'TEACH ELE MARIA' is overlaid in white.

TEACH
ELE
MARIA

SPANISH TEACHER IN THE UK

Age

+6

Title

Guess the sound

DESCRIPTION

All students close their eyes, the teacher plays a sound (anything from the sound library or making it themselves) and they have to write down on their boards what they think it is and raise their hands. The first one to guess, selects the next sound.

A screenshot of a game interface on a laptop screen. It features a speaker icon, a 'freesound' logo, the text 'GUESS THE SOUND', a musical note, a soundwave, and a treble clef.

GUESS THE SOUND



THE
COLORFUL
TEACHER



Age

6-8




Title



Animals & Body



Description



Students will pick up a card, read the text, look at the image and imitate the action.



PRIMARY BRAIN BREAKS

PART 1



THE
COLORFUL
TEACHER

Teacher on
BOARD

Age

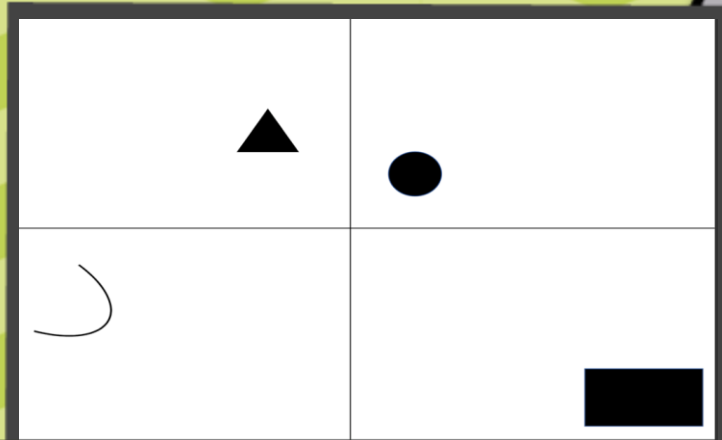
6-8

Title

Let's create!

Description

The students have to use their imagination and draw using the shapes of the template. Then, they explain the drawing.





THE
COLORFUL
TEACHER




Age

6-10




Title



Autumn Brain
Breaks



Description



The students will
choose one card and
imitate the action on
the card.



BRAIN BREAKS
PART 2
FOR PRIMARY



THE
COLORFUL
TEACHER

Teacher on
BOARD

Age

6-10

Title

It's yoga time!

Description

The students can practise yoga poses while learning about animals. It is fun!

Yoga Time! Jungle Safari: Kids Yoga and Nursery Rhymes | Cosmic Kids

**YO
TI
GA
ME!**





Age

+8

Title

Say the colour

Description

The students are shown a list of colours and, instead of reading the word, they should say the colour of the word aloud.

Say the colours you see (not you read!) as fast as you can:

ORANGE RED YELLOW

BLACK PURPLE WHITE

BLUE GREEN GREY

BROWN PINK ORANGE



TEACH
ELE
MARIA

SPANISH TEACHER IN THE UK

Age

+8

Title

Kaleidos

DESCRIPTION

The teacher shows a photo/picture on the board. The children have 3 minutes to write/name as many words as they can from the photo. Who has the most? We can add an initial letter for older and advanced groups.



Growing up

Age

+8

Title

Make a sentences
with...but with...

Description

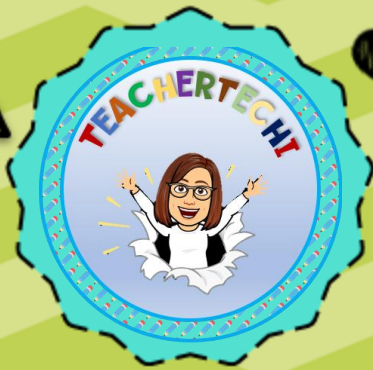
The teacher gives a word
and an action to a student.
The student makes a
sentence with that word
and does the action at the
same time.

MAKE A SENTENCE WITH DUCK BUT WITH
ONE EYE CLOSED.



THE DUCK HAS GOT
TWO LEGS.

Growing up



Age

+8

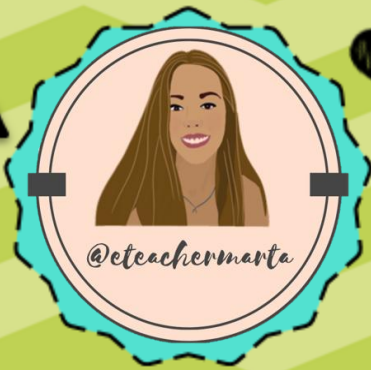
Title

Who am I?

Description

The teacher has small cards with pictures: animals, sports, characters, objects. One student comes in front of the class and the teacher puts a card on his/her forehead. This student ask questions for his classmates to guess who is he/she.





Age

+8

Title

The mystery bag

Description

There is a bag hidden in the class. Students look for it. The one who finds it has to choose an object from the class and hide it inside the mystery bag. The rest of the class asks questions to guess what it is. Only yes or no can be answered.





Age

+8

Title

Jump skip
counting

Description

Have students count by twos, fives, tens, etc while jumping with each count. You could also practice spelling words this way.



myfun
lesson

Age

+8

Title

Memory Chain

DESCRIPTION

In pairs or groups, the students choose one of the topics suggested. One student start by saying one word according to the topic. Another student follows, remembering the previous word, saying it and adding a new one. The sequence is repeated until someone forgets a word.

'MEMORY CHAIN'



Breaks!

Minimum people: 2
Choose one of the topics suggested below

Start by saying one word according to the topic

The other person has to remember the word, say it and also add a new one

You repeat the first word again, remember the other person's word, say it and add another one.

Continue the sequence. Who remembers more?

MOVIES

PLACES

BOOKS

MUSIC

FASHION

GAMES

@myfunlesson



Age

10-12

Title

Stand up if...

Description

The students are asked a series of questions and, whenever the questions are true from them, they stand up.

STAND UP IF...
YOU LIKE READING BOOKS.





Growing up

Age

+10



Title

If I were a... I
would be...

Description

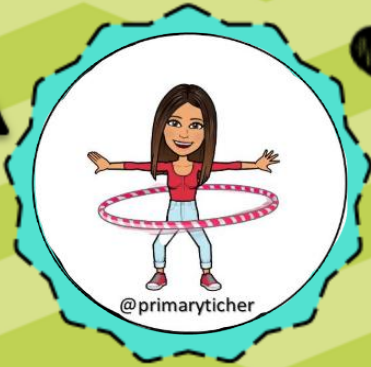
The teacher gives the
students a noun and the
prompt.
They complete it using that
noun and characteristics.



Growing up

MONSTER

IF I WERE A MONSTER
I WOULD BE BLACK AND FRIENDLY.



Age

+10

Title

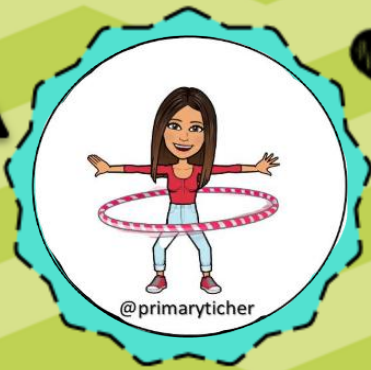
Close your eyes
and imagine...

Description

The children will close their
eyes and listen to these
short stories while they
relax.

Close your eyes and
imagine...

RELAXING STORIES TO RELAX OUR MIND.



Age

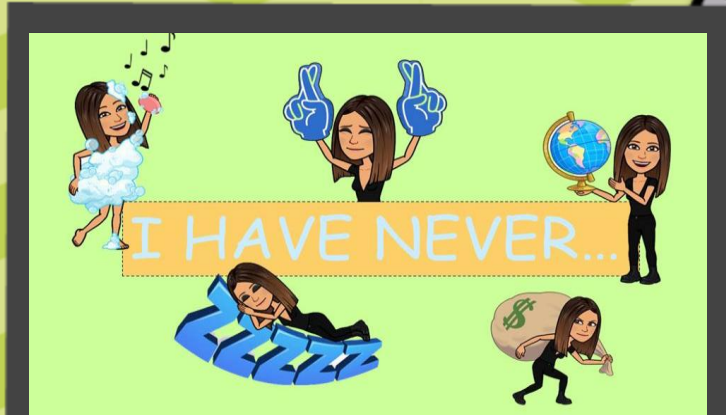
+10

Title

I have never...

Description

The students start with their fingers up and they have to put one finger down for each thing they have done.





SECONDARY



Age

+11

Title

What do you prefer?

DESCRIPTION

The students are given two extreme options from which they should choose one. They may or may not justify their choices.



What do you prefer...

**being rich
or
being famous?**



@arteyjuegoslw





Age

+11

Title

Tell me...

Description

The students will be asked to think about a thing (animal, object, food, etc.) that start with the letter of the alphabet chosen by the teacher. Telling words without repeating them.





Age

+11

Title

Chained Questions

DESCRIPTION

The teacher will throw a ball to a student. He will ask a question starting by "What is your favourite...?" (food, song, animal, season). The student will ask another student by throwing the ball. All the students will ask and answer to their partners.





Age

+11

Title

Do what I say,
not what I do

Description

The teacher will say and carry out some easy commands like hands up, clap or touch your head. The students need to repeat what the teacher says, but not to imitate what the teacher does.





Age

+11

Title

Tongue twister

Description

Have your students try saying some classic tongue twisters like "She sells seashells by the sea shore."

You can, also, create a tongue twister box, so that every day they need to try a new one.





Age

+11

Title

What is the astronaut doing?

Description

A student must imitate what the astronaut is doing, so that the others can guess. The game consists of the rest of the class learning the routines vocabulary and the structure of the present continuous. Download the PPT to play it!



THE ASTRONAUT IS DRINKING A MILKSHAKE.



remote
teaching today

Age

+11

Title

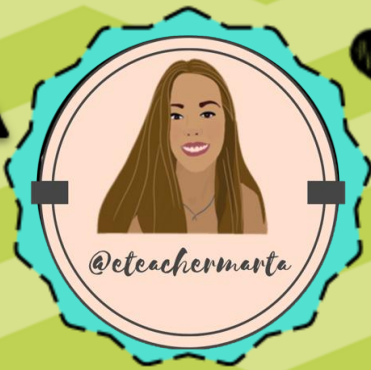
Switching the L to
the pinky!

Description

Get your students to have some fun with this brain teaser: have them make an L with one hand and hold their pinky up on the other. Then have them switch the L to the pinky and the pinky to the L as fast as possible!

Hold your pinky on one hand up!





Age

+11

Title

The Doctor

Description

One student goes out the class. The classmates sit down in circle and choose an "illness".

The student outside enters and stays in the middle of the circle. Then, asking questions to which only yes or no can be answered, has to guess the "illness".





Age

+12

Title

Dub smash!

Description

The students will watch some videos without sound, they have to dub the characters, inventing conversations and adapting the voice to the movements.





Age

+13

Title

Guess the idiom!



Description

The students are shown a series of pictures illustrating idioms related to the weather. It could be also used as a review!





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