

Brain Breaks Cards

energize, calm, & focus



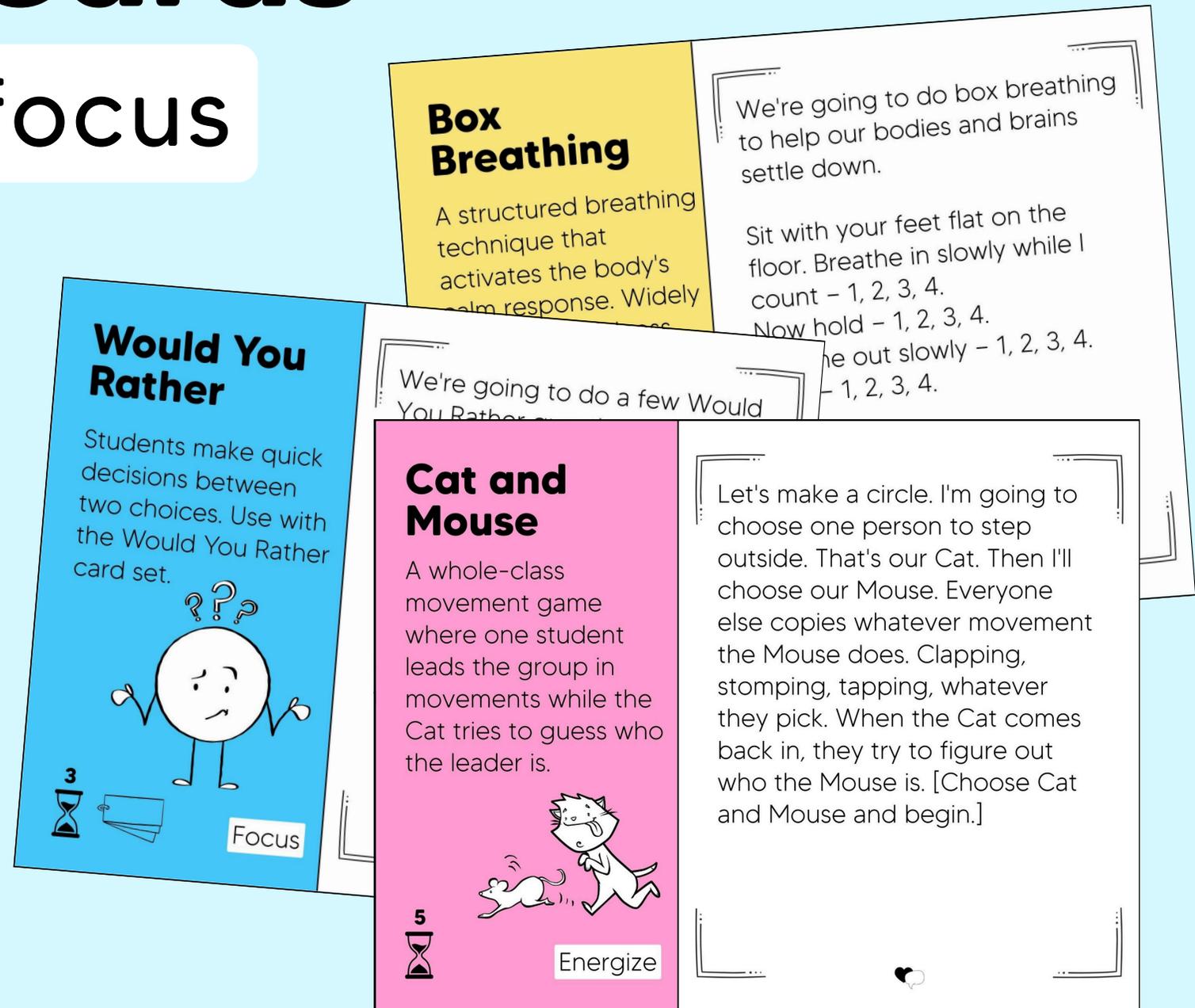
200+ cards



5 expansion decks



Print and digital



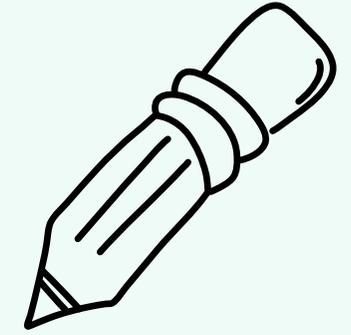
Match the break to the moment

Brain breaks designed to respond to the energy in the room.

-  Energize, calm, focus categories
-  200+ cards
-  Editable Google Slides and PowerPoint Files
-  Ready to print and use

Perfect for elementary classrooms

What's Included



60 different types of brain breaks

5 expansion decks for Would You Rather, Four Corners, Mystery Object, Alliteration, and Brain Teasers

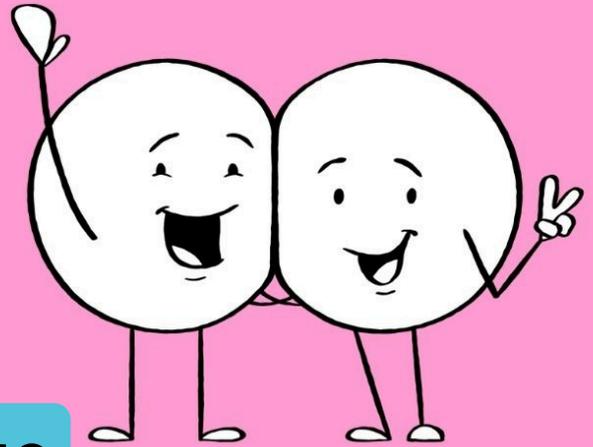
Editable PowerPoint and Google Slides so you can display, customize text or create your own

Ready to **print and use card format**

Each Card Includes

Swap

Students switch spots based on **description** cards, creating quick movement and class connection.



time estimate



category

Energize

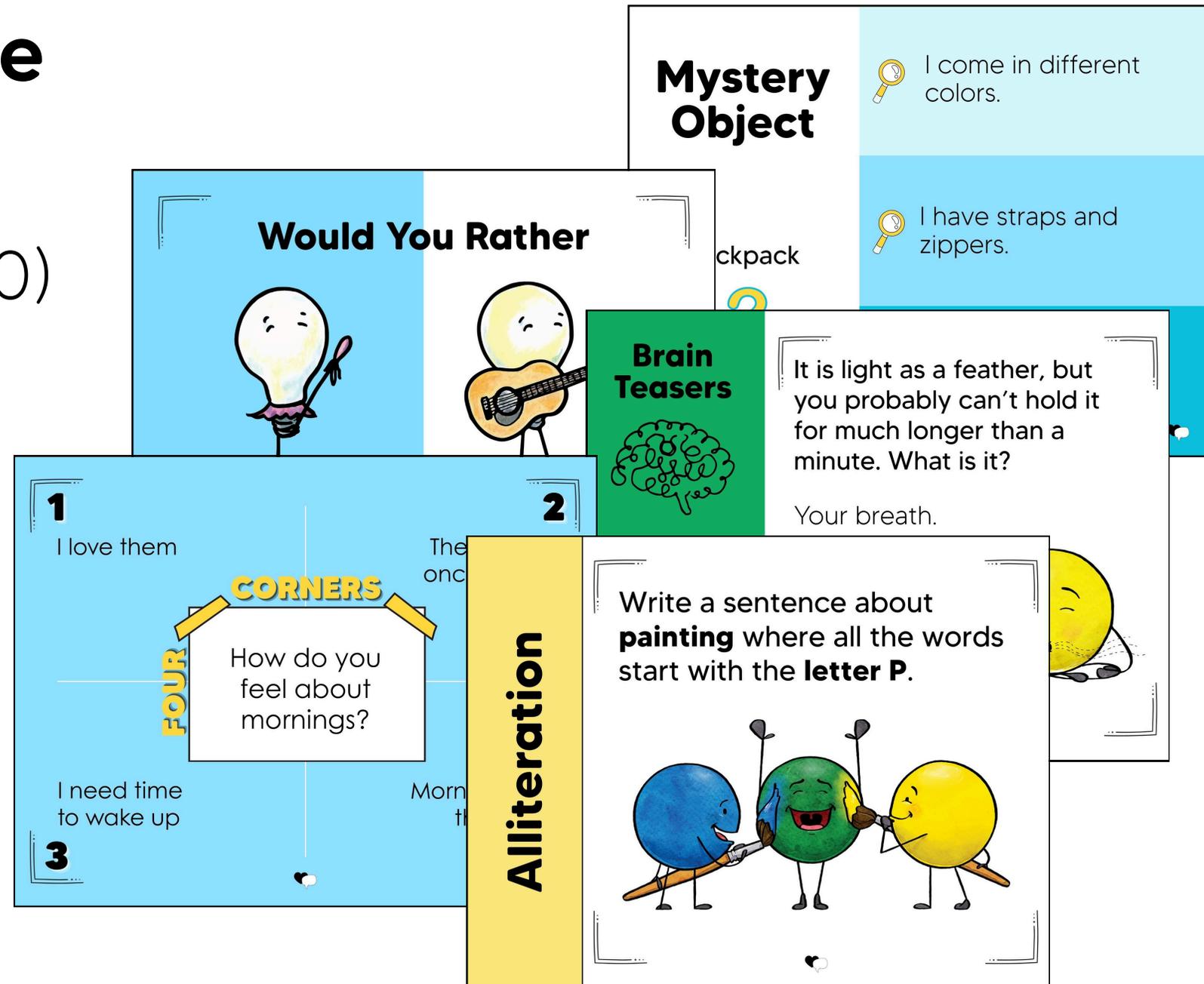
Stand up and push in your chair. Stand behind your desk. I'm going to say **script** something, and if it describes you, raise your hand, and swap places with someone else who has their hand raised. Ready?

Swap if you had cereal for breakfast. [Pause.]
Swap if you are the youngest child. [Pause.]
Swap if you love pizza. [Pause.]

Expansion Decks

More prompts for five of the brain breaks

- + Would You Rather (40)
- + Brain Teasers (20)
- + Four Corners (30)
- + Mystery Bag (30)
- + Alliteration (26)

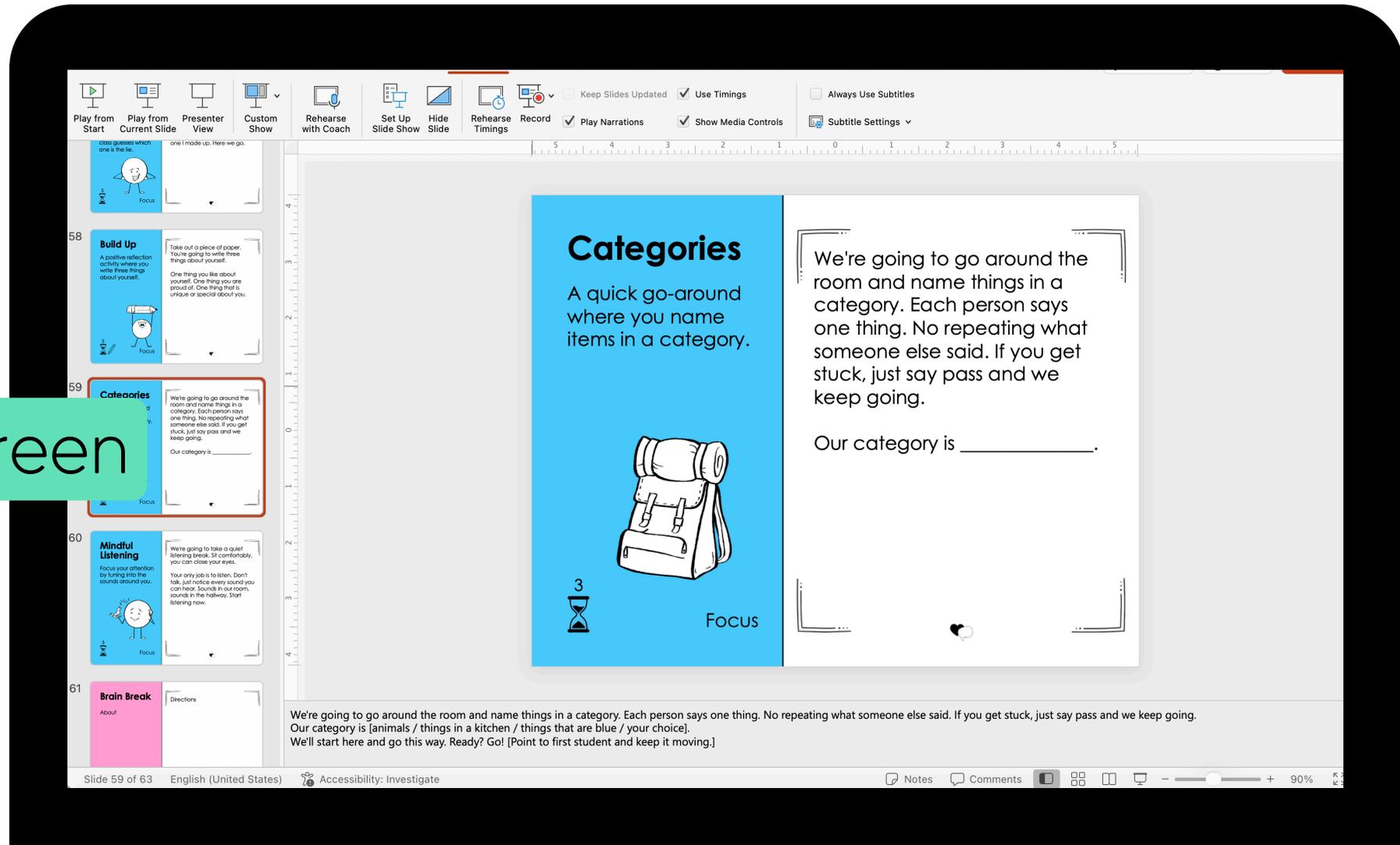


Editable Google Slides & PowerPoint

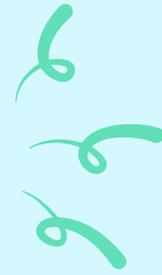
display cards on screen

create your own

edit text



What you'll love



- 📄 Ready to print cards
- 📄 Simple scripts on every card
- 📄 Responsive exercises that meet the need in the room.
- 📄 Editable slides to display
- 📄 Tons of variety to use all year long
- 📄 Add your own favorites using the PowerPoint files

Practical Details



Grade Level

2nd to 6th



AND

Tons of variety
Ready to use



File Format

PDF

PowerPoint

Google Slides

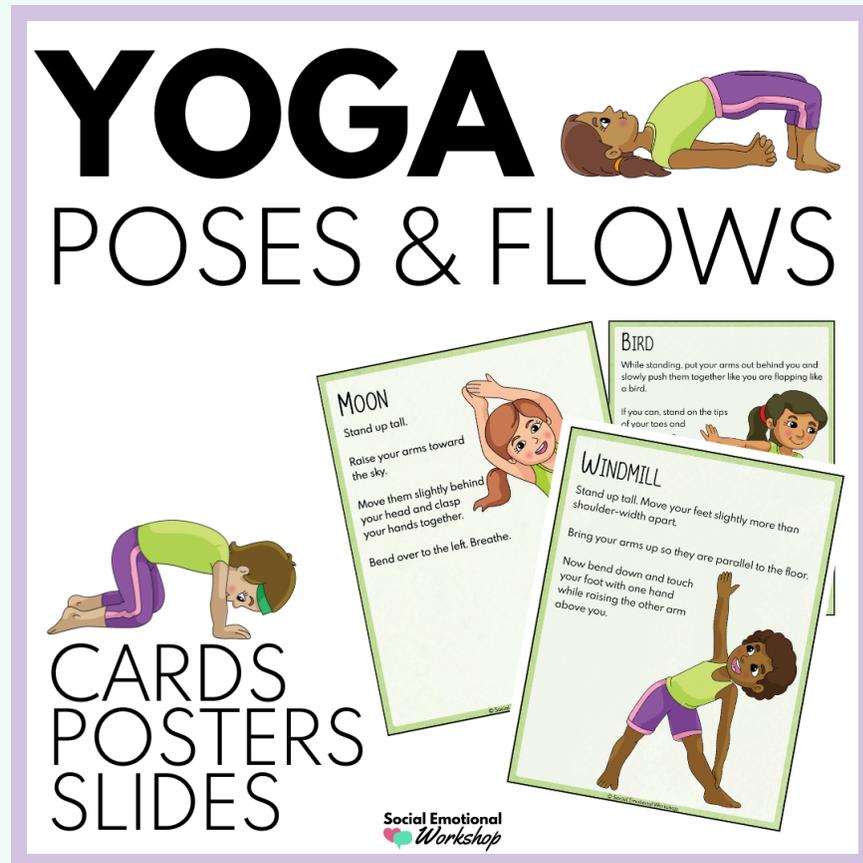


Printing

Color & BW

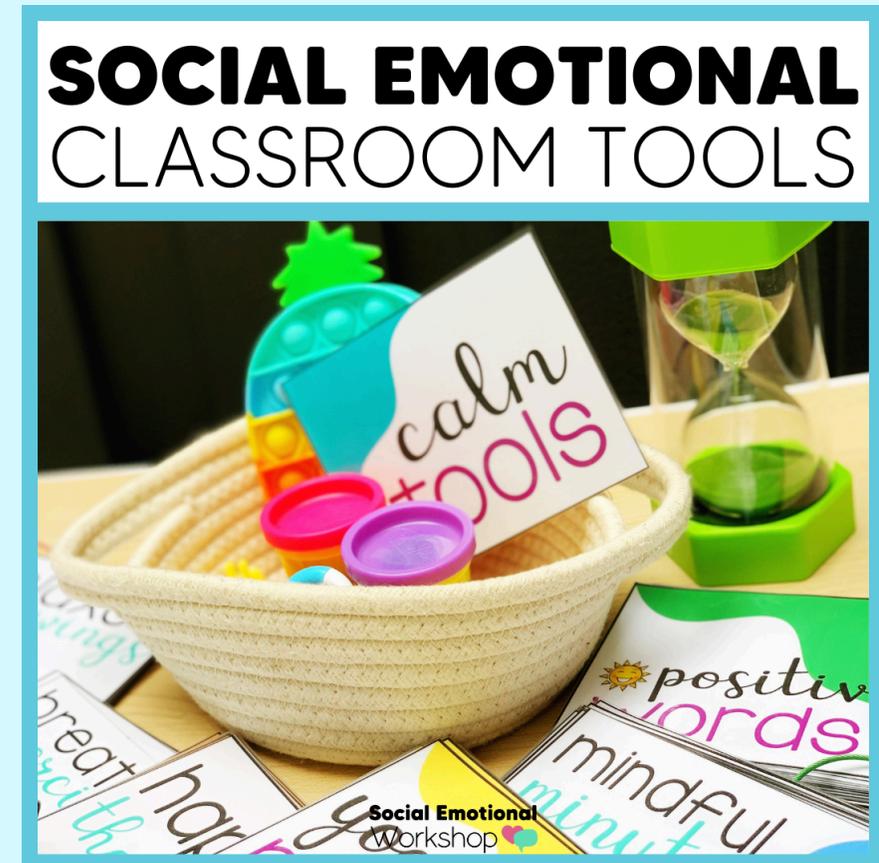
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Yoga Cards



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SEL Tools Classroom Bundle



Hi! I'm Laura

I create research-driven, uncomplicated tools and resources designed to build students' social and emotional skills in counseling or the classroom.

During ten years as a school psychologist, I wore all the hats - but the one I never took off was supporting my colleagues.

Whether you're a first-year counselor or a seasoned teacher, I want you to have the tools you need to support each student.

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