

# SELF REGULATION BRAIN BREAKS



FOR THE CLASSROOM



# 54 Brain Break Cards



Focused on Self Regulation



# Cards to Wake Students Up

## CHAIR PUSHUPS

Sit up tall.  
With

your chair.  
your hands,  
your chair.  
hands and  
inch

## SLITHER

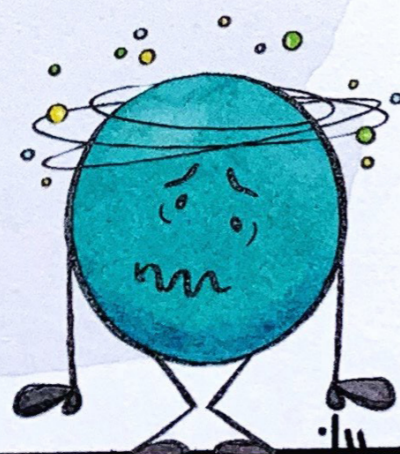
Hold your arms up above your head and wiggle them like snakes. Say Sssssssss!  
Now stick your legs out and wiggle



## DANCE LIKE

When the music starts I am going to tell you to Dance like something a little different. Get ready!  
Dance like you are in jelly!

Change every 30 seconds.



## ENERGIZE

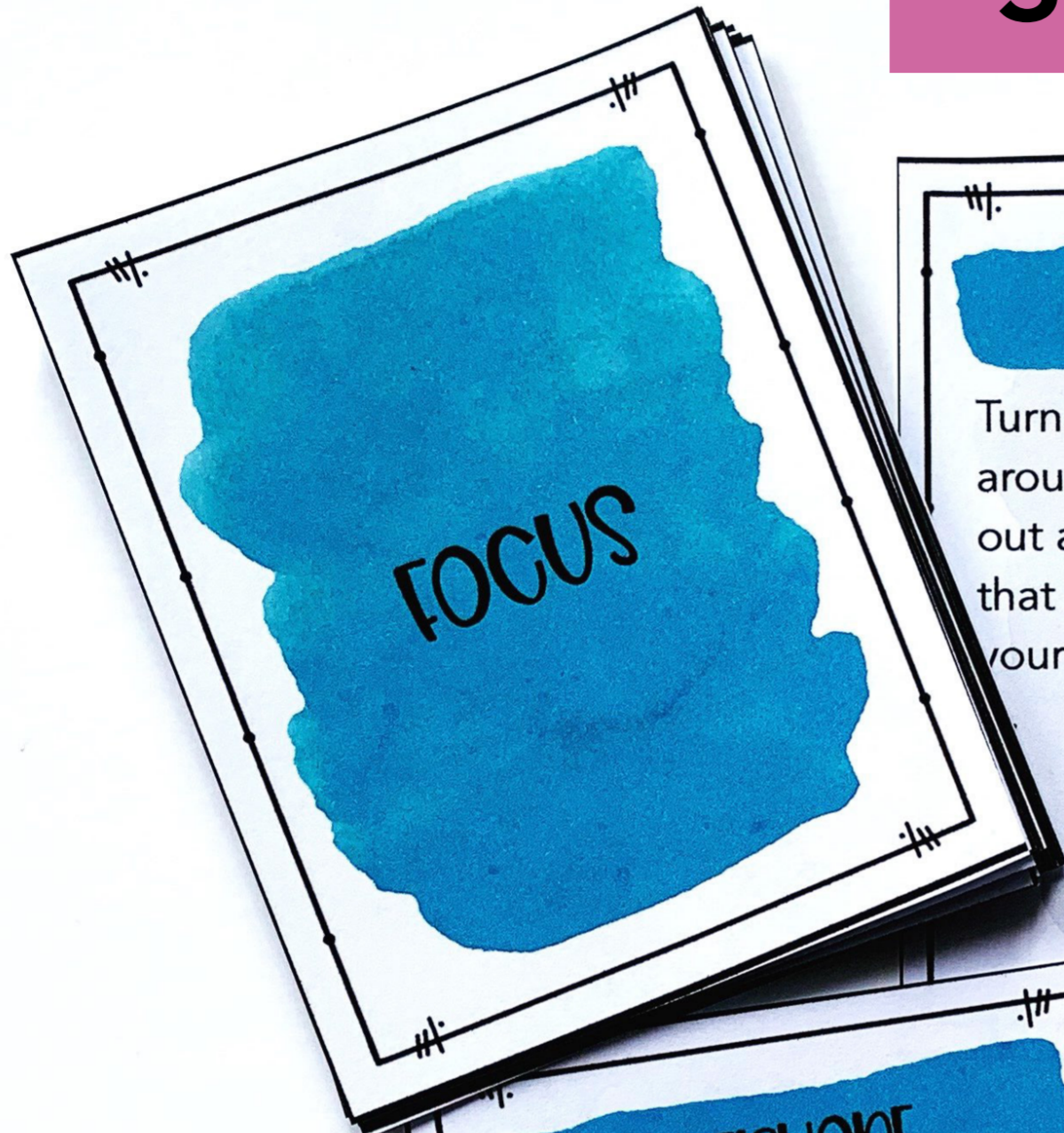


# Cards to Calm Students Down



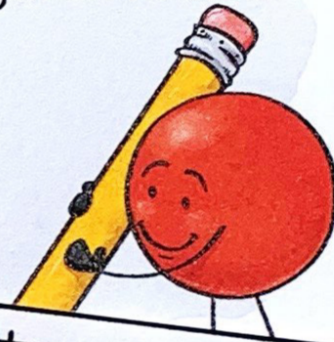


# Cards to Get Students Thinking



## AIR PICTURES

Turn to your partner. Look around the room and pick out an object. Now draw that object in the air and let your partner guess what it



## TELEPHONE

I'm going to whisper a phrase to the first person. That student will turn to the person next to them and whisper what they heard. We will go around the room til it gets to the last person. They will say what they heard.



## COLOR SEARCH

I'm going to call out a color and you will search around the room for something that is that color. I will call on everyone to we find as many things as can that are color.







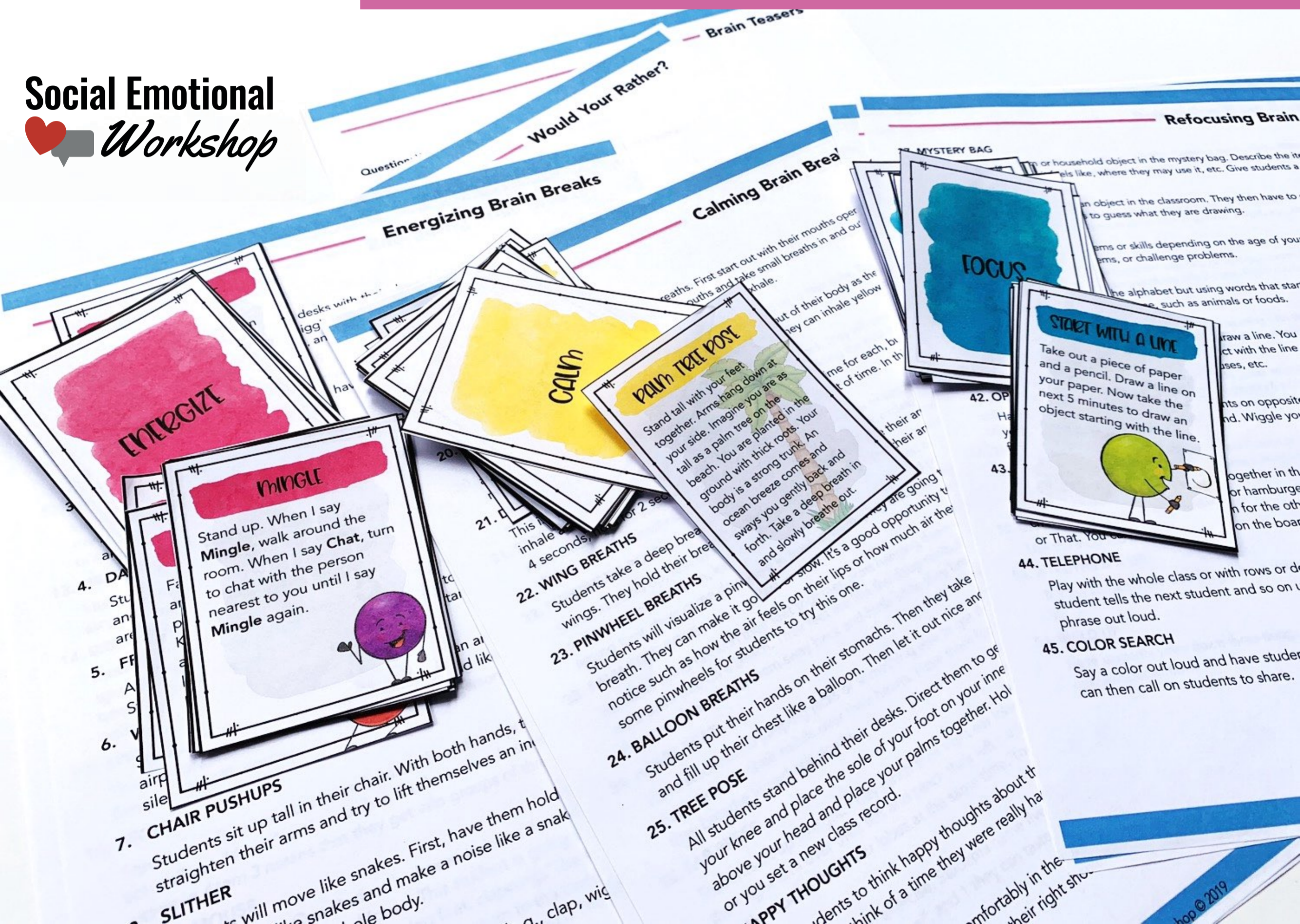
**Add to Popsicle Sticks**



# Directions for all Brain Breaks

**BONUS: 10 Brain Teasers  
30 Would You Rather ...?**

**Social Emotional**  
 *Workshop*



7. **CHAIR PUSHUPS**  
Students sit up tall in their chair. With both hands, t  
straighten their arms and try to lift themselves an in

8. **SLITHER**  
Students will move like snakes. First, have them hold  
their arms and legs like snakes and make a noise like a snak  
e. Then, have them wiggle their arms and legs like a snake's  
body. clap, wiggle

22. **WING BREATHS**  
Students take a deep breath  
in. They hold their breath  
for 2 seconds, then exhale.

23. **PINWHEEL BREATHS**  
Students will visualize a pinwheel  
in their minds. They can make it go  
around and around. It's a good opportunity  
for students to try this one.

24. **BALLOON BREATHS**  
Students put their hands on their stomachs. Then they take  
a deep breath in and fill up their chest like a balloon. Then let it out nice and  
slowly.

25. **TREE POSE**  
All students stand behind their desks. Direct them to get  
on their knees and place the sole of your foot on your inner  
thigh. They should place their palms together. Hold  
for 30 seconds or as long as they can. This is a good  
opportunity for students to try this one.

26. **HAPPY THOUGHTS**  
Students to think happy thoughts about their  
day. Think of a time they were really happy.  
They should think of a time they were really happy  
and think of a time they were really happy.

44. **TELEPHONE**  
Play with the whole class or with rows or  
columns. One student tells the next student and so on  
until the phrase is out loud.

45. **COLOR SEARCH**  
Say a color out loud and have students  
find that color. They can then call on students to share.