

“The 10 DAYS of TESTING”

Countdown Activity

Each day, do the suggested brain break. These brain breaks can be sung to the 12 Days of Christmas tune for a humorous musical brain break! Students can act out each day as it's sung.



On the 10th day of test prep, I gave my brain a break.

10 jumping jacks

9 noses twitching

8 earlobe stretches

7 silly laughs

6 sit down stand ups

FIVE deep, deep breaths

4 giant yawns

3 swimming strokes

2 friendly handshake

And a stretch that reaches higher than the sky!

DAY 10

jumping jacks

Repeat 10x

DAY 5

deep, deep breaths

Repeat 5x

DAY 9

noses twitching

(rotate your nose in circles)

Repeat 9x

DAY 4

giant yawns

Repeat 4x

DAY 8

earlobe stretches

(pinch ears with hands and touch knees with opposite elbow)

Repeat 8x

DAY 3

swimming strokes

(do the breaststroke, sidestroke, backstroke in the air)

Repeat 3x

DAY 7

silly laughs

Repeat 7x

DAY 2

friendly handshakes

(between 2 partners)

Repeat 2x

DAY 6

sit down stand ups

Repeat 6x

DAY 1

Stretch...

...to the ceiling, as tall as you can!
Hold it!