


Create a classroom Brain Break Wheel

Create NED's activity wheel for a classroom reminder that "It's good to give your brain a break!" The wheel has six 1-2 minute activities that will get their bodies moving and deliver fresh oxygen to those young, tired brains! The make-your-own wheel allows you to write in other activities that you and your students love to do!

What you'll need:

- Color printer
- 8-1/2 x 11" paper
- Scissors
- Tape
- Metal brad (round head fastener)

Directions:

1. Print out pages 2-7 on a color printer.
2. Cut out triangular window on page 3.
3. Tape pages 1 and 2 together (Fig. A)
4. Cut out wheel halves on pages 4 & 5 and tape together. (Fig. B)
NOTE: Use the blank wheel halves on pages 6 & 7 to create your own brain break activities.
5. Place brad through this mark  and through center of the wheel. (Fig. C)

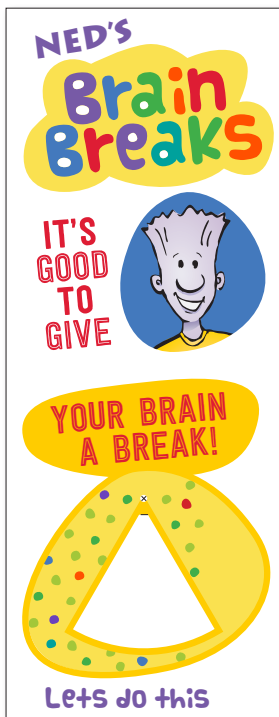
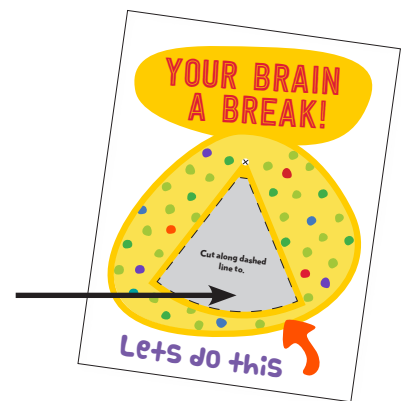


Fig. A



Fig. B

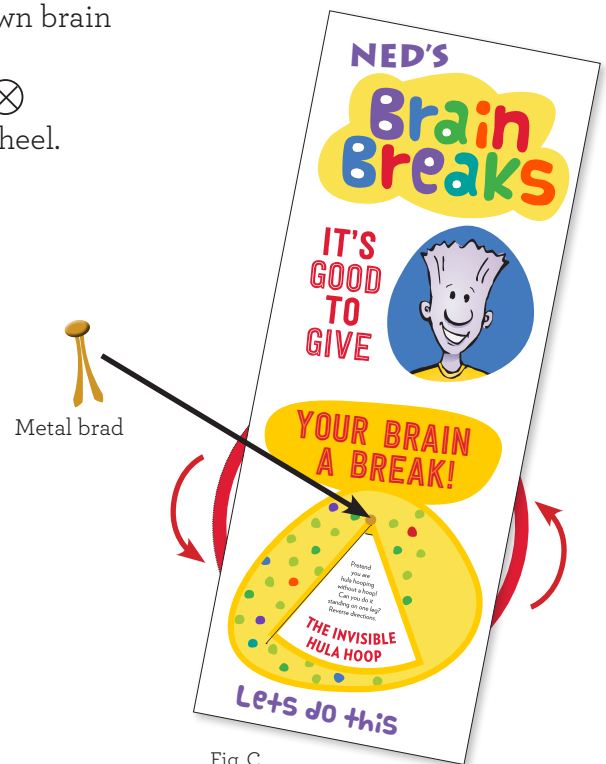


Fig. C

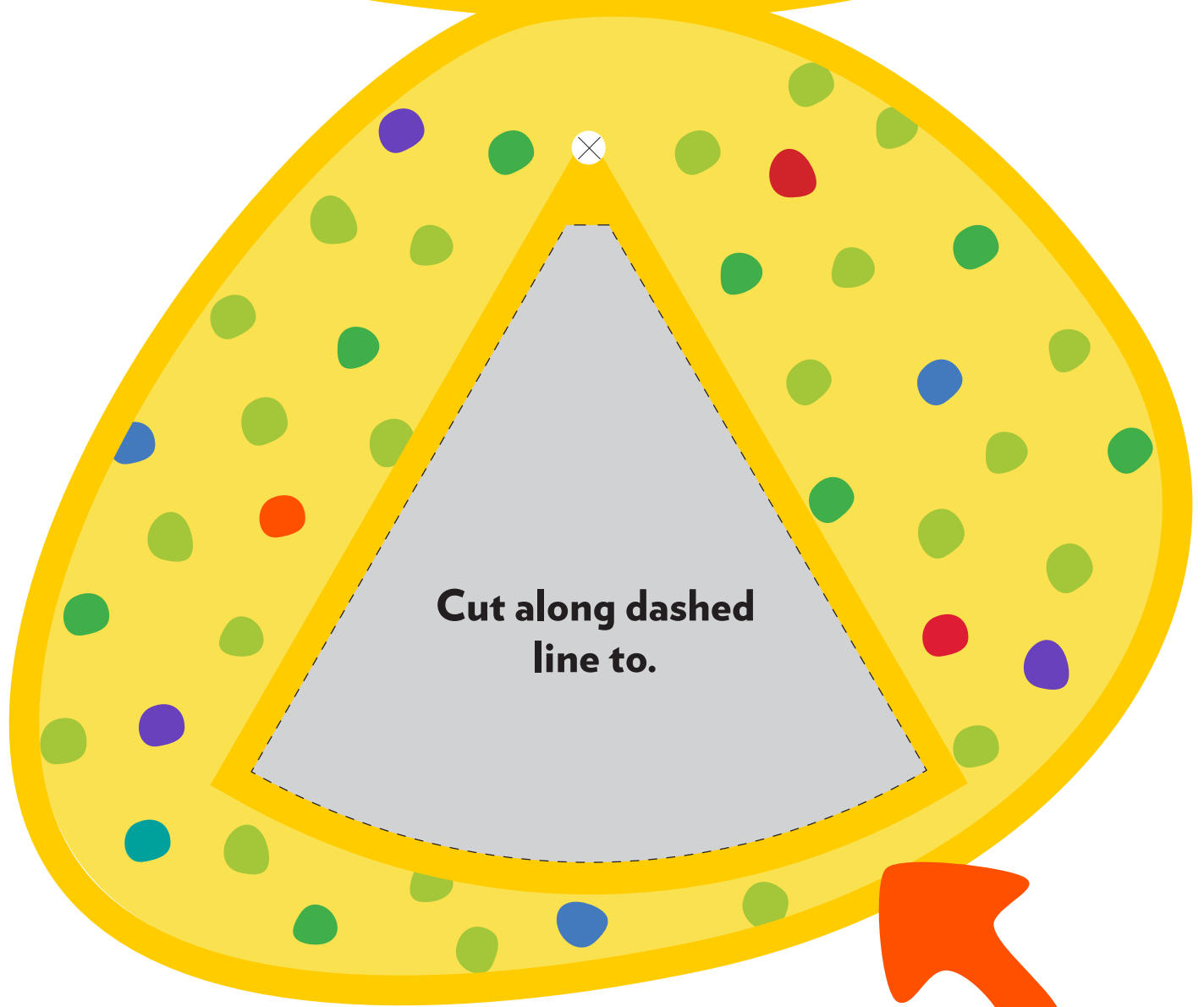
NED'S

**Brain
Breaks**

**IT'S
GOOD
TO
GIVE**



YOUR BRAIN
A BREAK!



Cut along dashed
line to.

Lets do this

BIG BREATHS

How slowly can you exhale through your mouth? Then drop as far as you can and inhale through your nose. You can and inhale your shoulders up as high as you can and inhale through your shoulders. Then drop as far as you can and exhale through your mouth. Repeat several times.

I'M FEELING...

concerned, nervous, calm, freaked out, confident!

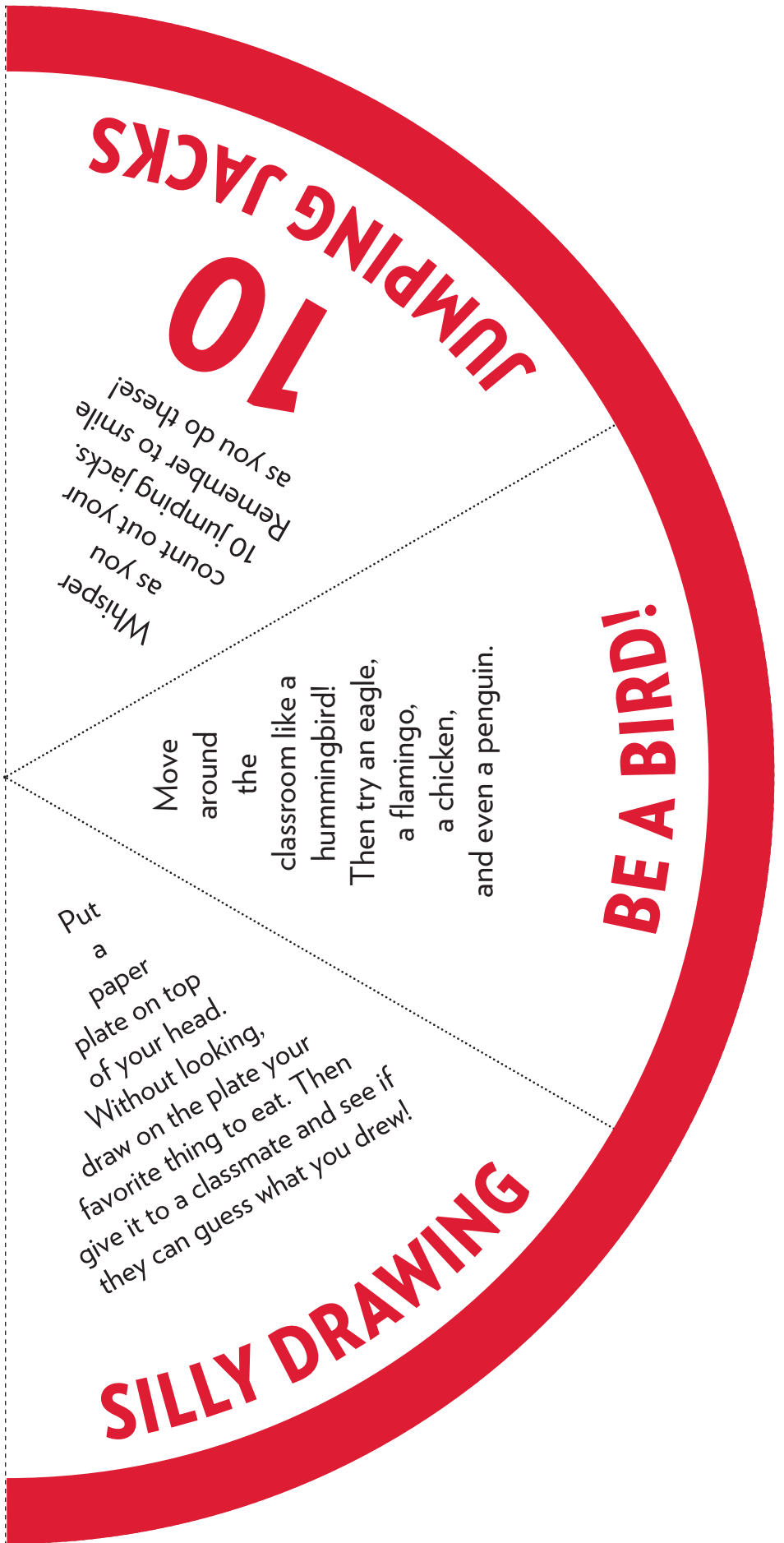
try these expressions:
hopeful, frustrated,
unconcerned, then

place while
changing
expressions. Look
in

Walk

Pretend you are hula hooping without a hoop! Can you do it standing on one leg? Reverse directions.

THE INVISIBLE HULA HOOP



10 JUMPING JACKS

Whisper as you count out your 10 jumping jacks. Remember to smile as you do these!

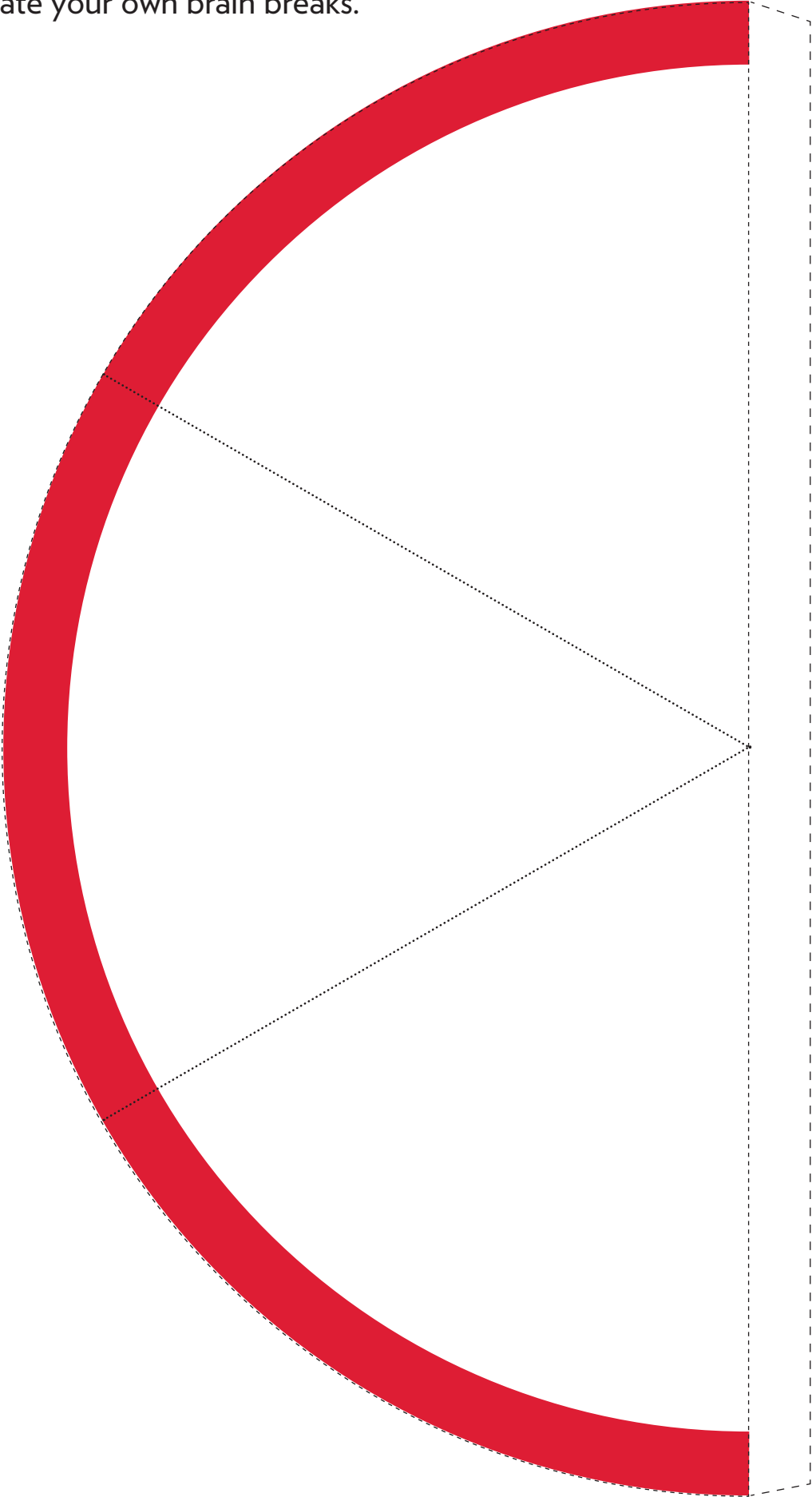
Move around the classroom like a hummingbird! Then try an eagle, a flamingo, a chicken, and even a penguin.

BE A BIRD!

Put a paper plate on top of your head. Without looking, draw on the plate your favorite thing to eat. Then give it to a classmate and see if they can guess what you drew!

SILLY DRAWING

Create your own brain breaks.



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