

# 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:

Print out pages 2-7 on a color printer.

Cut out triangular window on page 3.

Tape pages 1 and 2 together (Fig. A)

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.

Place brad through this mark ⊗ and through center of the wheel. (Fig. C)

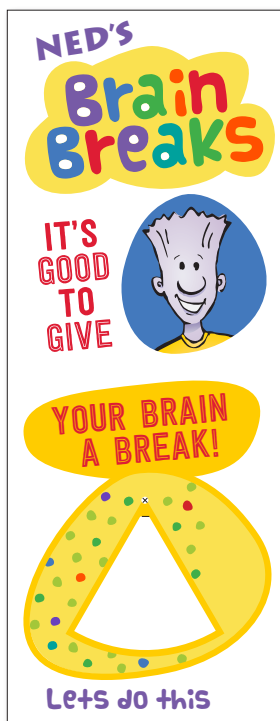
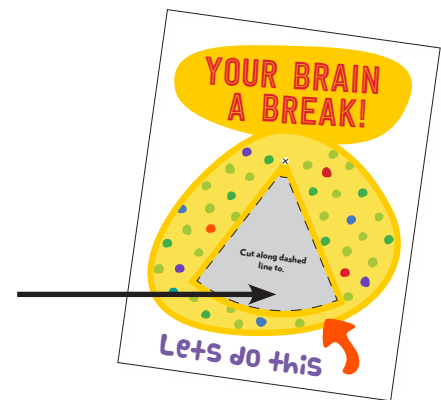


Fig. A

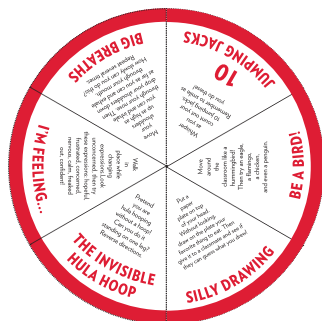


Fig. B



Fig. C

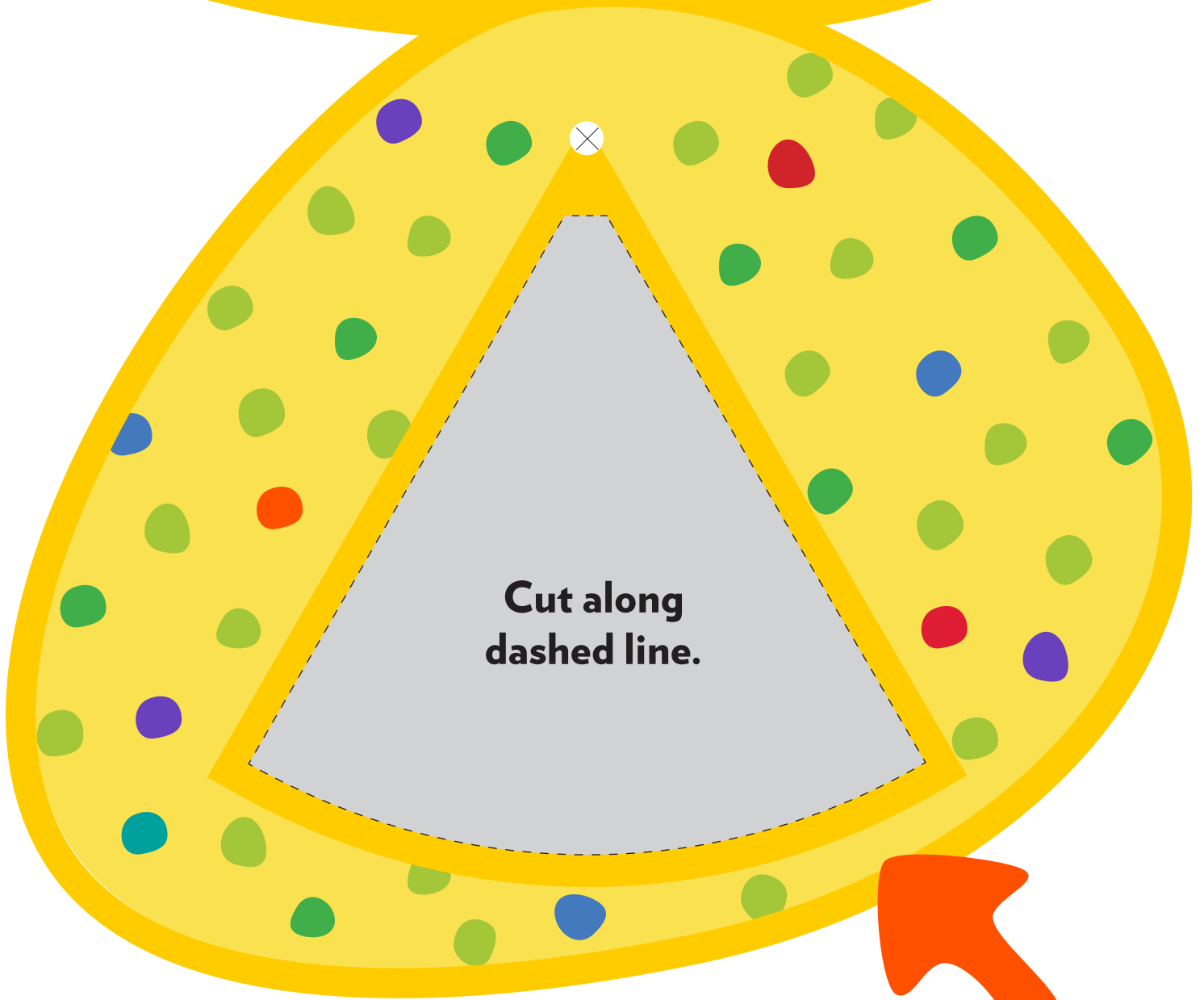
**NED'S**

**Brain  
Breaks**

**IT'S  
GOOD  
TO  
GIVE**



YOUR BRAIN  
A BREAK!



Lets do this

# BIG BREATHS

How slowly can you exhale through your mouth? Then drop as far as you can and through your shoulders you can and inhale up as high as your shoulders can and inhale.

Repeat several times.

# I'M FEELING...

concerned, nervous, calm, freaked out, confident!

Walk in place while changing expressions. Look unconcerned, then try these expressions: hopeful, frustrated, concerned, nervous, calm, freaked out, confident!

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!

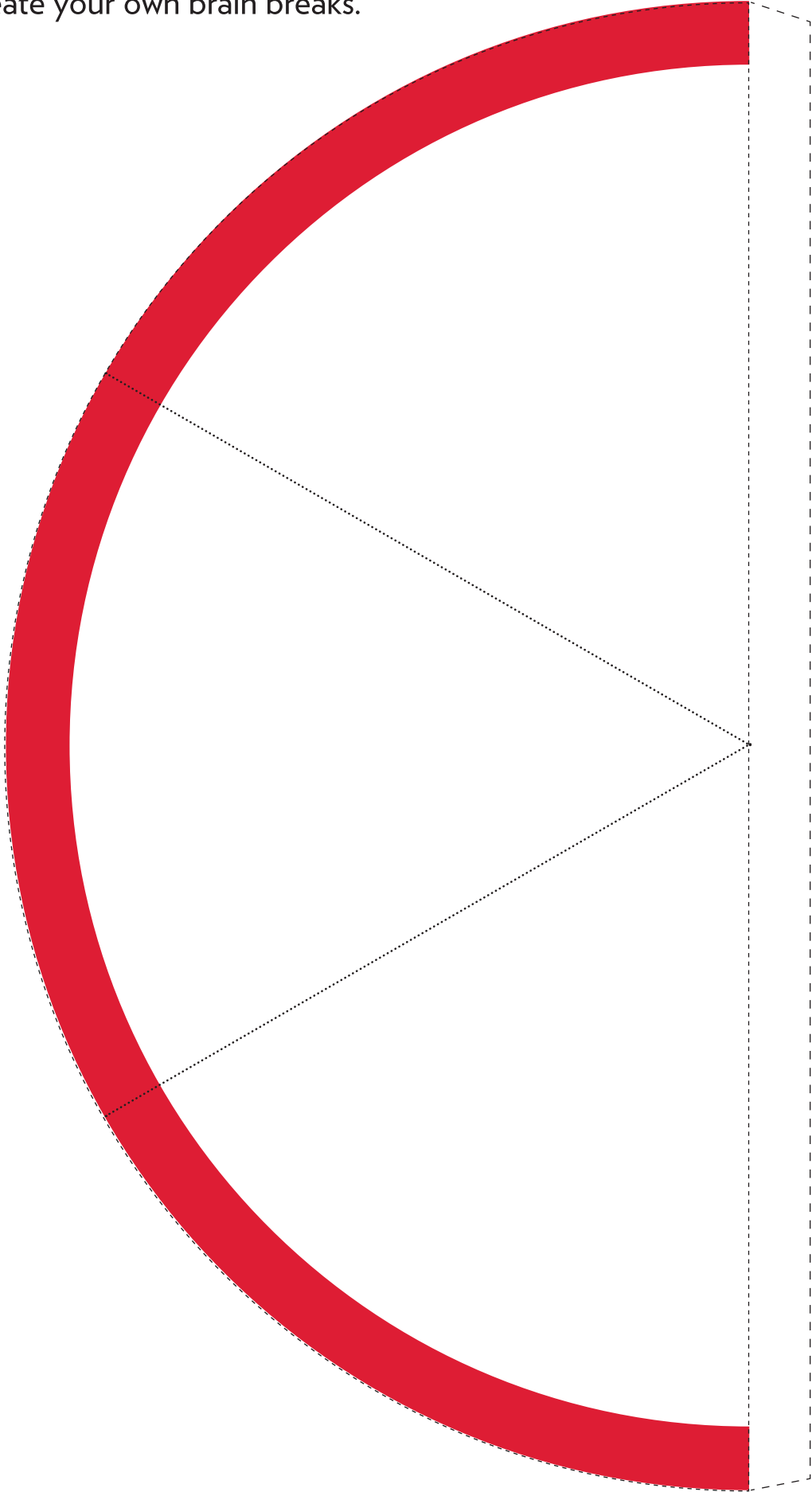
Move  
around  
the  
classroom like a  
hummingbird!  
Then try an eagle,  
a flamingo,  
a chicken,  
and even a penguin.

# 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.



Create your own brain breaks.

