

## ACTIVE BRAIN BREAKS

**Active Brain Breaks are important they help to reduce Stress and Anxiety  
Active Brain Breaks are short bursts of energy they keep us Active, refresh the  
Mind and improve Creativity**

**Select one of the Activities below when you feel you need a short break**

<p><b>Arm Circles</b> Hold your arms out to your sides and make circles with the arms in the air do 15</p> 	<p><b>Dance and Sing to your favourite Song</b></p> 	<p><b>Jumping Jacks do 15</b></p> 
<p><b>Bunny Hops do 15</b></p> 	<p><b>Juggling</b> Pretend to juggle balls in the air for a count of 15</p> 	<p><b>Skip</b> Skip with/or without a skipping rope do 15 skips</p> 
<p><b>Elephant Stomps</b> Practice elephant stomps do 15</p> 	<p><b>Jog on the Spot</b> Count to 15</p> 	<p><b>Jump on the Spot</b> Pretend you are on a trampoline do 15</p> 
<p><b>Climb a Tree</b> Pretend to climb a tree for a count of 15</p> 	<p><b>March on the Spot</b> Count to 15</p> 	<p><b>Hop on each Foot 10 times</b></p> 