

# Brain Break Ideas - Kindergarten

Quiet Time Activities	Physical Activities	Community Project
<ul style="list-style-type: none"> <li>✓ Mandalas/coloring pages</li> <li>✓ Lacing pages</li> <li>✓ Collage making</li> <li>✓ Search'n Find placements (laminated, used with dry-erase markers)</li> <li>✓ Search'n Find books</li> <li>✓ Play Doh</li> <li>✓ Pattern making with beads</li> <li>✓ K'Nex, Legos, Straws and Connectors (Building games)</li> <li>✓ Letter games</li> <li>✓ Magnets – shapes, letters, numbers</li> <li>✓ Puzzles – individual or dyad</li> <li>✓ Number, letter, shape games</li> <li>✓ Bracelet making with beads and pipe cleaners</li> <li>✓ Architek</li> <li>✓ Building game (blocks, marbles &amp; tunnels)</li> <li>✓ Dot-to-dot activities</li> </ul>	<ul style="list-style-type: none"> <li>✓ Go Noodle/Let's Dance</li> <li>✓ Fitness Bingo</li> <li>✓ 10 sided exercise dice</li> <li>✓ Hoola hoops (a station in the room)</li> <li>✓ Simon Says Game</li> <li>✓ Desk Drumming</li> <li>✓ Pool Noodle workout</li> <li>✓ Boks Fitness program</li> <li>✓ Yoga exercises</li> <li>✓ Sardines (reverse of Hide and Seek- 1 person hides and everyone else looks for the hidden person. When a person finds the hidden person, they quietly join them in their hiding spot).</li> <li>✓ Musical Chairs</li> <li>✓ Xs and Os (using students- put tape on floor and students play in teams by standing in the spots holding an X or O or some other object (could be themed objects (e.g. Halloween→ bats vs pumpkins</li> <li>✓ Cup stacking – construction and destruction</li> </ul>	<ul style="list-style-type: none"> <li>✓ Mural drawing on banner paper</li> <li>✓ Puzzle (larger group puzzle)</li> <li>✓ Building game</li> <li>✓ THEME craft table</li> <li>✓ Puppetry and Dress-up play – Acting out stories</li> <li>✓ LEGO wall</li> <li>✓ Class Treasure Hunt with pictures</li> </ul>

# Brain Break Ideas – Cycle 1

Quiet Time Activities	Physical Activities	Community Project
<ul style="list-style-type: none"> <li>✓ Mandalas/coloring pages</li> <li>✓ Lacing pages</li> <li>✓ Collage making</li> <li>✓ Search'n Find placements</li> <li>✓ Laminated mazes with dry-erase markers</li> <li>✓ Play Doh</li> <li>✓ Pattern making with beads</li> <li>✓ K'Nex, Legos, Straws and Connectors (Building games)</li> <li>✓ Snakes &amp; Ladders (Variety of board games)</li> <li>✓ Junior Rush Hour</li> <li>✓ Hoppers</li> <li>✓ Guess Who?</li> <li>✓ Cards, Uno</li> <li>✓ Connect 4</li> <li>✓ Logix, Numéro, Animalogic, Architek</li> <li>✓ Sorting games</li> <li>✓ "Craft Station" – having different materials available, changing things up periodically to keep it interesting and inspiring</li> <li>✓ Art for Kids Hub – can watch wide variety of how- to-draw videos, usually under 15 minutes in length</li> <li>✓ Post Office set-up (writing notes, letters, etc.)</li> <li>✓ <u>Personal project:</u> <ul style="list-style-type: none"> <li>✓ Yarn creation -corking, straw weaving, finger knitting</li> <li>✓ Fidget making</li> <li>✓ Sketching (personal book)</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>✓ Go Noodle/Let's Dance</li> <li>✓ Fitness Bingo</li> <li>✓ 10 sided exercise dice</li> <li>✓ Hoola hoops (a station in the room)</li> <li>✓ Simon Says Game</li> <li>✓ Desk Drumming</li> <li>✓ Pool Noodle workout</li> <li>✓ Alphabet Fitness</li> <li>✓ Boks Fitness program</li> <li>✓ Yoga exercises</li> <li>✓ Hide and Seek in the classroom</li> <li>✓ Sardines (reverse of Hide and Seek- 1 person hides and everyone else looks for the hidden person. When a person finds the hidden person, they quietly join them in their hiding spot)</li> <li>✓ Musical Chairs</li> <li>✓ Xs and Os (using students- put tape on floor and students play in teams by standing in the spots holding an X or O or some other object (could be themed objects (e.g. Halloween→ bats vs pumpkins</li> <li>✓ Cup stacking – construction and destruction</li> </ul>	<ul style="list-style-type: none"> <li>✓ Mural drawing on banner paper</li> <li>✓ Class Puzzle</li> <li>✓ Building game</li> <li>✓ THEME craft table</li> <li>✓ Weaving project</li> <li>✓ Robot making with recycled items</li> <li>✓ Junior Pictionary</li> <li>✓ LEGO Wall</li> <li>✓ Class Treasure Hunt with pictures</li> <li>✓ Scavenger Hunt</li> <li>✓ Math Wall Challenges (ex. Post-It Number Match Activity)</li> <li>✓ Melting Snowman (alternative version of Hangman)- draw a snowman on a white board/chalkboard. Every incorrect guess erases a body part. Game ends when they guess the word or when there is no snowman left.</li> </ul>

# Brain Break Ideas – Cycle 2

Quiet Time Activities	Physical Activities	Community Project
<ul style="list-style-type: none"> <li>✓ Mandalas/coloring pages</li> <li>✓ Collage making</li> <li>✓ Search'n Find placements</li> <li>✓ Play Doh</li> <li>✓ Bracelet making with beads</li> <li>✓ K'Nex, Lego, maze-building – making their own creations</li> <li>✓ Rush Hour, Hoppers, Tip Over</li> <li>✓ Cards, Uno, Go Fish</li> <li>✓ Blockus (for 2, for 4)</li> <li>✓ Battleship</li> <li>✓ Checkers, Chess</li> <li>✓ Spot it!, Dobble</li> <li>✓ "Craft Station" – having different materials available, changing things up periodically to keep it interesting and inspiring</li> <li>✓ Art for Kids Hub – can watch wide variety of how- to-draw videos, usually under 15 minutes in length</li>   <li>✓ Personal project:               <ul style="list-style-type: none"> <li>✓ Yarn creation -corking, straw weaving, finger knitting</li> <li>✓ Bracelet making (with elastics or thread)</li> <li>✓ Fidget making</li> <li>✓ Scrapbooking</li> <li>✓ Sketching (personal book)</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>✓ Go Noodle/Let's Dance</li> <li>✓ Fitness Bingo</li> <li>✓ Minute to Win It Challenges</li> <li>✓ 10 sided exercise dice</li> <li>✓ Desk Drumming</li> <li>✓ Pool Noodle workout</li> <li>✓ Alphabet Fitness</li> <li>✓ Boks Fitness program</li> <li>✓ Yoga exercises</li> <li>✓ "Create your own dance routine"</li> <li>✓ Sardines (reverse of Hide and Seek- 1 person hides and everyone else looks for the hidden person. When a person finds the hidden person, they quietly join them in their hiding spot)</li> <li>✓ Cup stacking – construction and destruction</li> <li>✓ Fitness Monopoly</li> </ul>	<ul style="list-style-type: none"> <li>✓ Mural drawing on banner paper</li> <li>✓ Class Puzzle</li> <li>✓ Maze construction/simple wood projects</li> <li>✓ THEME craft table</li> <li>✓ JENGA, Suspend</li> <li>✓ Scattergories</li> <li>✓ Junior Pictionary</li> <li>✓ Create a "Class Treasure Hunt"</li> <li>✓ Scavenger Hunt</li> <li>✓ Charades</li> <li>✓ Creating and putting on puppet shows</li> <li>✓ Melting Snowman (alternative version of Hangman)- draw a snowman on a white board/chalkboard. Every incorrect guess erases a body part. Game ends when they guess the word or when there is no snowman left.</li> </ul>

# Brain Break Ideas – Cycle 3

Quiet Time Activities	Physical Activities	Community Project
<ul style="list-style-type: none"> <li>✓ Mandalas/coloring pages</li> <li>✓ Origami (have patterns, paper and samples already made)</li> <li>✓ Reading</li> <li>✓ Listening to music</li> <li>✓ Cards, Uno, YUM, Skip Bo</li> <li>✓ Rush Hour, Tip Over</li> <li>✓ Blockus (for 2, for 4)</li> <li>✓ Tenzi (dice game, 77 ways to play)</li> <li>✓ Battleship, Mastermind</li> <li>✓ CLUE, LIFE, Sorry</li> <li>✓ Checkers, Chess</li> <li>✓ Spot it!, Dobble</li> <li>✓ “Craft Station” – having different materials available, changing things up periodically to keep it interesting and inspiring</li> <li>✓ Art for Kids Hub – can watch wide variety of how- to-draw videos, usually under 15 minutes in length</li> <li>✓ Search’n Find books, placemats</li> <li>✓ <u>Personal project:</u> <ul style="list-style-type: none"> <li>✓ Knitting, weaving, craft creations</li> <li>✓ Fidget making</li> <li>✓ Scrapbooking</li> <li>✓ Sketching (personal book)</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>✓ Go Noodle/Let’s Dance</li> <li>✓ Minute to Win It Challenges</li> <li>✓ Desk Drumming – create their own routines</li> <li>✓ Pool Noodle workout</li> <li>✓ Alphabet Fitness</li> <li>✓ Boks Fitness program</li> <li>✓ Yoga exercises</li> <li>✓ ”Create your own dance routine”</li> <li>✓ Cup stacking – construction and destruction</li> <li>✓ Foosball</li> <li>✓ Twister</li> <li>✓ 7-UP</li> <li>✓ Basketball</li> <li>✓ Mini golf, Mini Hockey</li> <li>✓ Cup stacking – construction and destruction</li> <li>✓ Fitness Monopoly</li> </ul>	<ul style="list-style-type: none"> <li>✓ Team THEME mural on banner paper</li> <li>✓ Class Puzzle</li> <li>✓ THEME craft table</li> <li>✓ Maze construction/simple wood projects</li> <li>✓ Creating a class ‘Life-size JENGA’ with wood pieces and adding inspirational quotes to each piece</li> <li>✓ Suspend</li> <li>✓ Scattergories</li> <li>✓ Pictionary</li> <li>✓ Monopoly, Jumanji</li> <li>✓ Head Bands</li> <li>✓ Scrabble, Apple Scrabble, Bananagrams</li> <li>✓ Create a “Class Treasure Hunt”</li> <li>✓ Create a book (as a class or individually)</li> <li>✓ Charades</li> <li>✓ STEM challenges (ex. Tower Marshmallow Challenge, Catapult Challenge)</li> </ul>