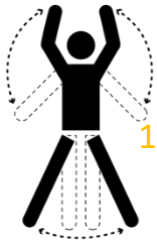


# Brain Break Suggestions



10-Jumping jacks



10-Star jumps

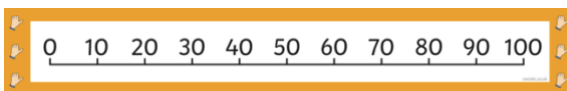
10-Running on the spot



Sing Head, Shoulders, Knees and toes slowly or quickly



Count forwards and backwards in 10s



Count forward and backwards in 2s



Sing a nursery rhyme



## Twinkle Twinkle Little Star



Twinkle, twinkle, little star,  
How I wonder what you are.  
Up above the world so high,  
Like a diamond in the sky.  
Twinkle, twinkle, little star,  
How I wonder what you are.

When the blazing sun is gone,  
When he nothing shines upon,  
Then you show your little light,  
Twinkle, twinkle, all the night.  
Twinkle, twinkle, little star,  
How I wonder what you are.

Then the traveler in the dark,  
Thanks you for your tiny spark,  
He could not see which way to go,  
If you did not twinkle so.  
Twinkle, twinkle, little star,  
How I wonder what you are.



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Dance to music



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Sing a song

Answer 10 yes/no questions



Answer 10, "Would you rather..." questions

Colour in a picture for 2 minutes



Play Simon Says...

