

## **Individual Brain Break Activity:**

### **Crazy Jacks**

1. Stand up with your hands down by your side
2. Start doing a traditional jumping jack by jumping up and landing with your feet apart.
3. Instead of clapping your hands above your head, cross your arms above your head
4. Return back to a starting position
5. Perform next jumping jack by jumping and crossing your legs
6. Instead of clapping your hands, keep your arms straight above your head
7. Return back to a starting position
8. Repeat
9. If you get really good at this, try a 3<sup>rd</sup> pattern where both your arms and legs are crossed

## Individual Brain Break Activity:

### Elbow to Knee Tap Patterns

1. Stand up straight & place your hands by your head
2. Tap your right elbow to your left knee, then...
3. Tap your left elbow to your right knee
4. You are going to alternate knee taps using this **1, 1, 2** pattern
  - **1 tap** - right elbow to left knee
  - **1 tap** – left elbow to right knee
  - **2 taps** – right elbow to left knee
  - **1 tap** – left elbow to right knee
  - **1 tap** – right elbow to left knee
  - **2 taps** – left elbow to right knee
5. **Let's see how fast you can do this.**
6. **You may want to say this pattern out loud.**
7. **Great Job!**
8. To mix it up, try using different patterns (i.e. 3, 1, 2)

## Partner Brain Break:

### Pretzel Arms

1. Find a partner
2. Person A:
  - Cross your arms & rotate your palms inward
  - Clasp your hands together
  - Keep your hands upright
3. Person B:
  - Point to a finger from Person A
  - Don't touch the finger
4. Person A:
  - Wiggle the finger that Person B pointed to
5. Do this same routine with 4 different fingers
6. Person A & Person B switch roles

## Partner Brain Break:

### Slap Count

1. Find a partner & Decide who will be “A” or “B”
2. Goal: Say the #24 while slap counting
3. Slap counting:
  - Have your hands out, palm side up
  - Say a # as you cross over & slap person B’s hand
  - Person B says the next consecutive # while they are crossing over & to slap person A’s hand
  - You can say 1 or more numbers at one time & the other person would say the next consecutive number
  - The first person who gets to 24 wins
4. Be creative. Count consecutively, by 2’s, by 3’s, etc.