

# Teacher Instructions

These brain break cards have been designed so that teachers and teacher aides have a resource ready for those students who need a break from their classwork or to use when transitioning between activities. Combining movement and breathing exercises, teachers or students can choose one movement card to complete, followed by one breathing card. Movement cards have been created without a specific number of movements to complete to cater for students' abilities. Simply print out the cards, laminate them and choose how you would like them displayed. They can be displayed on the wall, in a display box or on a flip ring.

## Hold the Plank Position



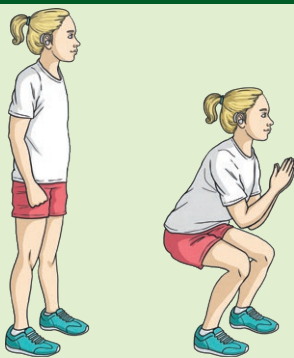
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## Jumping Jacks/Star Jumps



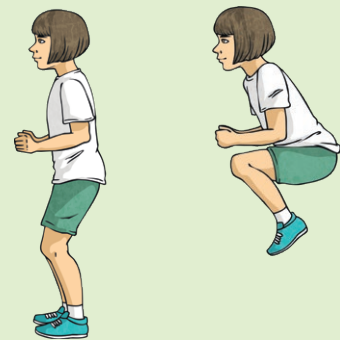
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## Squats



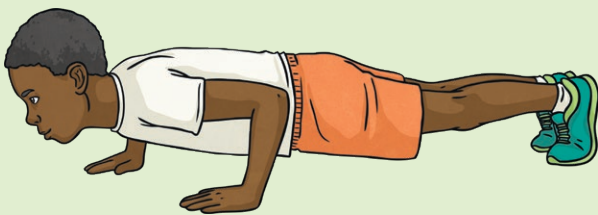
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## Tuck Jumps



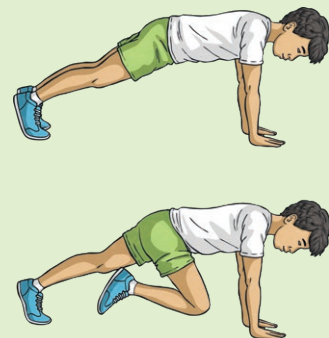
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## Push-Ups



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## Mountain Climbers



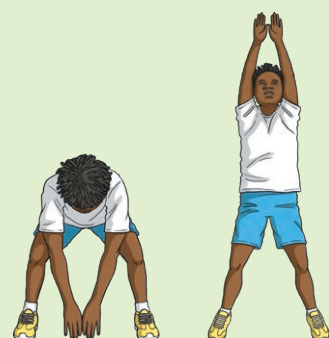
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## Wall Push-Ups



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## Frog Jumps



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## Jumping Lunges



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Take five deep breaths through your nose and out through your mouth, relaxing your body.



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Take five deep breaths. With each inhale, hold your breath and count to five, then exhale.



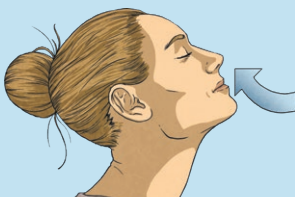
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Lie down on your back and place your hands on your belly. Take five deep breaths and feel it rise and fall as you breathe.



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Take five deep breaths. With each inhale, slowly raise your shoulders to try and touch your earlobes and exhale, lowering them as you breathe out.



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Take five deep breaths. With each breath, think of something that has made you happy today.



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Take five deep breaths. With each inhale, extend your arms and raise them above your head. Then, lower as you exhale.

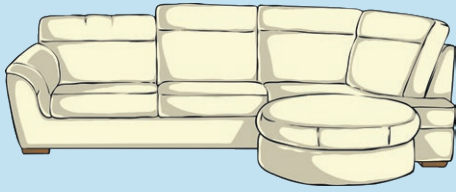


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Lie down on your back and feel your pulse or heartbeat. Take five deep breaths, relaxing every muscle in your body. Feel your pulse or heartbeat again. Has it changed?

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Sitting somewhere comfortably, take five deep breaths. With each breath, try to notice something different, like a smell, a sound, a thought or a touch.



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Standing with your arms dangling in front of you, take a deep breath and bring your arms high above your head. Slowly swing your arms down again as you exhale through your mouth.

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