

# Brain Breaks!

**Chair Drumming**

**Children use chairs and tables to copy rhythms**

**Splat**

**In a circle, tell a child to duck. Children either side must say "Splat" slowest sits down**

**21s**

**In a line, children can say up to 3 numbers as they count. Whoever lands on 21 is out**

**Free Chat**

**Free time for the children to chat!**

**Yoga**

**There are loads of online sessions: Zen Den**

**Dance Party!**

**You Tube Just Dance... so many options!**

**Rainstorm**

**Use body percussion to create a rainstorm**

**Snowball Fight**

**Write a fact on paper then screw it up. Have a snowball fight then work out who own which fact**

**Balloon Ball**

**Blow up a balloon, dont let it touch the ground**

**Joe Wicks**

**Go on Youtube for a Joe Wicks Workout!**

**Simon Says**

**Children do an action when you say "Simon Says" If they do it when you don't say, they sit down**

**Rainbow Hunt**

**Find something each colour of the rainbow**

**More!**



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## Heads and Tails

Children choose heads or tails by putting their hands on their heads or bottoms. Toss a coin. If they are wrong sit down. Continue until there is one winner

## Chinese Whisper

Whisper a message in a circle. Does it get to the end?

## Wink Murder

Choose a secret murderer. They wink to stun people. Detective must work out who the murderer is.

## Disco!

Put some music on, go for it!

## Top Trumps

This card game is great for ordering numbers!

## Pictionary

Child draws on board. Class guess what they are drawing

## Countdown

Put 10 letters on the board. Make the longest word?

## Blind Artist

Child stands at the front. Children have 5 minutes to draw that child WITHOUT looking at their paper!

## Hot/Cold Game

Hide a random object in the class. Children direct someone to the object saying only "hot" or "cold"

## Order the Class

Class order themselves in height, age, shoe size etc

## Sunshines on

Ask a question, children swap seats if the answer is "yes"

## Table Football

Seated, half the class face forwards, half backwards. Put a football in the middle. Which team can score a goal?