

Online Brain breaks

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SIMON SAYS

Like the normal version just online. Explain who is being 'Simon' and make sure that everyone can see everyone's screen. Give simple instructions at first to make sure no one is disadvantaged (slow internet) then play!

TRIVIAL PURSUIT

There are also two options here. Get students to come up with a trivia question each and submit it to you, or you make them up. Ask the questions, collect answers and share. Or use the online questions, show students questions, collect answers, share.

[Online trivia for kids](#)

PICTIONARY

Like the normal version, just online. There are two options here. Play using the random word selector (click below) or block and mute a student, pick the word, share it with the class and then get everyone to have a go at drawing it.

[Random Word Picker](#)

NAME THAT TUNE

Play the students a part of a song. Get them to write down the answer and show it to their screen or type in the comment box.

KAHOOT

Create or find a Kahoot. Share your screen with the students. Get them to split their screen so they can see yours and the Kahoot. Play!

[Click here for Kahoot](#)

QUIZZIZ

Create or find a Quizziz. This is good if you are not wanting it to be a competition. You can share the game with students and they can play in their own time.

[Qizziz website](#)

BOGGLE

Using the online Boggle creator (or you can create your own slide) simply share the letters with the students and get them to create as many words as they can. Limit the time and letter depending on the ability of your students.

[Online Boggle creator](#)

TABOO

Share the taboo prompt with students. Get them to write or type as many questions as they can in the 60 seconds.

[Play Taboo online](#)

SCATTERGORIES

Like the normal version just online. There are two options here. Play using your own categories or let the web choose. Simply choose your method, share the letter and list of categories. Let students go! You could even differentiate the time and list depending to your students interests.

[Online list picker](#)

CHARADES

Choose if you are going to use the online idea picker or create your own. Share a message with a student, telling them what they need to act out. Get them to act it out while the rest of the class guesses what it is. They might call out their answers or type them.

[Click here for Charades creator](#)

CELEBRITY HEADS

Choose three students to turn off their screens. Hold up or show the rest of the group 3 names. Get them to turn back on their screens. Play as normal.

SECRET SOUND

Put a student in charge of finding an object that makes a sound. Get them to turn off their camera and make the sound. Get the students to guess what it is.

BINGO

Get students to write down 9 numbers on scrap pieces of paper. You will need to also write down the numbers within the range you are allowing students to pick from. Pick a number, get students to mark their numbers off. Play as normal.

GUESS MY NUMBER

As above this is one that you, or a student could be in charge of. Play just as you would in the class. Someone thinks of a number, shares the range then asks questions until someone guessing the correct answer.

REBUS PUZLE

Share the image with your students. Get them to have guesses what it could be.

[Find Puzzles here](#)

FOREHEAD SIGN

Get students to pick a word or choose a word for them. Get them to write the word out. Fold paper in half. Put on forehead, write again.

[Video of activtiy](#)

SCAVANGER HUNT

Get students to stretch their legs and go for a hunt around their homes looking for objects. Favourite teddy? Book? Pet? Something from outside? Piece of sporting equipment? Something that describes them? Something special to their family? Share.

MR SQIGGLE

You might do this a few ways. You might start with a shape, or their hand etc. Give them a set amount of time to then create a picture. Or you might share electronically a 'squiggle' students then use their chosen app to complete the picture.

JUST DRAW

Simply set a timer and draw. Share what you have done at the end.

THE KIDS SHOULD SEE THIS

A great website for educational videos (no ads). Lots of thought provoking videos that you can share as a class and then discuss.

[Website link](#)

DRESS TO IMPRESS

Give the students a set amount of time to go and get dressed in their best. Share their outfit and where they have worn it before. Or set it as a whole day.

2 TRUTHS AND A LIE

Allow a student to volunteer (or you could do it). Get them to share 2 truths and a lie. Get the group to guess which is the truth and the lie.

GUIDED DRAWING

Either you pick a guided drawing (there are lots on Youtube) or get a student to pick one. Show it on your screen. Get students to draw. Then once they complete it allow the students to show what they have completed.

POP!

Create a circle and designate how you will count (by 3's, 4's, 5's, etc). As you go around the circle, each student numbers off, with the person who has the "magic" number yelling "POP!" instead. So, if you're counting by threes, the game would go 1, 2, POP!, 4, 5, POP! You can do this for a few rounds or create a game where if someone messes up, they're out!

ALPHABET ACTIONS

Use the actions on the PDF or make up your own as a class. Practice the actions for the different letters. Once the class has learn't them use the different actions to sound out words. Or make up a cool rhythm with their name, a sentence, practise A-Z or even the periodic table. Students might also find ways to communicate with their peers using this as a code for fun.

[Website link](#)

WOULD YOU RATHER?

Allow a student to volunteer (or you could do it). Get them to share a would you rather question (explain it has to be appropriate). Students share answers.

STUDENT DIRECTED DRAWING

Get a student to pick something to draw. They then need to explain to the class how to draw it step by step. Once they complete it allow the students to show what they have achieved, celebrate the 'teacher'.

LIP SYNC BATTLE

Choose a song. Give the students time to learn it and practice their singing. Play the song and get the class to watch the 'battlers' sing.

TAKE A COMEDY BREAK

Set this as a task earlier in the week so students have time to come up with something. This is a great way for them to practice their presenting skills too. Get them share their joke or funny story. The one who gets the biggest laugh wins.

BLINK AND SNAP

Engaging both sides of the brain is a good way to energize your class. Have them try this:
Blink your left eye while simultaneously snapping your fingers with your right hand. Then, blink your right eye and while snapping with your left hand. Try to blink one eye while snapping on the opposite side's hand 15 times in a row alternating eyes. Students share answers.

MULTIPLE CHOICE & MOVEMENTS

When reviewing multiple-choice questions, make answering questions a physical activity. Ask students a question and have them respond by jumping into the correct position. For example, if the answer is A, have them stand with feet together. If B, stand with legs apart. If the answer is C, turn to face the back of the room. If it's D, stand with one foot in front of the other. This a great visual way to gauge understanding and also gets kids moving!

RUB TUMMY, PAT HEAD

Have everyone stand up and rub their head while patting their belly. For your younger students, this will be a true challenge. For your older ones, a chance to get in a good laugh and get out some silly energy.

SYLLABLE SNAP

Have students stomp out syllables as they speak. You can have them read something from the board or speak in partners about their day. Stomping while speaking activates multiple parts of the brain and makes this a really energizing activity!

EAR NOSE SWITCH

This is a quick and easy challenge to reset the brain. Instruct kids to touch their left ear with their right hand and at the same time touch their nose with their left hand. Then have them switch their hands and touch their right ear with their left hand and their nose with their right hand. Switch back and forth a few times. Then have them close their eyes, take a deep breath, and blow it all out.

AIR PLAY

Have students use their finger to draw pictures or spell words for a partner in the air. For added benefit, have them use vocabulary words. They can take turns guessing what is being spelled or drawn.

PEN FLIPPING

Have students take a pen and flip it ONE REVOLUTION with their dominant hand. If they master that, try the other hand. Got that down? Try two pens at once!

FITNESS LUCKY DIP

As a class come up with a list of different activities that they can do. Star jumps, burpies, push ups etc. You might want to write them down and pick them out or use it as a reward.

DO A FITBURST

Similar to above however have the activity selected for you.

Fitburst

HIT THE WALL

Pushing against a solid object is a good way to displace extra energy from your body. Have kids stand facing a wall with their arms stretched out in front of them, palms on the surface of the wall. Push the wall away with all their strength for a count of ten. Relax for five seconds then push again. Other activities they can do at the wall include calf stretches and wall push-ups.

DO A FIT FLOW

*Just like the fit bust
but for yoga positions.*

[Fitflow](#)

GO NODDLE

*Lots of activities to
choose from. Great for
the younger year.
Broadcast from your
screen for them to
watch.*

[Go Noddle](#)

YOGA

*Some other options for
completing yoga. Or just
choose a position, say it
and get students to have
a go at doing a range of
positions.*

[Cosmic Kids Yoga](#)

[Yoga with adriene](#)

DO NOTHING

*Set this as a challenge.
Can your students (or
you) actually just do
nothing for 2 minutes.*

[Do Nothing website](#)

FOCUS BALL

*Walk your kids through the
following exercise: Stand
or sit with legs and feet
together. Bring your palms
together in front of your
chest. Keep your
fingertips together as you
pull your palms apart,
forming a ball with your
fingers. Press your
fingertips together until
you feel the muscles in
your hands and arms
activating. See if you
feel your core tighten
too. Now close your eyes
and as you breathe in,
inflate your ball and as
you breathe out, flatten
the ball by pushing your
palms together. (Then
repeat these instructions
for 60 seconds).*

ZEN DEN MINDFULNESS

*Just like the fit bust
but for yoga positions.*

Zen Den Mindfulness

MAKE X'S AND O'S

Walk kids through the following exercise:
Sitting in a chair with your feet on the ground and legs together, curl your body into your lap, folding yourself into a tiny O shape. Next, open your arms and legs wide, forming an X shape with your body. Pull back into an O shape, then back out to an X shape. Repeat three times.

STIR THE POT

Have kids visualize they are standing in front of an enormous cauldron. Inside the cauldron is an ooey-gooney pot of caramel. Take hold of a large stirrer and plunge it to the bottom of the pot. Slowly begin to stir in a clockwise direction. Have them use their whole body to help get a full range of motion in their wrists and shoulders. Instruct them to throw their hips into the action. After a minute or two, reverse the direction.

HOT HANDS

This is a good break when you sense a weariness in the air. Have kids rub their hands together vigorously until they warm up. Tell them to close their eyes and place their hands over their eyes. Instruct them to breathe deeply as they clear their mind and refocus.