

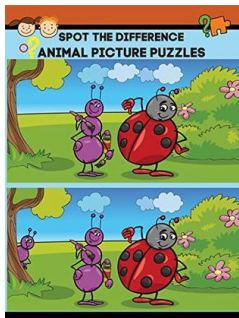
# BRAIN BREAK IDEAS

Brain breaks are meant to be short and fun. Here are a few ideas you could use with your student:

- Count by 2's, 5's or 10's while running in place, or doing jumping jacks.
- See who can stand on one foot the longest.
- Play, "I spy ", with what you see in the background
- See who can do the most push-up in 30 seconds

- Spot the difference picture game

(Just google spot the difference Images, pick one, and share your screen.)



- Rose/Thorn/Bud

Let's talk about our day! Use the formula below to encourage your student to tell you a little bit about what's been going on in their lives.

- ❖ Rose – What was the best thing that happened to you today (or this week)?
  - ❖ Thorn – What was the most challenging or difficult thing that happened to you today (or this week)?
  - ❖ Bud – What is something you're looking forward to?
- Do you think you or your student can walk through a sheet of paper? Follow this link to try this activity together. (This takes 5-10 minutes)
    - <https://allfortheboys.com/quick-trick-walk-through-a-sheet-of-paper/>
  - Shake Break – Take a shake break with your student by following this link and sharing your screen.
    - <https://www.youtube.com/watch?v=s-8CSs7Xnlo>
  - Clap it Out – Great when working on syllables with your student. Make it fun and dance and clap it out together. Follow the link below and share your screen.
    - <https://www.youtube.com/watch?v=psUPYR235O8>