



# HAPPY BIRTHDAY BRAIN BREAK



Let's celebrate!

Jump up 10 times to celebrate the big day.

Are You One, Are You Two,  
Are You Three?

Perform the same amount of jumping jacks as your age.

Warm Wishes on Your Birthday

Cross your arms and give yourself 10 warm, firm birthday hugs.

May this be your best year ever!

Perform an exercise that you are the best at 10 times.



# HAPPY BIRTHDAY BRAIN BREAK



Let's celebrate!

March in place and cheer. Get those arms and knees up 10 times to celebrate the big day.

Are You One, Are You Two,  
Are You Three?

Perform the same amount of arm circles as your age.

Warm Wishes on Your Birthday

Cross your arms and give yourself 10 warm, firm birthday hugs.

May this be your best year ever!

Perform an exercise that you are the best at 10 times.