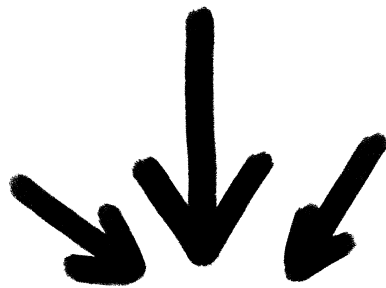


Download your FREE sample pages from the:

Self Regulation Brain Breaks Complete Packet.

Click below to check it out!



Brain Breaks

Includes 8 different Fingerprint Fun Activities

Name: _____

Circle the words.

L	I	F
U	P	S
N	L	C
G	A	K
E	N	F
L	K	U
N	A	P
T	E	U
S	X	M

Color and B&W options

Scan It

Scan the page to Find the pictures and Follow the d
Do each exercise 10 times after you Find them all.

Circle the: Put triangle around

Put an X through the: Put a square around

Print and Go and Low Prep Activities

Spin to Find out what exercise you will do, then spin to find out how to perform the exercise.

Self Regulation

Creative COTA

Find it: Exercise Brain Break

Find how many of each exercise are hidden, then do the exercise that many times, or hold a pose for that many seconds.

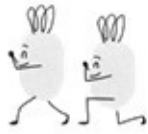


<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	

Scan It

Scan the page to find the pictures and follow the directions below.
Do each exercise 10 times after you find them all.

Circle the:



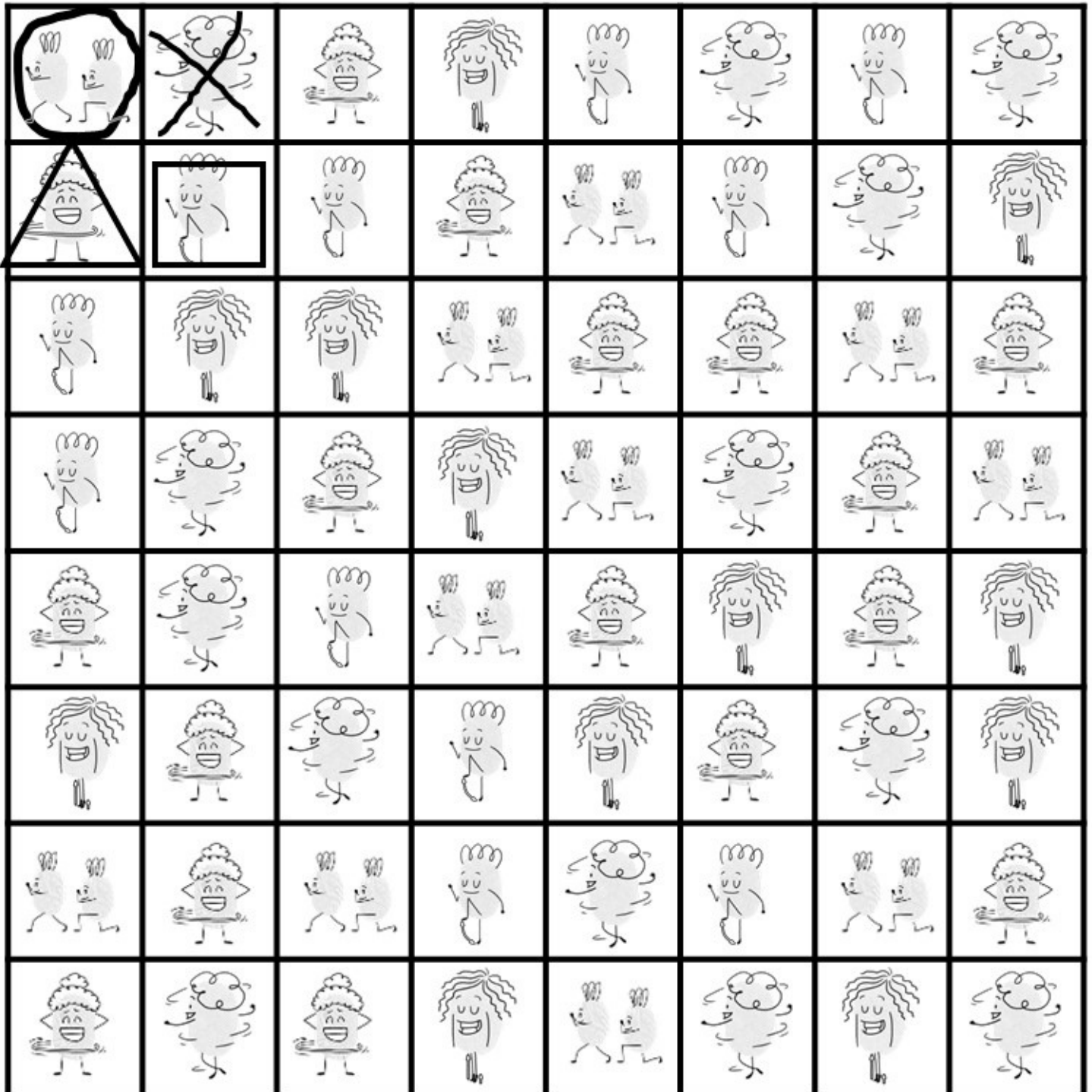
Put triangle around the:



Put an X through the:



Put a square around the:



exercise

Name: _____

Circle the words.

L	I	R	D	D	O	S
U	P	S	Q	U	A	T
N	L	C	S	H	E	R
G	A	K	G	O	F	E
E	N	F	L	E	X	T
L	K	U	T	R	E	C
N	A	P	P	L	E	H
T	E	U	N	V	R	E
S	X	M	A	R	C	H



lunge



stretch



squat



flex



plank



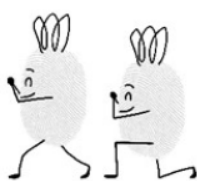





march

exercise

Name: _____

Circle the words.

L	I	R	D	D	O	S
U	P	S	Q	U	A	T
N	L	C	S	H	E	R
G	A	K	G	O	F	E
E	N	F	L	E	X	T
L	K	U	T	R	E	C
N	A	P	P	L	E	H
T	E	U	N	V	R	E
S	X	M	A	R	C	H

					
lunge	stretch	squat	flex	plank	march