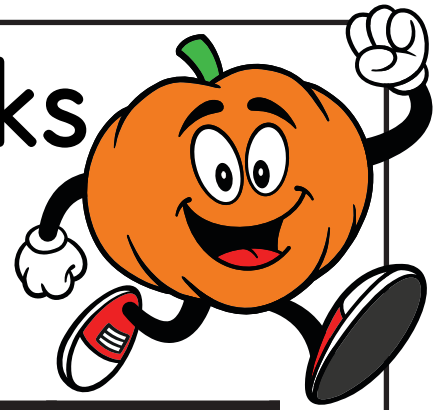








Pumpkin Brain Breaks

Directions: Roll one die for each of the columns. Perform the quick brain break that matches the number you rolled on the die. For example, if you roll a 2-1-4-3-5 you would perform the following brain breaks: 10 jumps over a pencil, balance on right foot for 10 seconds, 5 chair push ups, 10 small arm circles and move the right side of your body.



	Column #1	Column #2	Column #3	Column #4	Column #5
1 	Do jumping jacks while you spell P-U-M-P-K-I-N	Balance on R foot for 10 seconds.	Squat down 10x pretending to pick up a big pumpkin.	Jump in place 10 times.	Rub your entire R arm with your L hand
2 	10 jumps over a pencil on floor	Squeeze your R hand firmly with your L hand	Move the upper half of your body	Spin in a circle 3 times to the right	Touch L hand to bottom of R foot. Repeat 5x.
3 	Touch R hand to L foot and then L hand to R foot 5 times	Balance on L foot for 10 seconds.	Move the left side of your body	Make 10 small circles with your arms	Give yourself a big hug for 10 seconds
4 	Rub your entire L arm with your R hand	Touch R hand to bottom of L foot. Repeat 5x.	5 chair push ups	Spin in a circle 3 times to the left	Make 10 large circles with your arms
5 	Touch R hand to L shoulder. Touch L hand to R shoulder. Repeat 5x.	March in place with knees high for a count of 10	Squeeze your L hand firmly with your R hand	Twist at the waist 10 times with arms out to the side	Move the right side of your body
6 	Pretend to tip toe through a pumpkin patch.	Move the lower half of your body	Make 3 different silly pumpkin faces	Tap your feet on the floor while making small circles with fingers for 10 sec.	Take 10 deep breaths

