

# 30 AT-HOME BRAIN BREAKS

5 MINUTE BREAK	15 MINUTE BREAK	30 MINUTE BREAK
<a href="#">GoNoodle Videos on Youtube</a>	Sidewalk Chalk	 Play Outside
 Jump Rope	Watercolor Painting	<a href="#">Bake a Special Treat (with an Adult)</a>
Play-doh Sculptures	 Play Outside	Play with Your Favorite Toys
Color a Picture	Ride a Bike	Make a Fort with Sheets + Pillows 
 Dance Party to Your Favorite Song	Play Hide-n-Seek with Your Sibling(s)	Play a Card Game (Go Fish!, Old Maid, etc.)
Sing your Favorite Song and Make up Silly Dance Moves	 Build a LEGO Sculpture	Play a Board Game with Your Sibling(s) or Parent(s)
<a href="#">Kid's Yoga Youtube Video</a>	Read Your Favorite Book	 Create and Complete a Nature Scavenger Hunt
Do 5 Different Exercises for One Minute Each 	Fly a Kite Outside	Make a Craft from Upcycled Materials
Build a Paper Airplane and Fly it Down the Hall or Outside	Take Pictures in Your Front and Back Yard 	Make an Obstacle Course with Simple Toys and Complete It