

*Brain
Breaks*

25 Jumping Jacks

20 Frog Jumps

60 Dance Break

Musical Chairs

2 Minute
Doodle Drawing

15 Push Ups

Charades

Tic-Tac-Toe

Hangman

60 Seconds
Stretching

45 Seconds
Jumping Jacks

30 Seconds
Hop In Place

I Spy

30 Squats

Limbo

Rock
Paper
Scissors

Create A Hand Shake
With A Friend

Seat Switch

30 Seconds
Imaginary Jump Rope

45 Seconds
Mountain Climbers

High-Five
Everyone

Simon Says

Hot Potato

<p>Head Shoulders Knees and Toes</p>	<p>Balance On One Foot Contest</p>
<p>60 Seconds Plank</p>	<p>60 Seconds Jog In Place</p>
<p>20 Seconds Fly Like An Airplane</p>	<p>15 Star Jumps</p>
<p>Game Of Telephone</p>	<p>Mirror Your Partner</p>

20 Seconds
Air Guitar

Dance to
GoNoodle Video

30 Seconds
Crab Walk

30 Second
Bear Crawl

20 Sit-Ups

Whole Group
Train Around
The Room

Heads Up
Seven Up
Game

Yoga Poses

YMCA Dance	Group Choice!
Walk Around The Room 4 Times	Hokey-Pokey Dance
Macarena Dance	Pretend You're A <insert animal>
Touch Things That Are <insert color/shape>	Complement 3 Friends

<p>Adult's Choice</p>	<p>Boxing In Place</p>
<p>20 Jump Squats</p>	<p>Walk Around Yard</p>
<p>Make And Fly Paper Airplanes</p>	<p>30 Seconds Side Plank (On Each Side)</p>
<p>Write A Note And Pass It To A Friend</p>	<p>Cha-Cha Slide</p>

<p>30 Seconds Touch Your Toes, Touch The Sky</p>	<p>30 Seconds Bicycle Sit-Ups (Elbow To Opposite Knee)</p>
<p>2 Minutes Drop Everything And Read</p>	<p>Spin Around 5 Times</p>