



54

Homeschool Brain Breaks

Easy Ways
to Add
Intentional
Learning Fun
to Your Day



Minute Move-Its

Jumping Jacks

High-Knees

Toe Taps

Knee Bends

Squats

Sit Ups

Push Ups

**Reverse
Push Ups**

**Elbow-to-Knee
Crossovers**

Move-Its!

Stretches

touch sky, touch toes, side bends

Stretches

flamingo, arms, neck

Simon Says

Mother May I?

Follow the Leader

**Red Light,
Yellow Light**

Relay Race

Jog In Place

Duck-Duck-Goose

Arts & Crafts

Draw a Face

Draw a House

Paint Your Face

Playdough

Fingerpaint

Make
Paper Airplanes

Make Paper
Bag Puppets

Fingerprint Art

Handprint Art

Music Fun

Dance Party

Dance to 1st
Song on Radio

Hot Potato

Mirror Dancing

Musical Chairs

DIY
Musical Instruments

Freeze Dance

Monkey Music

Lyrics
Fill-in-the-Blank

Move-Its with Props

Balloon Volleyball

Balloon Tennis

Make a Movie!

Puppet Show

Board Game

Card Game

Make Paper
Bag Puppets

Balloon Soccer

Hopscotch

Brain Breaks Fun

Obstacle Course

Pipe Cleaner
Sculpture

Legos
Challenge

Do a Puzzle

Tea Party

Plan a Party

Make a Snack

Bake Cookies

Design a
Greeting Card