

Time for a brain break!

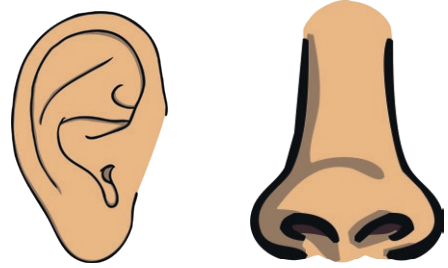


15 star jumps.



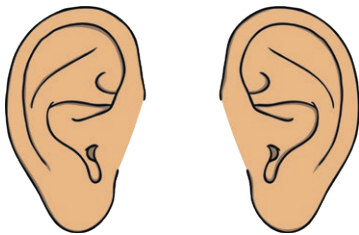
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Touch your nose, then touch your right ear. Touch your nose, then touch your left ear. Repeat 15 times.



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Touch your right ear with your left hand and touch your left ear with your right hand. Swap hands. Repeat 15 times.



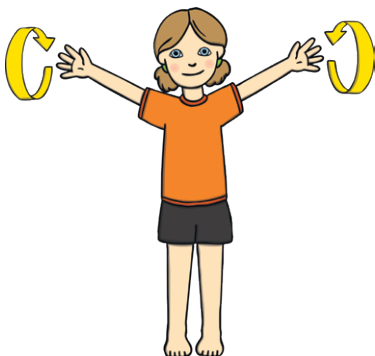
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Touch your toes on your right foot and then your toes on your left foot. Repeat 15 times.



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Circle your arms 15 times.



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Hop on each leg 15 times.



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Do 10 jumps over a pencil on the floor.



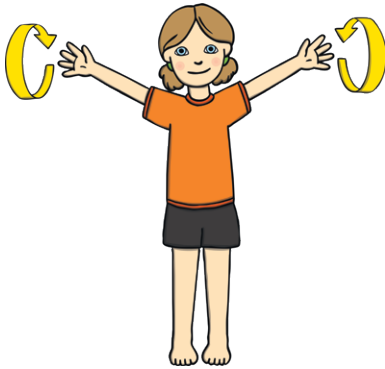
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Do 15 twists.



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Circle your arms 10 times.



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Sing a song and dance.



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Spin in a circle 5 times.



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Take 10 deep breaths.



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