

HANDWRITING

Lazy 8s

Draw an 8 on its side in the air.
Start with the left hand for 3 then swap.
Follow the 8 with eyes.

Variations
Eyes shut
Hum
Different sizes
Both arms

Arm Activation

Stretch one arm above head, grasp elbow of this arm with other arm. Stretch arm away from head, forward, backward, then towards ear. Exhale and hold for 8 counts.

Variations
Standing
Arm straight ahead,
next to hip, behind
waist

Brain Buttons

Put one hand on navel.
With other hand massage points to the left and right of the sternum for 20 seconds.
Change hands.

Variations
Do 8s with nose while
holding points.
Massage to left and
right of navel.

ENERGISING

Energiser

Sit in chair, head resting on desk, hands flat in front.
Inhale, lift forehead, neck then upper back.
Release, curl head down towards chest, then forehead back on desk.

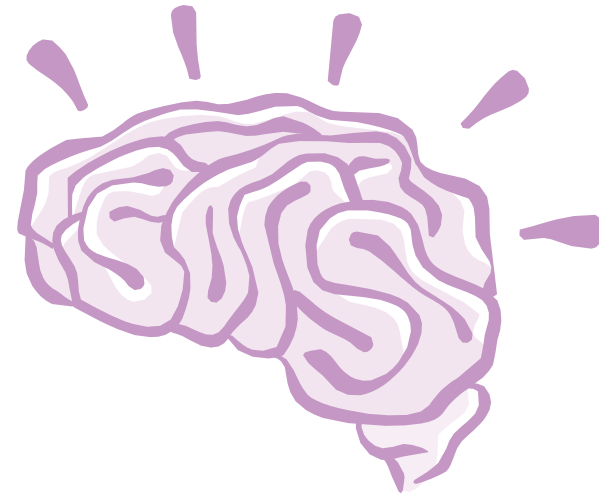
Variations
In PE on a mat lying
down.

Energy Yawn

Pretend to yawn, close eyes tight and massage face where upper and lower back molars are. Make a deep relaxed yawning sound while massaging muscles.

Variations
Strengthen tongue by
spreading over upper
palate while doing
yawn.

BRAIN BREAK MENU



YEAR X
MR XYZ

XYZ Primary School

SPELLING

Cross Crawl

Move 1 arm and opposite leg on the spot
Move other arm and opposite leg.

Variations
Hand to opposite knee
Slow motion
Eyes closed

The Owl

Squeeze one shoulder to release neck muscles. Move head slowly to left then right
Repeat with other shoulder.

Variations
Blink lightly while turning head.
Add a breathing cycle to each movement.
Make an owl sound while exhaling.

Arm Activation

Stretch one arm above head, grasp elbow of this arm with other arm. Stretch arm away from head, forward, backward, then towards ear. Exhale and hold for 8 counts.

Variations
Standing
Arm straight ahead, next to hip, behind

Thinking Cap

Use thumb and index fingers to pull ears gently back and unroll them. Begin at top of ear and gently massage down and around curve, ending with bottom lobe.

Variations
Thinking cap while doing energy yawn.
Include sounds
Thinking cap while studying spelling list.

MATHS

Gravity Glider

Sit down. Cross feet and bend forward. Reach out with head down and allow arms to glide.
Exhale while reaching forward, inhale while lifting up
Change legs.

Variations
With eyes closed
While standing—keep knees unlocked and lower back flat.

WRITING

Cross Crawl

Move 1 arm and opposite leg on the spot
Move other arm and opposite leg.

Variations
Hand to opposite knee
Slow motion
Eyes closed

Footflex

Sit with ankle resting on opposite knee. Place finger tips at beginning and end of calf muscle. Massage muscle and flex foot up and down.

Variations
Straighten leg in front of you. Hold below knee and above ankle and flex.

Calf Pump

Place hands on back of chair.
Place one leg behind, keep it straight and lean forward.
Lift back heel off floor and put weight on forward leg.
Shift weight to back leg, press heel down and exhale.

Variations
None

Arm Activation

Stretch one arm above head, grasp elbow of this arm with other arm. Stretch arm away from head, forward, backward, then towards ear. Exhale and hold for 8 counts.

Variations
Standing
Arm straight ahead, next to hip, behind waist

Energy Yawn

Pretend to yawn, close eyes tight and massage face where upper and lower back molars are. Make a deep relaxed yawning sound while massaging muscles.

Variations
Strengthen tongue by spreading over upper palate while doing yawn.

READING ALOUD/PUBLIC SPEAKING

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Belly Breathing

Rest hand on tummy. Inhale through nose. Exhale in short puffs. Keep breathing.

Variations
To music.
While walking

Neck Rolls

Allow head to roll slowly from side to side. Roll head in forward position only. Breathe deeply.
Roll with eyes close. Roll with eyes open.

Variations
Move head in small circles.
Touch point of tension in head and to lazy 8s with nose.

The Owl

Squeeze one shoulder to release neck muscles. Move head slowly to left then right
Repeat with other shoulder.

Variations
Blink lightly while turning head.
Add a breathing cycle to each movement.
Make an owl sound

LISTENING

Cross Crawl

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Move other arm and opposite leg.

Variations
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Slow motion
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