



BRAIN BREAK CARDS

Brain Breaks are quick, fun activities that help give your brain and body a short rest so you can reset, refocus, and feel your best. Whether you need to wiggle out extra energy, calm your mind, stretch your muscles, or get your creativity flowing—there's a brain break for that!

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SHAKE IT OUT

Stand up and shake your arms, legs,
and whole body like a wiggly jellyfish.
Get super silly for 1 minute, then freeze
like a statue!



MOVE-IT ROLL

Roll one die to determine
a movement. Complete
the movement 10 times!

1 = 10 star jumps

2 = 10 arm circles

3 = 10 squats

4 = 10 toe touches

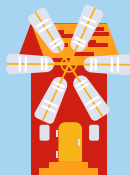
5 = 10 high knees

6 = 10 spins in place



DRAW AND SWAP

Draw anything you want for 1 minute. Then trade with a neighbor and add to their drawing. Keep swapping 3–4 time and then show off the collaborative drawing.



WINDMILL BREATHS

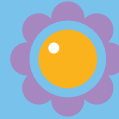
Stand with arms out like a “T”. As you inhale, twist your body to one side and reach opposite hand toward your foot. As you exhale, twist to the other side. Keep a gentle, slow pace like spinning windmill blades. Continue for a few rounds.



ROLL AND POSE

Roll a die and do the
matching yoga pose.
Hold it for 10 seconds!

- 1 = Tree pose
- 2 = Chair pose
- 3 = Warrior pose
- 4 = Downward dog
- 5 = Cobra pose
- 6 = Child's pose



SCAVENGER DASH

You will have 30 seconds
to find something that
fits the clue given.

Example clues:

- Something soft
- Something red
- Something that starts with "B"
- Something that smells good



TAPPING RESET

Gently tap the parts
of your body that are
called out. Then take 3
deep breaths and sit still
like a calm statue.

For example:

- Head
- Shoulders
- Arms
- Knees
- Feet



TURTLE SHELL

Either sitting or kneeling, curl up like a turtle in its shell—knees in, eyes closed.

Be still and quiet. What do you hear?
What do you feel? What do you smell?



HEARTBEAT CHECK

Put your hand on your heart. Feel your heartbeat. Take 3 slow breaths. Now run in place for 30 seconds. Feel your heartbeat again. Breathe slowly and feel it calm down.



DESK YOGA FLOW

Stay in your chair and try this calm flow:

1. Reach your arms up
2. Side bend to the right
and then side bend to
the left
3. Roll your shoulders
4. Fold forward and
touch your toes
5. Close your eyes and
take 3 deep breaths



SILENT LINE UP

Without speaking, line up in order of
_____. (e.g., shortest to tallest,
birthday month, alphabetical by first name).
You may use hand signals but no talking!



SHADOW CHARADES

Partner up! One of you will start by acting like an animal or object. The other person will try to guess. After 3 guess switch roles.



DOODLE DUELS

In pairs, each of you uses a whiteboard or sheet of paper.

When provided the drawing prompt, race to draw it as fast as possible. Show and compare!

Examples:

- Draw something round
- Draw a house
- Draw a dog
- Draw something in the sky
- Draw your favorite food



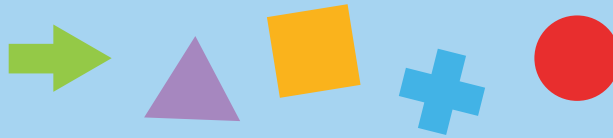
PARTNER BALANCE

With a partner, balance something small (like an eraser or paper ball) between your heads, backs, or arms. Can you take 5 steps without dropping it?



MIRROR, MIRROR

Face a partner. One person moves slowly, and
the other copies them exactly like a mirror.
Switch after 30 seconds!



FREEZE SHAPES

A shape or object is called out (like triangle, square, bridge, heart, etc). Work with a partner to freeze your bodies into that shape together – standing, seated, or lying on the ground.



SENSORY RESET

Quietly notice:

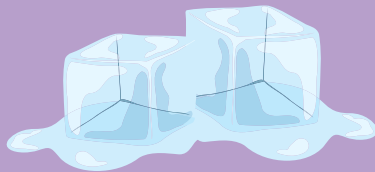
5 things you see

4 things you feel

3 things you hear

2 things you smell

1 thing you taste or are grateful for



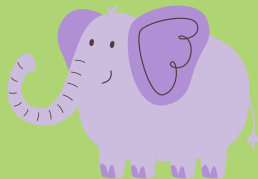
MELT LIKE ICE

Dance while music plays. When the music stops, freeze! Then slowly melt to the ground like ice while counting down from 10. Repeat!



5 FINGER BREATHS

Trace your hand with one finger from the opposite hand. Inhale as you trace up a finger. Exhale as you trace down. Repeat for all five fingers.



ELEPHANT TRUNK

Bend at your waist and let your arms hang like an elephant trunk. Slowly swing them side to side as you breathe in and then let them stop as you breathe out. Repeat a few times.



ROCK, PAPER, FEET

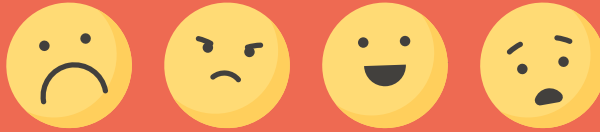
Pair up to play rock-paper-scissor but with your feet! To play, jump and say “rock-paper-scissors-shoot” and strike your pose. Repeat!

Rock = feet together
Paper = feet spread apart
Scissors = feet crisscrossed



TISSUE FLOAT

Toss a tissue in the air and keep it up by
blowing gently or waving your hands.
Don't let it drop!



MOOD MOVES

A feeling is called out (angry joyful,
nervous, embarrassed, excited, proud).
You will silently act out the feeling only
using body language.



COLOR PICKER

Pick a color, any color you like. Now find as many objects as possible around the room that match this color. Option to do seated and write the name of the object down or moving around the room.



SHAPE HUNT

Without leaving your seat, silently
look around the room and list how
many circles, squares, or triangles
you can see from your seat.