

30 At-Home Brain Breaks



5-Minute Break	15-Minute Break	30-Minute Break
GoNoodle Video on YouTube	Sidewalk chalk	Take a walk
Jump rope	Watercolor painting	Make a special treat or snack
Play-Doh sculptures	Help your family	Play with your favorite toys
Color a picture	Make up a new game	Make a fort out of sheets and pillows
Dance party to your favorite song	Play hide and seek with your family	Play a card game (Go Fish, SET, etc.)
Sing your favorite song and make up silly dance moves	Build a LEGO sculpture	Play a board game with your family
Kid's yoga video on YouTube	Read your favorite book	Create and complete a scavenger hunt
Do five different exercises for one minute each	Make up a song	Make a craft from recycled and upcycled materials
Build a paper airplane and fly it down the hall or outside	Take or sketch pictures of nature	Make an obstacle course with simple toys and complete it
Read a short article on a topic of interest	Take turns telling silly jokes with your family	Play dress up
Talk to a friend	Write a letter	Make a mask

Adapted from noahhelps.org