

# Energizing Brain Breaks

## Individual Brain Breaks

- 1 Arm Stretch
- 2 Arm Wrap
- 3 Choir Director
- 4 Different Direction  
Circles Index Fingers
- 5 Different Direction  
Circles Thumbs
- 6 Ear and Nose Switch
- 7 Elbow to Knee Stretch
- 8 Elbow to Knee Tap  
Patterns
- 9 Figure Eights
- 10 Finger Aerobics  
Patterns
- 11 Finger Aerobics  
Ripple
- 12 Finger Tips
- 13 I Bet You Can't Do This
- 14 Inch Worm Stretch
- 15 Lap Tap
- 16 Palm Tapping
- 17 Paper Twirling

- 18 Pretzel Outline Index  
Fingers
- 19 Pretzel Stretch Fists
- 20 Right On Left Balance
- 21 T Stretch
- 22 Thumb and Pinkie
- 23 Touch Your Fingers  
Behind Your Back
- 24 Twisted
- 25 X Bob and Wiggle

## Partner Brain Breaks

- 26 Bizz Buzz
- 27 Five
- 28 Hand Shake #1
- 29 Hand Shake #2
- 30 Hook Ups
- 31 Letter Spots
- 32 Number Spots Addition
- 33 Number Spots  
Multiplication
- 34 Rock, Paper, Scissors,  
Math Addition

- 35 Rock, Paper, Scissors,  
Math Multiplication
- 36 Rock, Paper, Scissors,  
Math Negative
- 37 Say 21 and Win
- 38 Slap Count and Say 21  
and Win
- 39 Slap Count Letters
- 40 Slap Count Numbers  
Going Down
- 41 Slap Count Numbers  
Going Up
- 42 Ten
- 43 Thumb War or Peace

## Group Brain Breaks

- 44 Gotcha
- 45 Let it Rain
- 46 Passing out Papers
- 47 Snowball
- 48 Wave Clapping Patterns
- 49 Wave Motion
- 50 Xs and Os