

# QUICK BRAIN BOOSTS

let's take  
a break!

Try the ideas below for quick brain boosts in between stationary activities at your program. You may use one activity as a quick physical activity break, or put a few together for a guided indoor activity.

The following activity breaks come from Kerra Cartwright, first grade teacher at Young Elementary School in Saco. They are great for all ages.



**High Knee Run/March:** Run or march in place, lifting your knees in front of you as high as you can.

**Tree Pose:** Balance on one foot. Place your other foot on the inside of your balanced leg. Your knee should be pointing to the side and your heel pointing up your leg. It is okay to leave your toes on the ground if you need to. Bring your hands together in front of you or overhead. Change legs after a count of 30.

**Wood Chopper:** Stand with your feet hip distance apart. Squat down with arms extended in front of you with a ball between your hands or just bring your hands together in a fist. As you lower in a squat bring the ball towards the ground. As you rise up, bring the ball over your head. Keep your eyes looking straight ahead the entire time.

**Chair Pose:** Feet together. Legs together. Keeping your knees together, sit back like you are sitting in a chair. Hold that position as long as you can. Relax when you need to, and then try again.

**Skate in Place:** Pretend to ice skate in place as you hop side to side, bringing your heel behind you as high as you can. Swing your arms side to side. You can do this without hopping by stepping side to side.

**Agility Ladder:** Pretend there is a ladder on the ground around the outside of the room. Run through the ladder without stepping on the bars. Pick your knees up high! Run through the ladder and then jog around to the other end to do it again.

**Squeeze Your Arms:** Place the palms of your hands together, elbows pointing out to the side. Squeeze your palms together. Feel your arms working hard!

**Jump Rope:** Pretend to jump rope. Keep moving! Don't forget your arms! Jumping rope builds endurance and is recommended for both children and adults. It can be done individually or in a group setting.

**Hands to Knee:** Extend your arms overhead. Lock your thumbs together. Lift one knee up as you pull your arms down to touch that knee. Arms go back overhead as that foot goes back down to the ground. Lift the other knee as you pull your arms down to touch the knee. Stand nice and tall to help your abdominal muscles get strong!