

BRAIN BREAK IDEAS

1

Colouring

2

Playing outside with a ball

3

A game of 'Simon Says'

4

iPad time - is there an educational app you could use?

5

Science: Light and colors
Activity: Create a rainbow with mirrors and the sun

6

A game of 'would you rather' - giving two choices, make it fun!

7

Yoga for children - we love Cosmic Kids Yoga on Youtube!

8

A good old DANCE OFF!