

# Brain Break ideas - Kindergarten

Quiet Time Activities	Physical Activities	Community Project
<ul style="list-style-type: none"> <li>✓ Mandalas/coloring pages</li> <li>✓ Lacing pages</li> <li>✓ Collage making</li> <li>✓ Search'n Find placements (laminated, used with dry-erase markers)</li> <li>✓ Search'n Find books</li> <li>✓ Play Doh</li> <li>✓ Pattern making with beads</li> <li>✓ K'Nex, Legos, Straws and Connectors (Building games)</li> <li>✓ Letter games</li> <li>✓ Magnets – shapes, letters, numbers</li> <li>✓ Puzzles – individual or dyad</li> <li>✓ Number, letter, shape games</li> <li>✓ Bracelet making with beads and pipe cleaners</li> <li>✓ Architek</li> <li>✓ Building game (blocks, marbles &amp; tunnels)</li> <li>✓ Dot-to-dot activities</li> <li>✓ Mazes</li> </ul>	<ul style="list-style-type: none"> <li>✓ Go Noodle/Let's Dance</li> <li>✓ Fitness Bingo</li> <li>✓ 10-sided exercise dice</li> <li>✓ Hooola hoops (a station in the room)</li> <li>✓ Simon Says Game</li> <li>✓ Desk Drumming</li> <li>✓ Pool Noodle workout</li> <li>✓ Boks Fitness program</li> <li>✓ Yoga exercises</li> <li>✓ Sardines (reverse of Hide and Seek- 1 person hides and everyone else looks for the hidden person. When a person finds the hidden person, they quietly join them in their hiding spot).</li> <li>✓ Musical Chairs</li> <li>✓ Xs and Os using students – put tape on floor and students play in teams by standing in the spots holding an X or O or some other object (could be themed objects (e.g. Halloween bats vs pumpkins)</li> <li>✓ Cup stacking – construction and</li> <li>✓ destruction</li> </ul>	<ul style="list-style-type: none"> <li>✓ Mural drawing on banner paper</li> <li>✓ Puzzle (larger group puzzle)</li> <li>✓ Building game</li> <li>✓ THEME craft table</li> <li>✓ Puppetry and Dress-up play – Acting out stories</li> <li>✓ LEGO wall</li> <li>✓ Class Treasure Hunt with pictures</li> </ul>