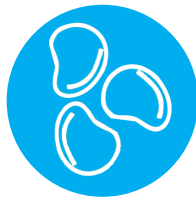


# KIDDO Brain Breaks

## Beans

Beans is a great game children can play standing at their desks. Instructions could include:

- Runner Bean – running on the spot
- Jelly bean – wobble
- Broad bean – giant steps
- Jumping bean – jump on the spot
- Chilli bean – shake and shiver
- String bean – on tip toes, arms stretched up
- Full of beans – crazy running on the spot



## KIDDO Animal Walks

Call out different animals for the children to turn into. Example include:

- Jump like a frog (low crouch)
- Jump like a kangaroo (standing tall)
- Crawl like a bear
- Giraffe – walk on tiptoes
- Gallop like a horse
- Skip like a rabbit



## Simon Says

A classic game, when "Simon Says", children perform an action:

- High knees on the spot
- Be as small as possible
- Hop in a circle
- Do 5 frog jumps



## KIDDO Balance Dice

The KIDDO Balance Dice resource is a fun activity children can get involved with too.

Roll the dice and perform the balance position together as a class.



## Wicked Witch

Modifying the longer form wicked witch to allow the teacher to be the sole witch / friendly pixie and give commands to the class. Commands could include:

- Stand like a flamingo
- Make a bridge
- Stand tall like a tree
- Run on the spot



Other KIDDO Brain Break ideas include Cat & Mouse, Rocks & Waterfalls, Mirror Balances, Sticky Popcorn, Walking Netflix, Jumping or Hopping Patterns.

Find these activities at [www.kiddo.edu.au/activities](http://www.kiddo.edu.au/activities)

