



Brain Breaks

By Melinda Bossenmeyer, Ed.D.

Halloween Brain Breaks

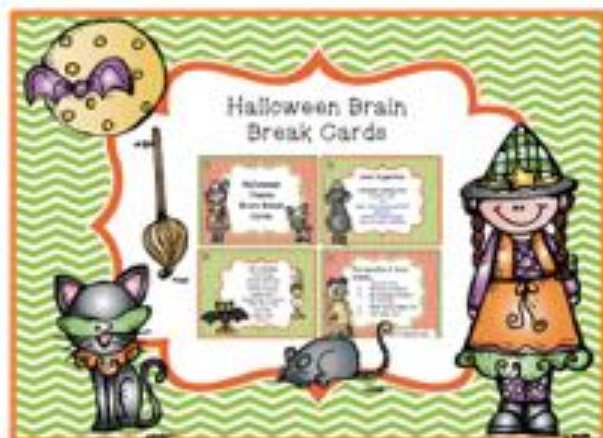
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Peaceful
Playgrounds®

Halloween Brain Breaks

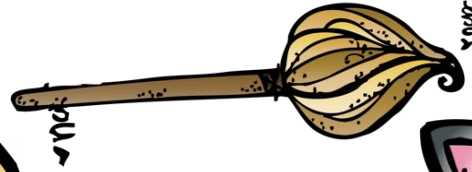
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Halloween Brain Break Cards



 <h3>Halloween Theme Brain Break Cards</h3>	 <h3>Music Suggestions</h3> <p>Halloween Costume Day Monster Mash You tube: http://youtube.com/5QPCQ25fHw Monster Mash (Google Play • iTunes • eMusic)</p>
 <h3>Set Includes</h3> <p>Bats flying Witches Wailing Pumpkin Arm Lifts Witches Whirling Trick-or-Treat Jump Like a Frog Cat Walk Candy Twist Mummy</p>	 <h3>The benefits of brain breaks...</h3> <ol style="list-style-type: none">1. Improve focus2. Motivate students3. Re-energize students for learning4. Rainy day & indoor fun5. Just plain fun! <p>©2014 Bossenmeyer</p>





Halloween Theme Brain Break Cards

Music Suggestions

Halloween Costume Day
Monster Mash
You


tube: <http://youtu.be/SOFCQ2bfmHw>

Monster Mash ([Google Play](#) • [iTunes](#) • [eMusic](#))



Set Includes
Bats Flying
Witches Whistling
Pumpkin Arm Lifts
Witches Whirling
Zombie Walk
Tossing Jack-O-Lanterns
Jump Like a Frog
Cat Walk
Candy Twist
Mummy

The benefits of brain breaks...

- 
1. Improve focus
 2. Motivate students
 3. Re-energize students for learning
 4. Rainy day & indoor fun
 5. Just plain fun!



Witch Whirling

turn in circles



Cat Walk

walk around on
hands and feet



Tossing Jack-
o-Lanterns
throw and
catch with a
partner



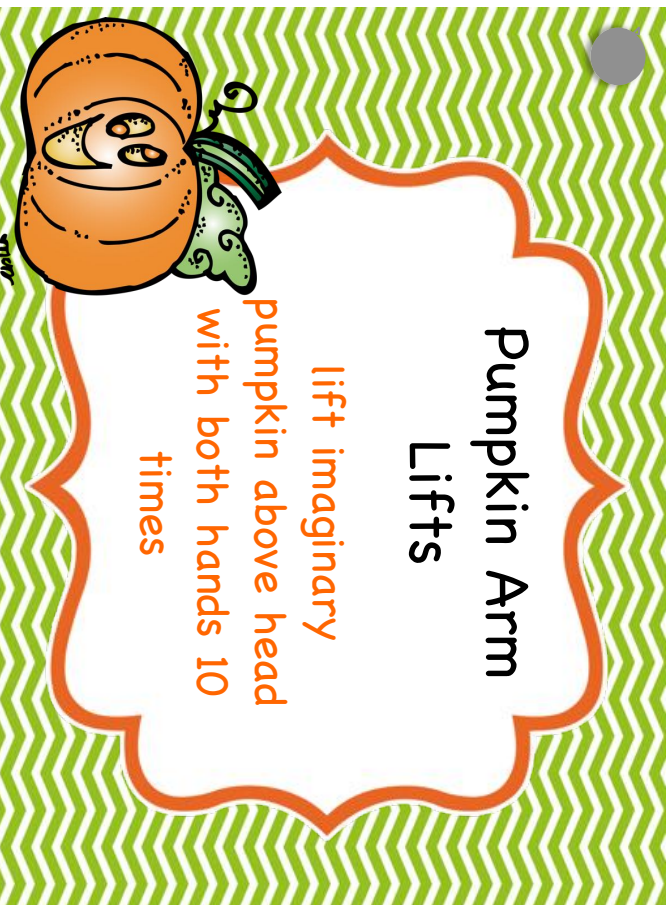
Skip Around Brew Pot

skip around
in a small
circle



Bats Flying

move arms up
and down as if
flying



Pumpkin Arm
Lifts

lift imaginary
pumpkin above head
with both hands 10
times



Witches
Whistling

whistle

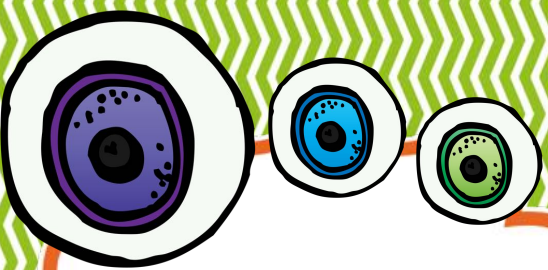


Jump Like a
Frog

jump around



Candy Twist
toe touches to
opposite toe



Eyeball Juggle
pretend to
juggle



Mummy Walk
pair up and one
person closes
eyes and the
other leads



Zombie Walk
walk with
straight legs
and arms

Directions

- Print the pages on cardstock
- Laminate if you prefer
- Cutout cards
- Hole punch gray dot and put on ring
- Check our other Brain Break Activities in Virtual Store Catalog.



Brain Breaks by
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