

BRAIN BREAK MENU



5 minutes each - use phone or ipad to time these!
When the timer goes off - return to your home learning desk, ready for your next short activity!



<p>Chill on your bed/sofa</p> 	<p>Do some stretches</p> 	<p>Watch Youtube video</p> 	<p>Listen to a favourite song</p> 
<p>Hug a pet</p> 	<p>Do start jumps or running on spot</p> 	<p>How many pairs of socks can you throw and aim into the washing basket?</p> 	<p>Make or eat a snack</p> 
<p>Do some colouring in</p> 	<p>Play with a toy /game</p> 	<p>Add a bit more to a jigsaw puzzle</p> 	<p>Do some keep uppies</p> 
<p>Watch TV</p> 	<p>Ask who would like a drink of water/juice/tea and make/bring it to everyone!</p> 	<p>Look at a magazine or book</p> 	<p>Chill in the garden</p> 

