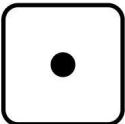


ROLL SOME BRAIN BREAKS

DIRECTIONS : Roll one dice for each column. Create your 'Brain Break Menu' For example if you rolled a 1, 4, 3, 5, 2 then you would do: 10 jumping jacks followed by Touch R hand to bottom of L foot Repeat x5, followed by make 10 small circles with your arms, followed by move the left side of your body, and lastly Touch L hand to bottom of R foot Repeat 5x.

Dice	Column 1	Column 2	Column 3	Column 4	Column 5
	10 jumping jacks	Wiggle your whole body for the count of 10	Bring your R elbow to your L knee and your L elbow to your R knee 5 times	Jump on the spot 10 times	Rub your entire R arm with your L hand
	Squeeze your R hand firmly with your L hand	Do 5 wall push ups	Move the upper half of your body for the count of 10	Spin in a circles 3 times to the R	Touch your L hand to the bottom of your R foot 5 times
	Move the R side of your body	Spread legs apart & bend at the waist, look between your knees 5 times	Make 10 small circles with your arms	10 jumps over a pencil on the floor	Give yourself a BIG hug for 10 seconds
	Rub your L arm with your R hand	Touch R hand to bottom of L foot 5 times	Twist at the waist 10 times with arms out to the side.	Spin in a circle 3 times to the L	Make 10 large circles with your arms
	Touch R hand to L shoulder. Touch L hand to R shoulder 5 times each	March on the spot with knees high 10 times	Squeeze your L hand firmly with your R hand	Move the L side of your body	Touch R hand to L foot and then L hand to R foot 5 times
	Run on the spot for the count of 20	Move the lower half of your body	Touch hands overhead and try to balance on one foot for the count of 5	Tap your feet on the floor while making small circles with your fingers for 10 seconds	Take 10 deep breaths