

# 30 AT HOME BRAIN BREAKS

<p><b>1</b></p> <p>GoNoodle Videos on YouTube</p> <p> <b>5</b> MINUTE BREAK</p>	<p><b>2</b></p> <p>Sidewalk Chalk</p> <p> <b>15</b> MINUTE BREAK</p>	<p><b>3</b></p> <p>Play Outside</p> <p> <b>30</b> MINUTE BREAK</p>	<p><b>4</b></p> <p>Jump Rope</p> <p> <b>5</b> MINUTE BREAK</p>	<p><b>5</b></p> <p>Water Color Painting</p> <p> <b>15</b> MINUTE BREAK</p>	<p><b>6</b></p> <p>Bake a special sweet treat (with an adult)</p> <p> <b>30</b> MINUTE BREAK</p>	<p><b>7</b></p> <p>Play-Doh Sculptures</p> <p> <b>5</b> MINUTE BREAK</p>
<p><b>8</b></p> <p>Play Outside</p> <p> <b>15</b> MINUTE BREAK</p>	<p><b>9</b></p> <p>Play with your favorite toys</p> <p> <b>30</b> MINUTE BREAK</p>	<p><b>10</b></p> <p>Color a picture</p> <p> <b>5</b> MINUTE BREAK</p>	<p><b>11</b></p> <p>Ride a bike</p> <p> <b>15</b> MINUTE BREAK</p>	<p><b>12</b></p> <p>Make a fort out of sheets and pillows</p> <p> <b>30</b> MINUTE BREAK</p>	<p><b>13</b></p> <p>Dance Party to your favorite song</p> <p> <b>5</b> MINUTE BREAK</p>	<p><b>14</b></p> <p>Play hide and seek with your sibling</p> <p> <b>15</b> MINUTE BREAK</p>
<p><b>15</b></p> <p>Play a card game (Go Fish!, Old Maid, UNO, etc.)</p> <p> <b>30</b> MINUTE BREAK</p>	<p><b>16</b></p> <p>Sing your favorite song and make up silly dance moves</p> <p> <b>5</b> MINUTE BREAK</p>	<p><b>17</b></p> <p>Build a LEGO Sculpture</p> <p> <b>15</b> MINUTE BREAK</p>	<p><b>18</b></p> <p>Play a Board Game with your sibling(s) or parent(s)</p> <p> <b>30</b> MINUTE BREAK</p>	<p><b>19</b></p> <p>Kid's Yoga YouTube Videos</p> <p> <b>5</b> MINUTE BREAK</p>	<p><b>20</b></p> <p>Read your Favorite Book</p> <p> <b>15</b> MINUTE BREAK</p>	<p><b>21</b></p> <p>Create and complete a natural scavenger hunt</p> <p> <b>30</b> MINUTE BREAK</p>
<p><b>22</b></p> <p>Do 5 different exercises for 1 minute each</p> <p> <b>5</b> MINUTE BREAK</p>	<p><b>23</b></p> <p>Fly a kite outside</p> <p> <b>15</b> MINUTE BREAK</p>	<p><b>24</b></p> <p>Make a craft from recycled &amp; upcycled materials</p> <p> <b>30</b> MINUTE BREAK</p>	<p><b>25</b></p> <p>Build a paper airplane and fly it down the hall or outside</p> <p> <b>5</b> MINUTE BREAK</p>	<p><b>26</b></p> <p>Take pictures of nature in your front and back yard</p> <p> <b>15</b> MINUTE BREAK</p>	<p><b>27</b></p> <p>Make an obstacle course with simple toys and complete it</p> <p> <b>30</b> MINUTE BREAK</p>	<p><b>28</b></p> <p>Look at your favorite picture book</p> <p> <b>5</b> MINUTE BREAK</p>
<p><b>29</b></p> <p>Take turns telling silly jokes with your sibling(s) or parent(s)</p> <p> <b>15</b> MINUTE BREAK</p>	<p><b>30</b></p> <p>Play Dress Up</p> <p> <b>30</b> MINUTE BREAK</p>	<p>for more information call <b>480-882-4545</b>            or visit, <b>noahhelps.org</b>            Follow us on social media @noahhelps    </p>				