

Covid-19 PE/Recess

GRADES K-6: ACTIVITIES WITHOUT EQUIPMENT

BRAIN BREAKS



8 MARCHING CARDS

DR. MELINDA BOSSENMEYER

BRAIN BREAKS



15 HALLOWEEN CARDS

DR. MELINDA BOSSENMEYER


BRAIN BREAKS



PIRATE CARDS

DR. MELINDA BOSSENMEYER

BRAIN BREAKS



16 CHRISTMAS CARDS

DR. MELINDA BOSSENMEYER


BRAIN BREAKS



ST. PATRICK'S DAY

DR. MELINDA BOSSENMEYER


BRAIN BREAKS



THANKSGIVING

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BRAIN BREAKS



VALENTINE'S DAY

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BRAIN BREAKS



COWBOY & GIRL RODEO

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BRAIN BREAKS



20 ROAD TRIP CARDS

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WORKOUT CARDS



12 EXERCISE & 4 WILD CARDS

PI. BOSSENMEYER, ED.D.

YOGA



12 YOGA CARDS

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EXERCISE



12 EXERCISE CARDS

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Exercise Cards #2



22 CARDS

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STRETCHING CARDS



16 CARDS (8 BOY AND 8 GIRL)

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BRAIN BREAKS



ROCK STAR

DR. MELINDA BOSSENMEYER

BRAIN BREAKS



SUPERHERO

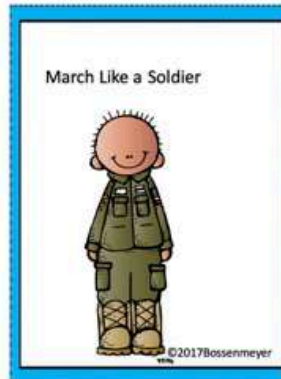
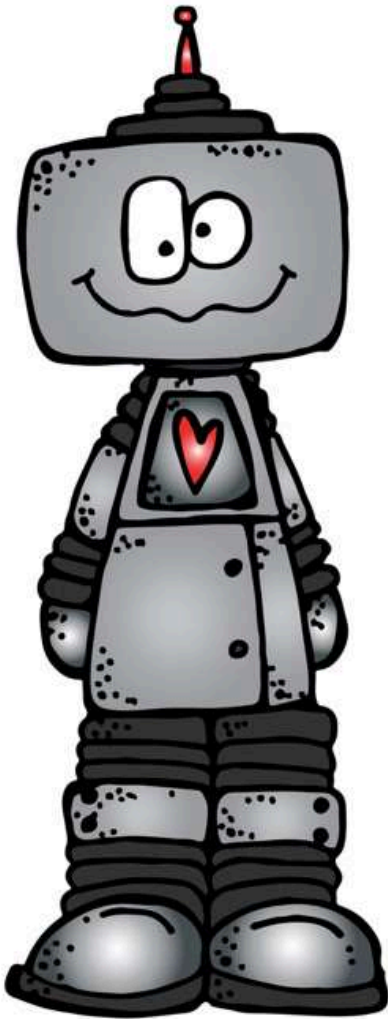
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16 ACTIVITY CARD SETS

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BRAIN BREAKS



8 MARCHING CARDS

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March Like a Soldier



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March Like a Rock Star



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March Like a Student



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March Like You Have a Peg Leg.



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March Like a Skater



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March Like a Horse Trainer



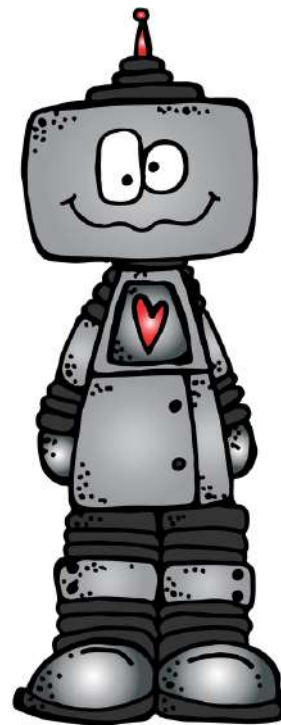
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March Like a Policeman



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Robot



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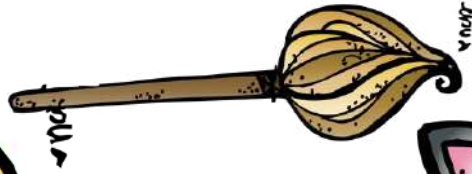
BRAIN BREAKS



15 HALLOWEEN CARDS

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Halloween Brain Break Cards



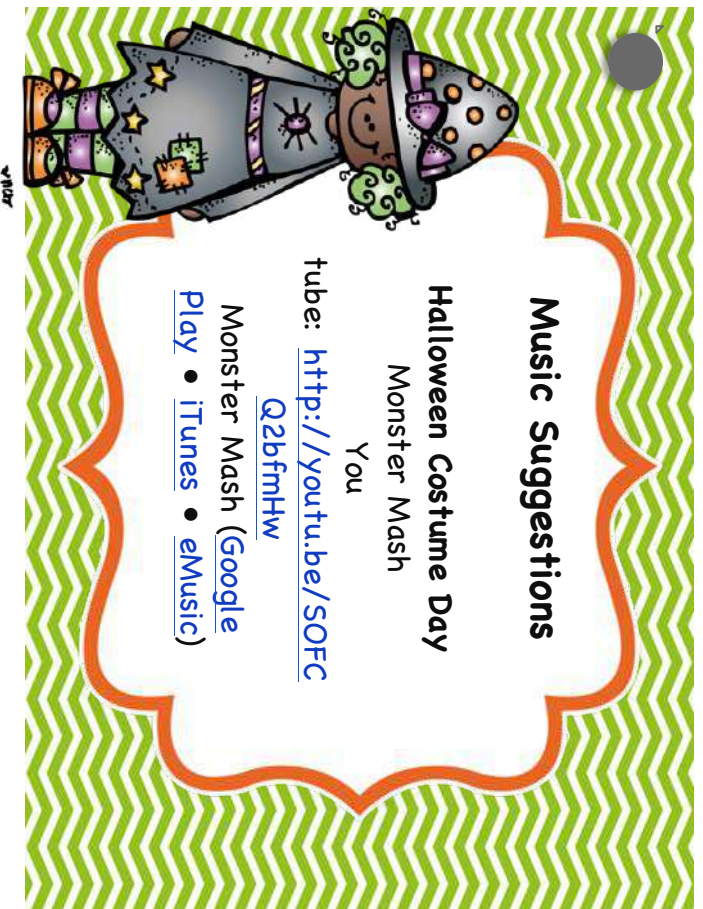
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Halloween Theme Brain Break Cards



- 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



- Music Suggestions**
- Halloween Costume Day**
Monster Mash
You
- tube: <http://youtu.be/SOFCQ2bfmHw>
Monster Mash (Google Play) • [iTunes](#) • [eMusic](#)



- 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



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



Cat Walk

walk around on
hands and feet




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
Dr. Melinda Bossemeyer
Founder President
Peaceful Playgrounds, Inc.

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Brain Breaks

By Melinda Bossenmeyer, Ed.D.

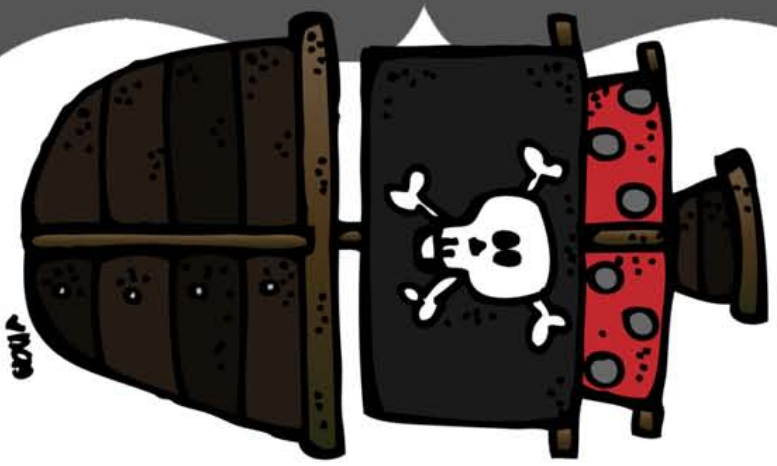


Pirate

Brain Breaks & Posters

By Melinda Bossenmeyer, Ed.D.





Pirate Parade Movement Posters

Peaceful Playgrounds





Pirate Parade

- Adjust Sails
- Climb to Crows Nest
- Drop the Anchor
- Hit the Deck
- Salute a Shipmate
- Jump Overboard
- Lower the Flag
- Scrub the Deck
- Stand at Attention
- Swim to Shore
- Walk the Plank
- Walk with a Peg Leg





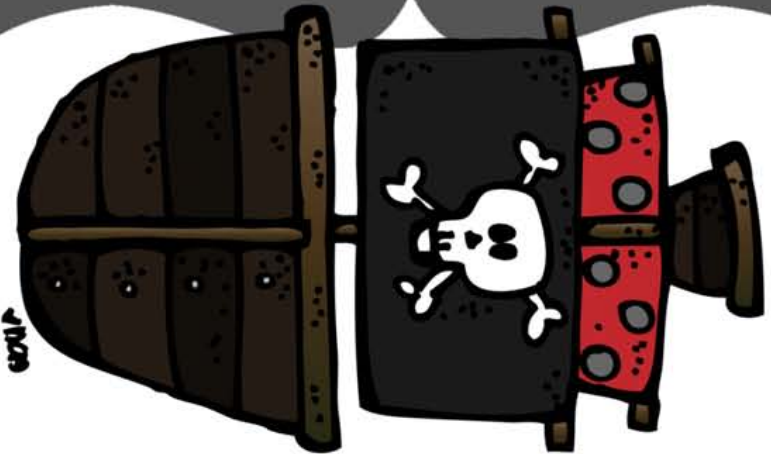
Pirate Parade

Recommended Music

Pirate's Party
Brain Breaks

Yo, Ho! (A Pirate's Life For Me)
([Google Play](#) • [iTunes](#) • [AmazonMP3](#))





Pirate Parade

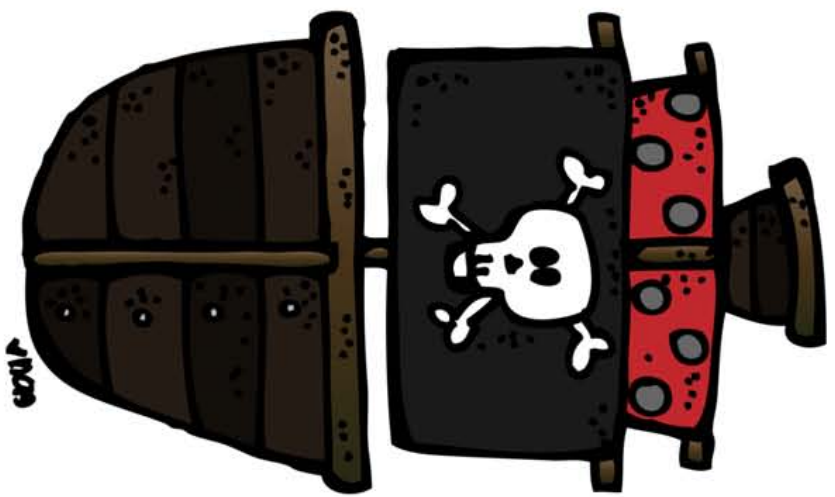
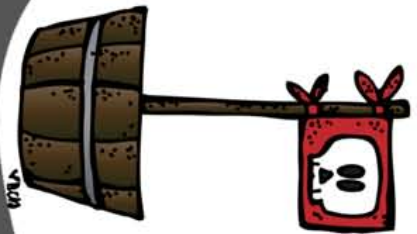
Benefits of Brain Breaks

1. Improve focus
2. Motivate students
3. Re-energize students
4. Rainy Day or indoor Recess
5. Just plain fun!

Peaceful Playgrounds



Adjust the Sails toe touches



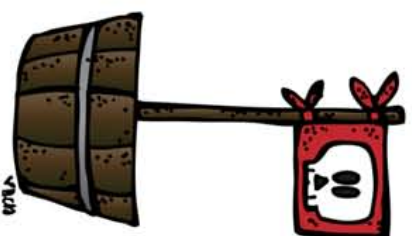


Climb to crows nest
Climbing motion





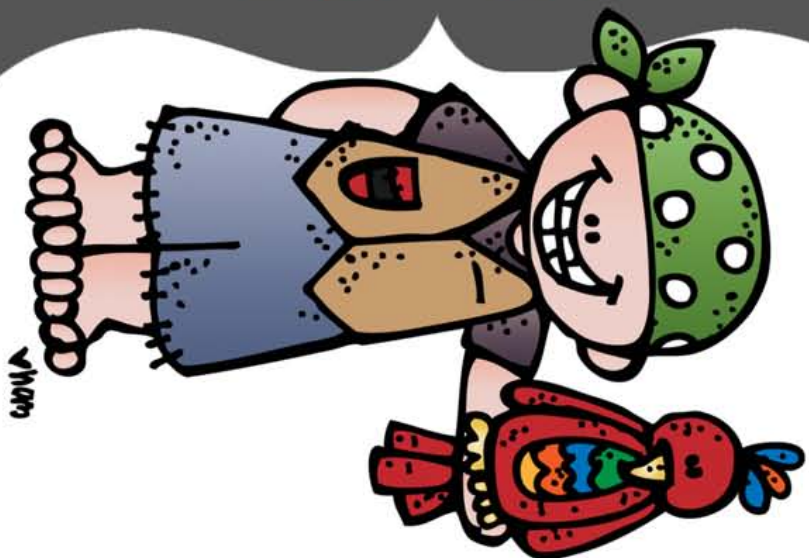
Drop the anchor
hand circles



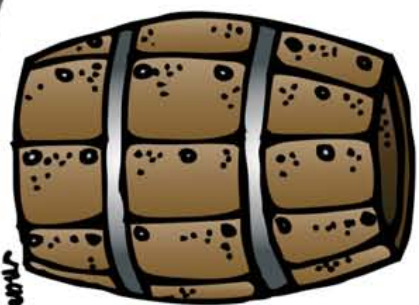


**Hit the deck
5 push ups**

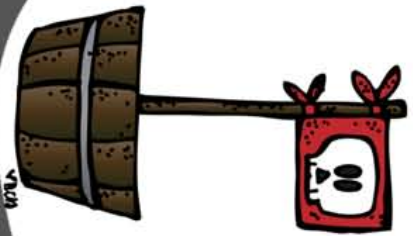




Jump Overboard Jump

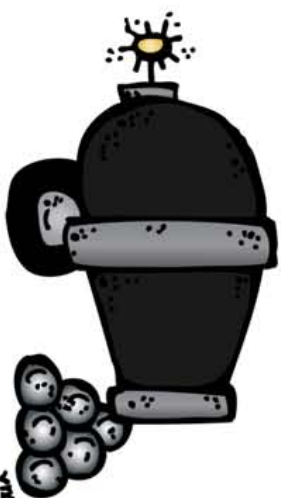


Lower the flag Pulling motion

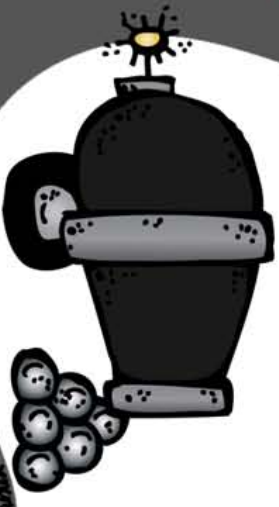




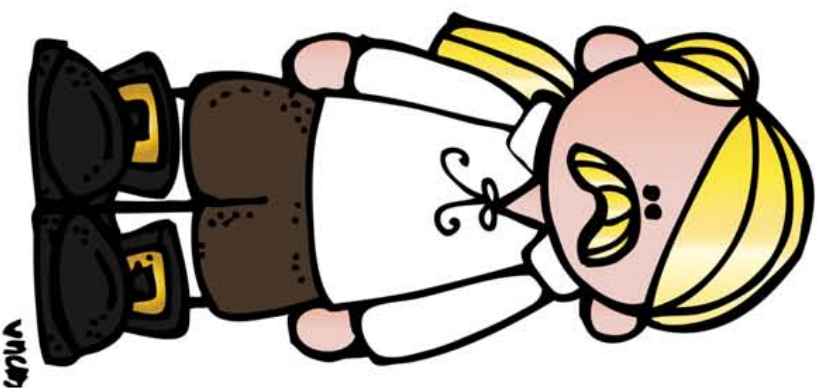
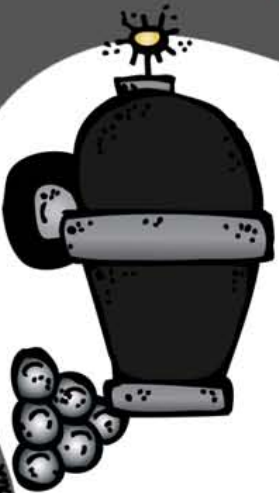
Salute a shipmate



**Scrub the deck
on hands & knees
and stand**



**Stand at attention
arms at side
then salute**





Swim to shore



Walk the plank
Walk around no
bumping





Walk with
a peg leg





Pirate Parade

Directions

1. Brain Break Cards

- Print pages on card stock
- laminiate if preferred
- hole punch and put on ring

2. Posters

- Post around the room for stations
- Play music and student rotate through stations
- Divide class into groups of 2-3

3. PowerPoint

- Project and have students act out motions.

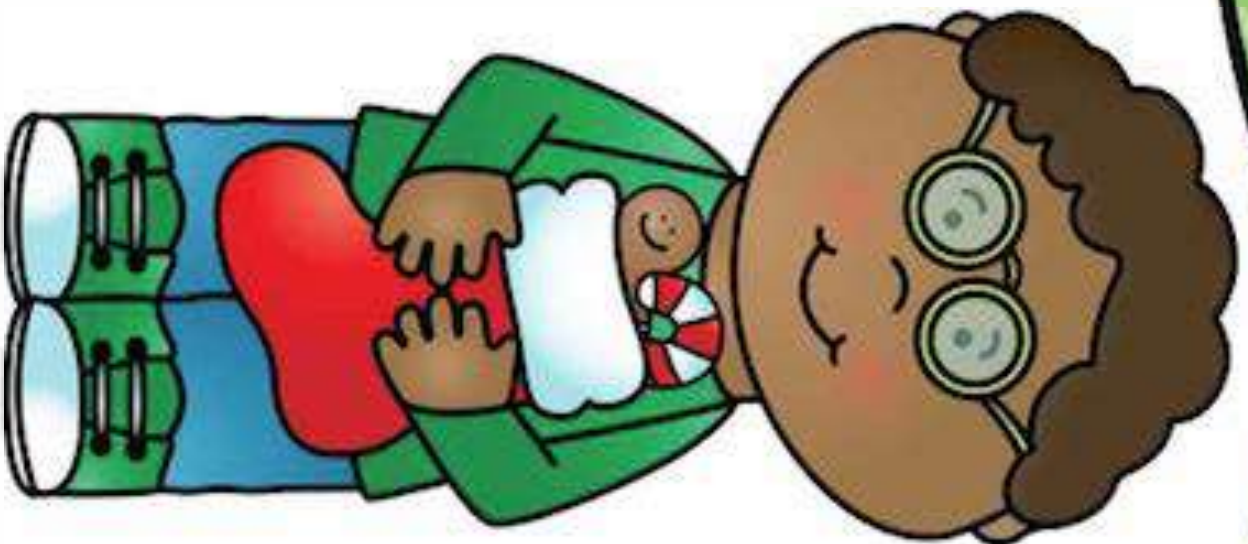
BRAIN BREAKS



16 CHRISTMAS CARDS

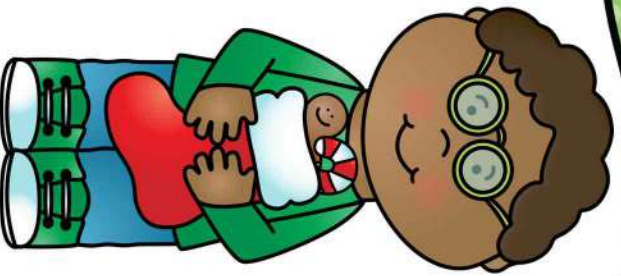
DR. MELINDA BOSSEMMEYER





16 Christmas Exercise Cards for Brain Breaks

by Melinda Bossenmeyer
www.peacefulplaygrounds.com



**14 Christmas
Exercise Cards for
Brain Breaks**

by Melinda Bossenmeyer
www.peacefulplaygrounds.com

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**Walk backwards 5
steps and freeze.**

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**Walk around the
room shaking
hands and saying
Happy Holidays.**

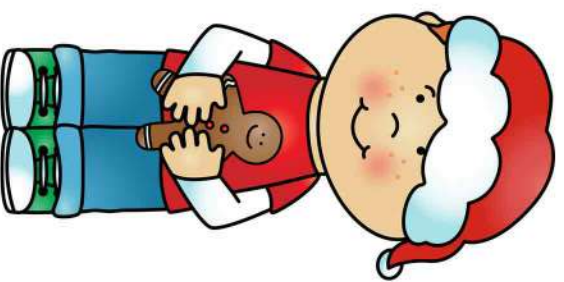


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**Decorate the
tree and reach
up right and
left.**

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Roll hands over
head right side,
roll hands over
head left side.

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Hang 10 stockings by
punching motion
forward rt & lf.

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Leap around
room as if
jumping over
toys.



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Hands at side, march
with knees high.



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Carry Santa's toy
bag around room
walking sideways.

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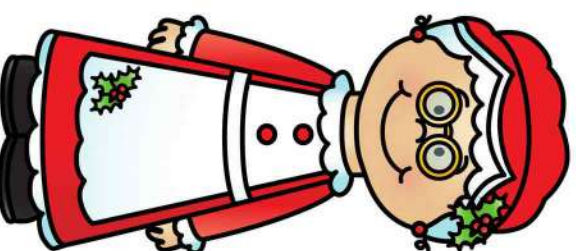
Beat your drum
and march around
room in a single
file line.

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Join a group of
three and play
head, shoulders,
knees and toes.

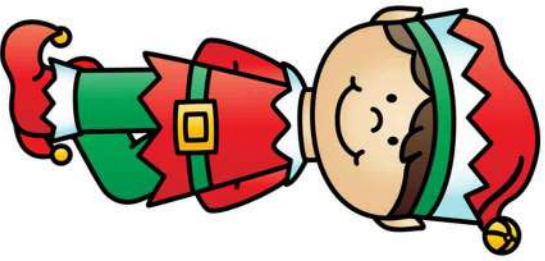


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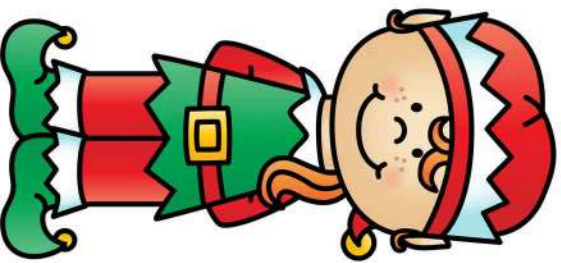
Pretend to skate
around the room with
Mrs. Clause.

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Dance around the
room like an elf.

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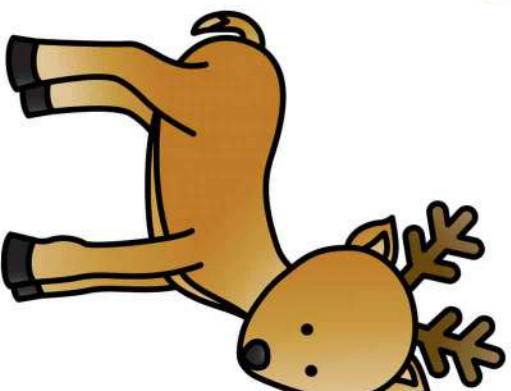
Elf Warm-Up.
Jumping Jacks.

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Pretend you're a
Christmas mouse
and lift cheese
from floor to
overhead (toe
touches)



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Walk on hands and
feet like a reindeer.

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BRAIN BREAKS



ST PATRICK'S DAY

DR. MELINDA BOSSEMMEYER





St Patrick's Day Brain Break Cards Set of 15

By Melinda
Bossemeyer, Ed.D.

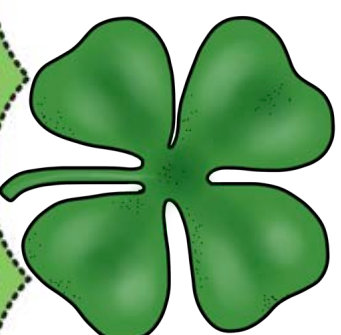
Balance a pretend hat on
your foot then kick it up
and catch it.



Touch something green
in the room.



Walk by your desk in the
shape of a 4 leaf clover





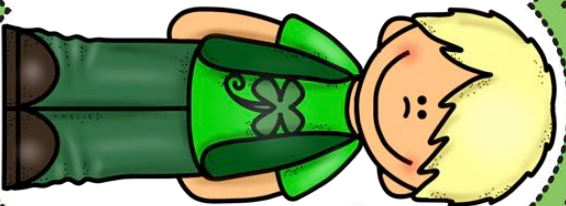
Crumple a piece of paper and toss it up and catch it. Now toss it up and clap 1x. Toss and clap 2x before catching it. Can you do 3x?

Write with your magic pen "St Patrick's Day" in the air.

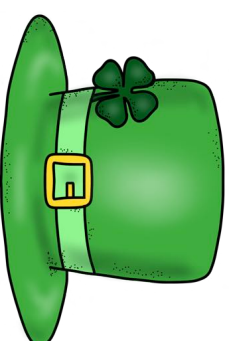
St Patrick's Day



Pretend to lift hat with both arms stretched in front of you 10x.

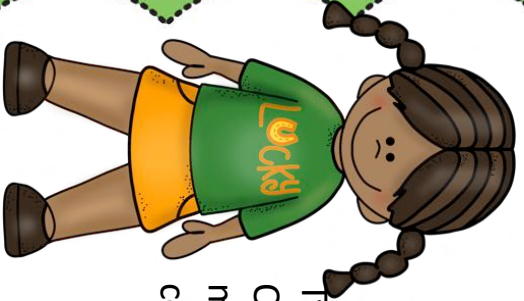


Pretend to lift hat with both hands above head 10x.



Copy Cat

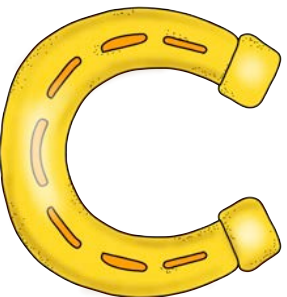
Two children stand face-to-face.
One child makes up arm
movements and the other child
copies them. Each child leads.



Pretend to play the harp



Draw a horseshoe and
skip around it 5x



Act Out Five Lively Leprechauns

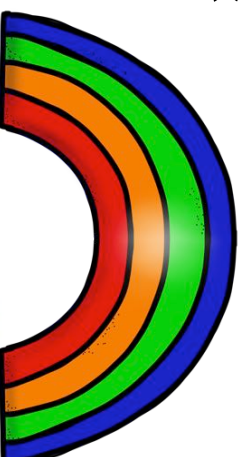
Five lively Leprechauns looking for fun,
The first one said, Let's turn back the
clocks,
The second one said, Let's mismatch the
socks,
The third one said, Let's stir up the cat,
The fourth one said, Let's hide the hat,
The fifth one said,
Let's scat, scat, scat, scat!



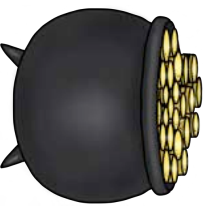


Leap Like a Leprechaun

Bend over on hands
and feet and make a
rainbow and stand up
5x



Jump over and back
across a pot of gold



Dance a Jig
Students dance around
with arms straight and to
the side like Irish Dancers.



BRAIN BREAKS



©2013 Speak Up for Literacy

Walk around the room and say hello or "how" the Native American way.

©2013 Speak Up for Literacy

Scan the QR Code and Then Pick an Indian Dance to do (see QR code in packet).



THANKSGIVING

DR. MELINDA BOSSEMAYER



Thanksgiving Brain Breaks

By Melinda

Bossenmeyer, Ed. D.

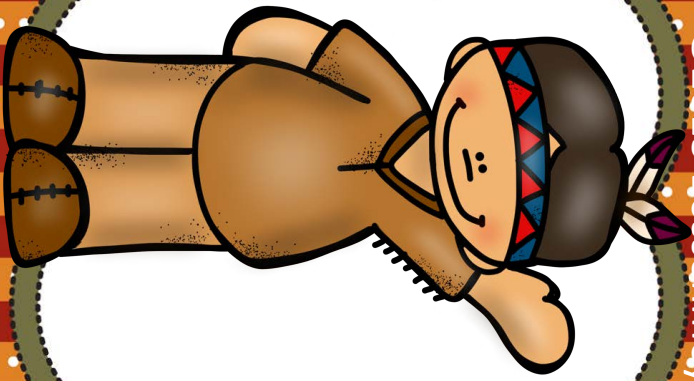
16 Task Cards



8. Gallop around your desk.
9. Toe touches 10 times.
10. Walk around shaking hands and saying "howdy pilgrim".
11. Sing "My Country Tis of Thee"
12. Practice your tomahawk throw.
- BONUS 13. American Indian Song, Video of Native American Indian Game, and poster Native American Commandments.

1. Walk around saying "how" to greet others.
2. Alternating knee touches.
3. How many words can you make from "Thanksgiving"?
4. Do an Indian dance.
5. Do the pilgrim shuffle.
6. Alternating knee touches.
7. Slide Lf. & Rt.

Cut cards. Laminate. Hole punch the top left corner and put cards on a ring.
Have students act out movements for 10 seconds each. You might consider letting a student read the cards.

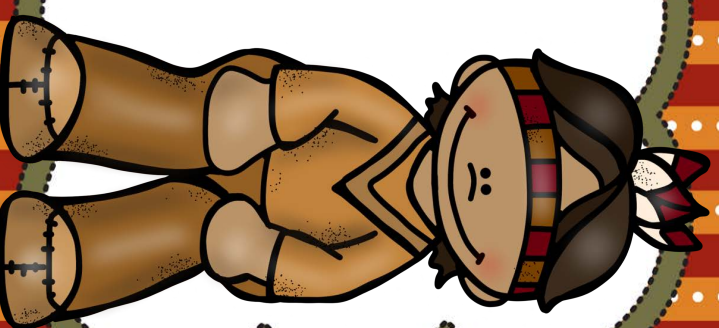


Walk around the room and say hello or "how" the Native American way



Stand up and then touch knee to ground as pictured 10 times right side and change to left knee.

Grab a pencil and paper. How many words can you make out of Thanksgiving?



Scan the QR Code and Then Pick an Indian Dance to do (see QR code in packet).



Do the Pilgrim Shuffle (swing feet side, only one foot on ground).



Hands on hips and slide right then switch and slide to the left 5 slides.



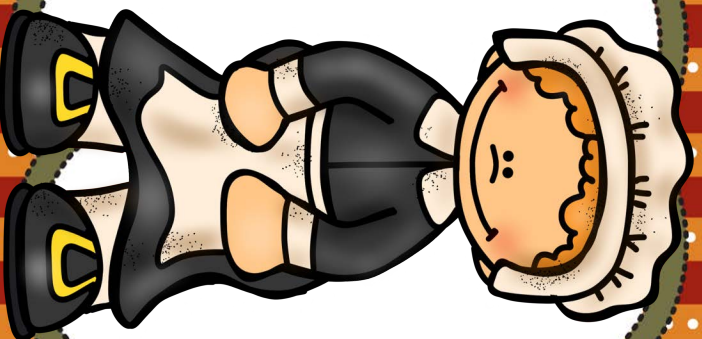
Touch toe standing then use desk to bend and touch your knee to the ground 5 times Rt & Lf.



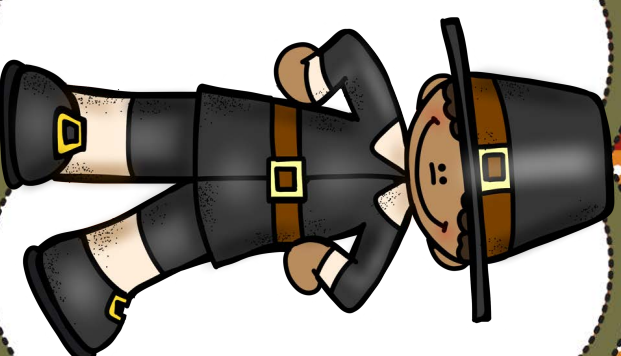
Gallop around your desk. Switch lead feet.



Toe Touches 10 times



Walk around the room shaking hands saying, "Howdy Pilgrim".

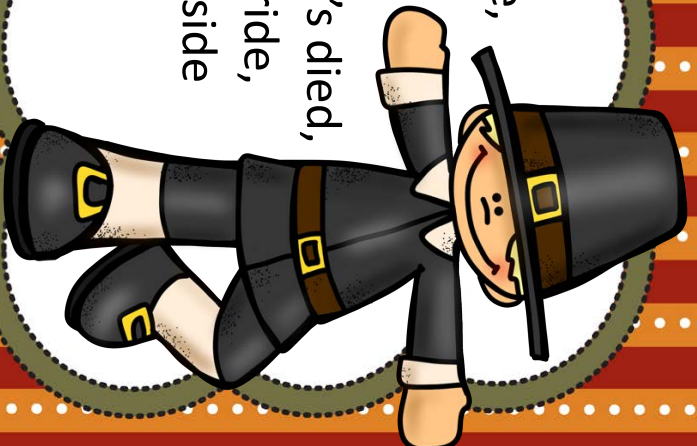


Sing My Country

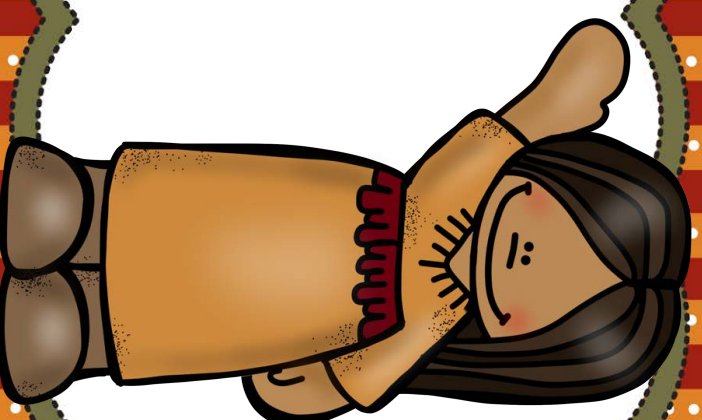
My country, tis of thee,
Sweet land of liberty,

Of thee I sing:

Land where my father's died,
Land of the Pilgrims pride,
From every mountain side
Let Freedom Ring!



Do a Tomahawk throwing motion each hand 10 times with arm over head Lf and Rt.



Music Suggestions

First Americans and so Proud

Go to top
right "Listen
to the Song"



Native

American

Dance

Demo

You Tube



Talk about the 10

commandments

of Indians



Lesson on

Indian Hand-

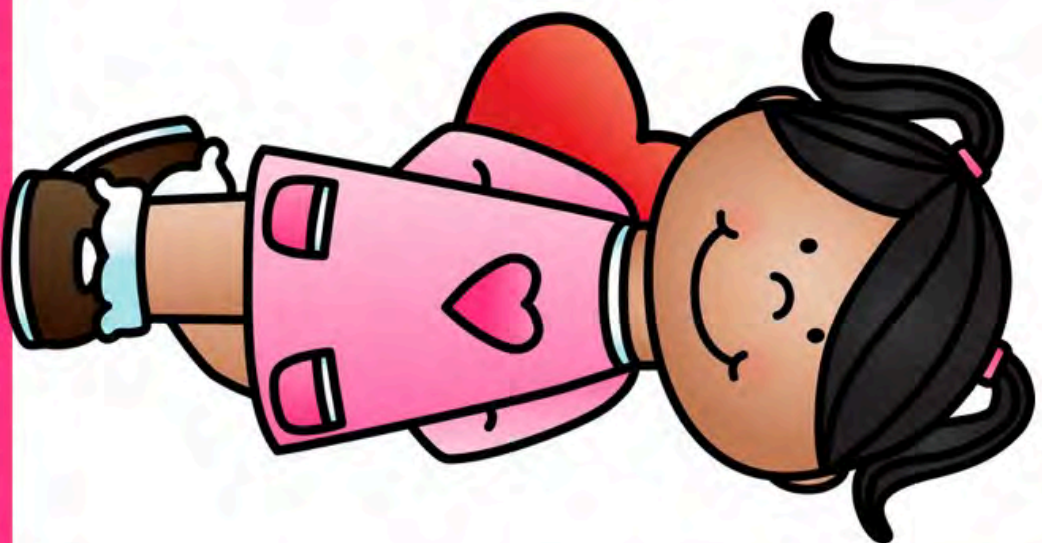
Eye

Throwing

Activity



BRAIN BREAKS



Hop in a circle on left foot and right foot.

Fold a piece of paper in $\frac{1}{2}$. Write something nice on it and skip to give it to a friend.



15 VALENTINE'S DAY CARDS

DR. MELINDA BOSSEMMEYER





You float my boat

(Swim to shore)



You rock Valentine

(Rock out on your electric guitar)



**Peaceful
Playgrounds**

**Holiday Themed
Brain Breaks
Valentines Day
(Set of 15 Cards)**

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www.peacefulplaygrounds.com



**You make my heart
sing.**

**(Touch your toes then
touch your heart)**



**You're so dog gone
cute.**

**(From hands and feet on
ground raise up to back
legs only 5 times)**



**You're purrrrfect
Valentine**

**(Walk around on hands and
feet like a cat.)**



**You rock my world
Valentine**

**Rock back and forth with
your arms above your head
side to side.**



**Our class wouldn't be
the same without
you.**

**(Walk around and shake
hands with as many people
as possible)**



**I'm jumping for joy
over you Valentine**

(Jump in place 10X)



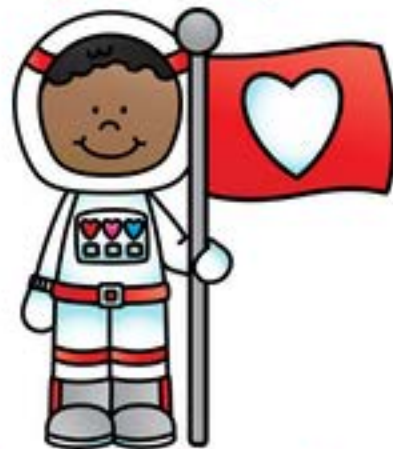
**You're the apple of
my eye Valentine**

**(walk around find words that
begin with A)**



**Stick with me
Valentine**

Walk around back-to-back



**You send my heart
into orbit Valentine**

(Jump to the sky 10 times)



**I'm head over heels
for you Valentine**

(Stand on head)



**You're just the
Valentine for me**

**(Go say something nice to a
Valentine)**



**You're a great catch
Valentine**

**(Pretend to play catch with a
partner)**



**I like the way you roll
Valentine**

**(Roll your wrists in circles
in front of you)**



Hop in a circle on left foot and right foot making a heart.



Fold a piece of paper in $\frac{1}{2}$. Write something nice on it and skip to give it to a friend.



See how many words you can make out of the words "Happy Valentine's Day".



Make an "x" on the floor. Select a line. Put your right foot on the top of the line and your left foot on the bottom of that line. Now jump and switch lead feet.



Build your muscles today by acting like a seal and say, "I'm "seal"ly over you.."



Put a paper plate on your head and walk across the room without it falling off.

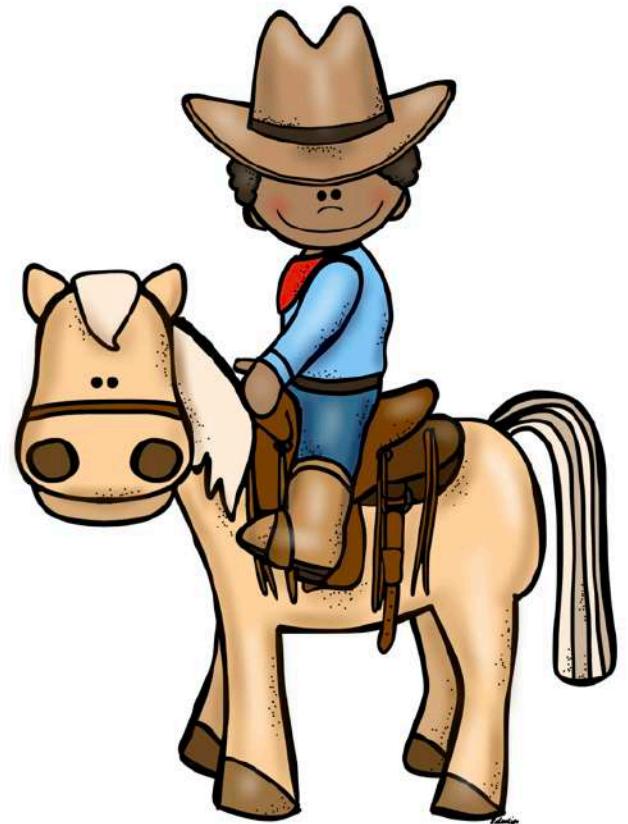
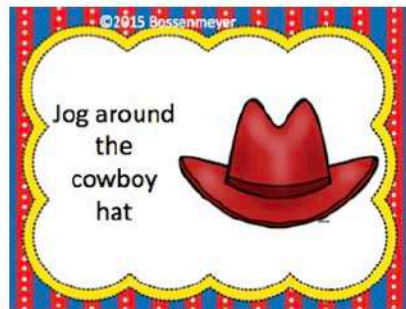


Can you walk while you balance a Valentine on your head?



Work on moving in different directions – forward, backward, sideways.

BRAIN BREAKS



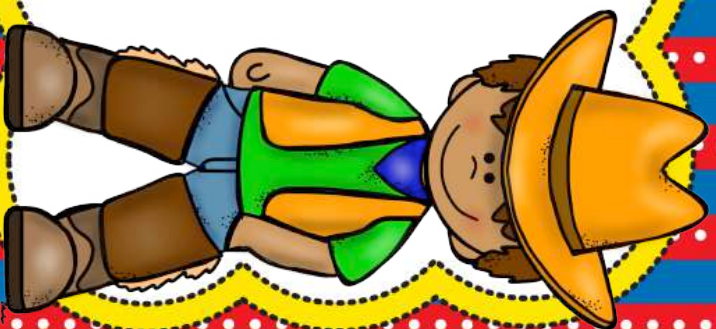
COWBOY AND GIRL RODEO



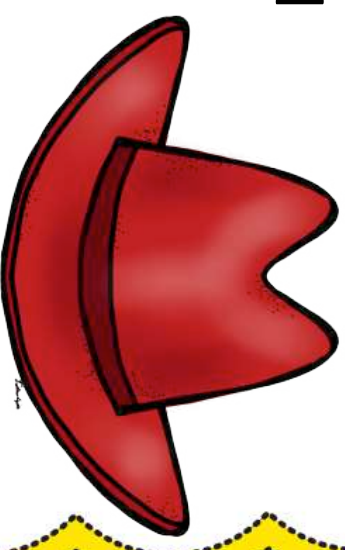
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Cowboy & Girl Rodeo Brain Breaks

By Melinda
Bossemeyer, Ed.D.



Jog around
the
cowboy
hat



Wanted

How many
words can you
make out of
“wanted”
Plus your
name i.e.
“Sue”

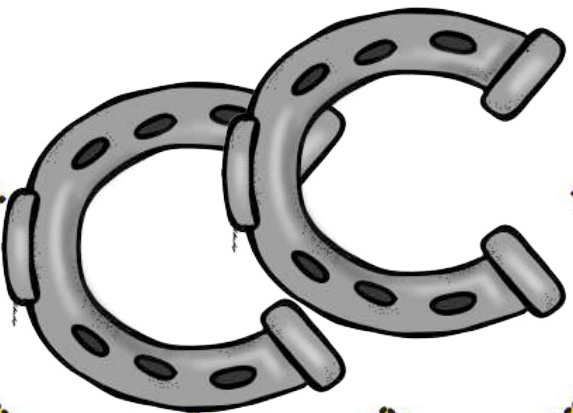
Cowboy Rodeo

I should have been a cowboy.
Should've Been a Cowboy

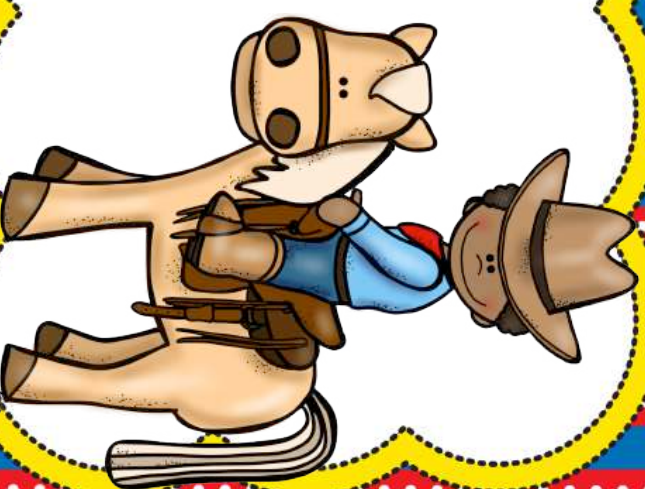
([Google Play](#) • [iTunes](#) • [AmazonMP3](#))
You Tube: <http://youtu.be/alq1LvzSlSk>

Please note:
At 1:41 minutes into the song is the word
“whiskey” to mute

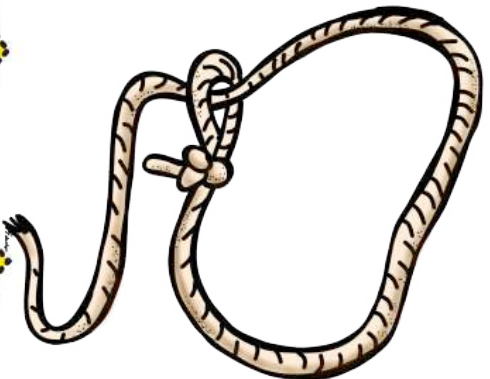
Play horse
shoes



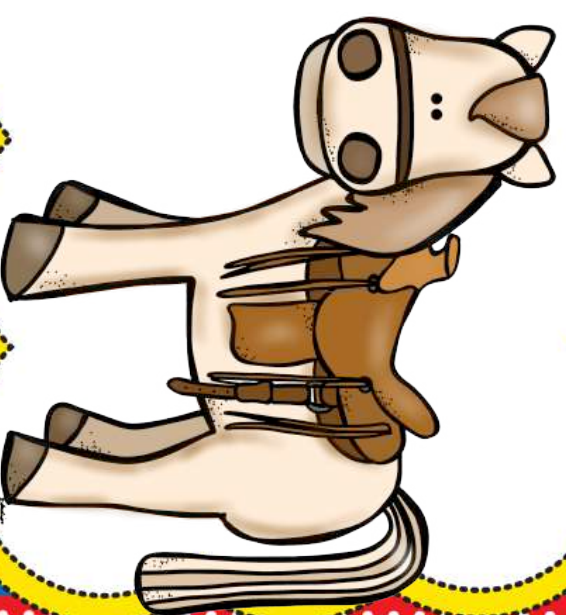
Ride a
bucking
bronco



Lasso a calf



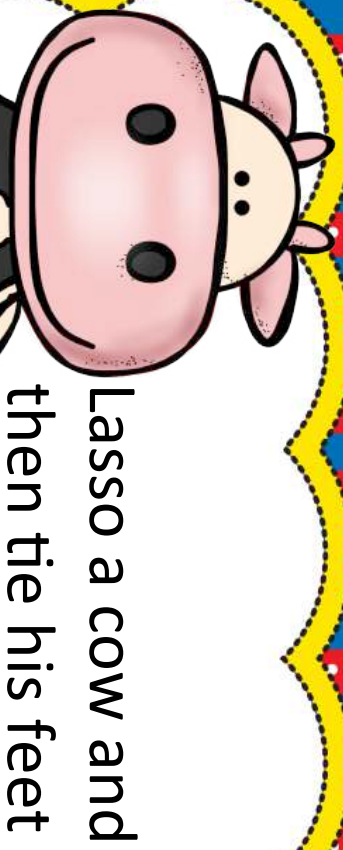
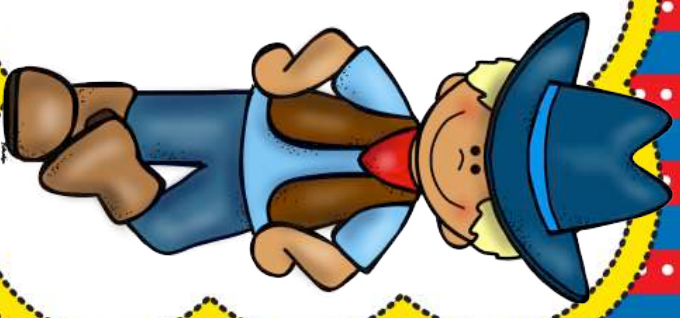
Gallop
around
the
room
like a
horse



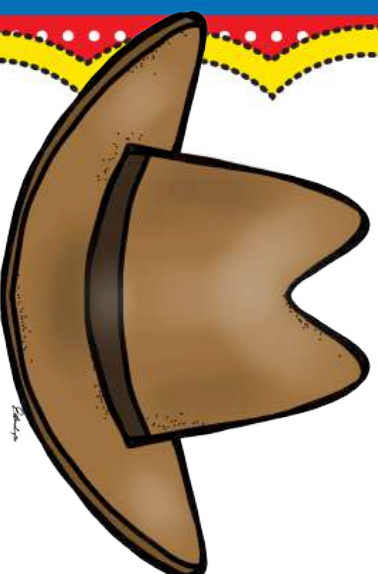
Howdy

Walk around classroom
and say "Howdy" to your
classmates

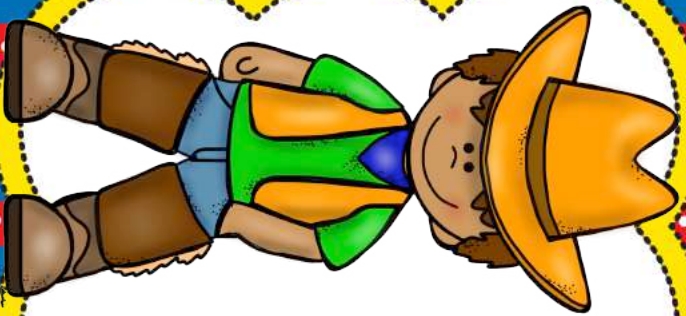
Do your best
line dance



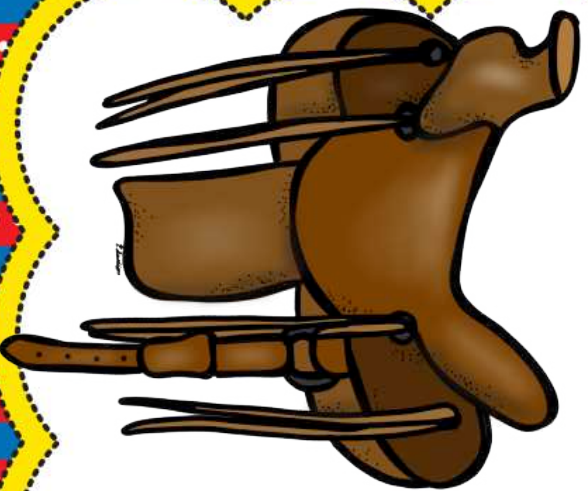
Lasso a cow and
then tie his feet



Throw
your hat
and catch
it on your
head 5x's



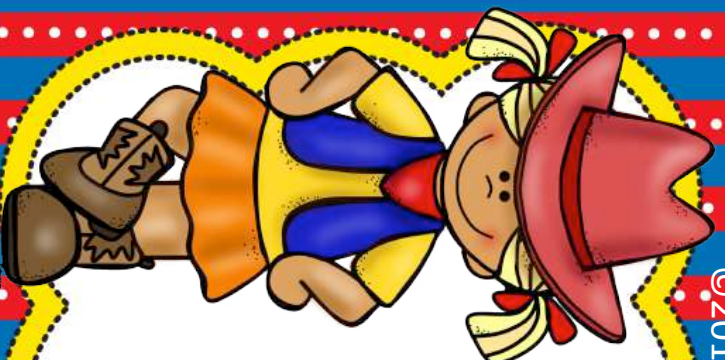
Stand back-to-back with a friend, take 3 steps, and turn and take aim



Practice putting the saddle on your horse



Wave like you're the rodeo King or Queen



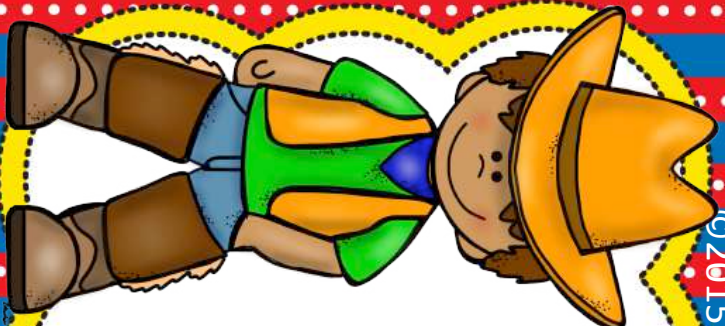
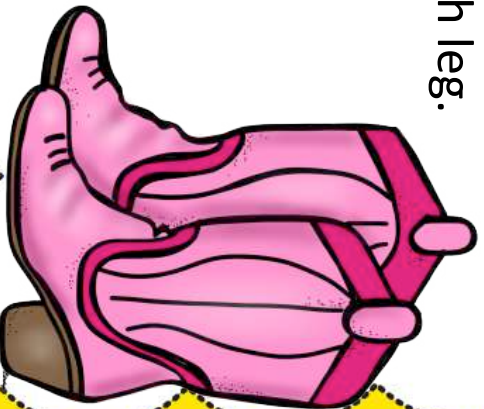
Dance a country gig



Do-Si-Do
with the
nearest
cowboy/girl,
(turn in a
circle back
to back)



Put on your cowboy/girl boots &
do 10 kicks on each leg.



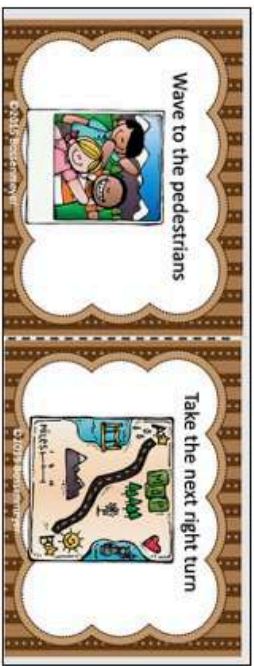
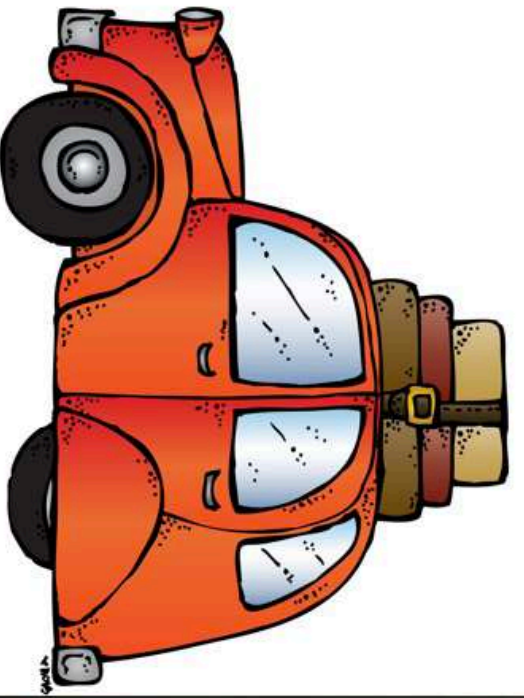
Hook elbows
and swing a
partner



Directions:
Cut cards apart. Laminate. Punch a
hole in the top left corner. Put task
cards on a ring.

Have students perform movements
to the directions for a few seconds or
until the next card is read.

BRAIN BREAKS



20 ROAD TRIP CARDS

DR. MELINDA BOSSEMMAYER





Brain Breaks

By Melinda Bossemmeyer, Ed.D.

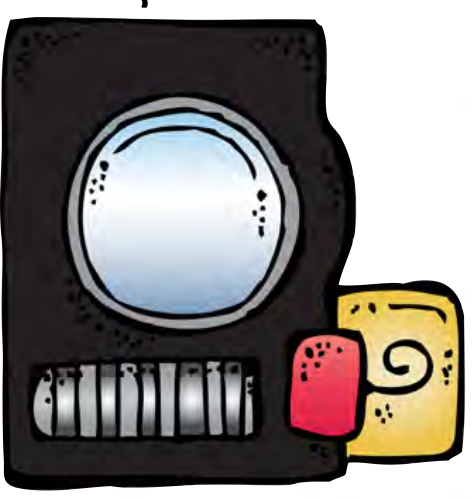
©2015 Bossemmeyer



How many words can you make out of "road trip."

©2015 Bossemmeyer

Pose for a picture then pose for another



©2015 Bossemmeyer

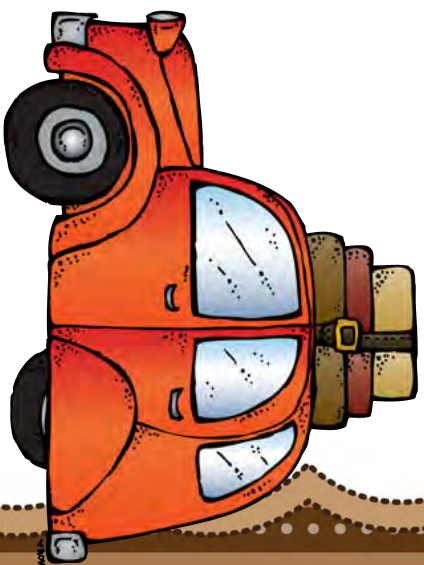
Directions:

Cut cards apart. Laminate. Punch a hole in the top left corner. Put task cards on a ring.

Have students perform movements to the directions for a few seconds or until the next card is read.

©2015 Bossemmeyer

Drive your
automobile by
sitting on the
ground, legs
straight out in
front of you



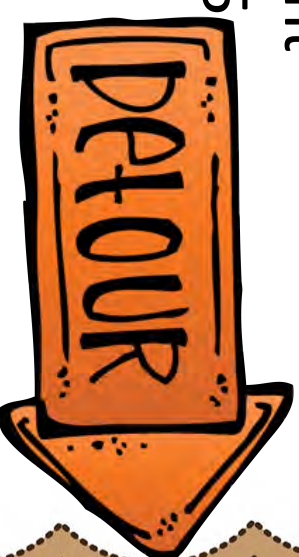
©2015 Bossemmeyer

Walk around with
steering wheel and
stop at the red
light



©2015 Bossemmeyer

Signal a right
turn, take 5
steps and
repeat



©2015 Bossemmeyer

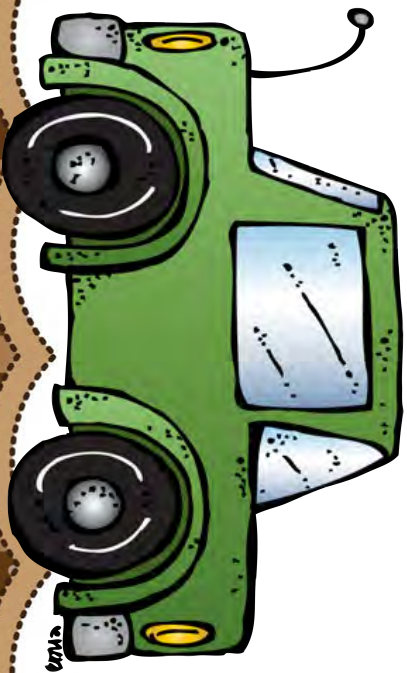
Make a U turn when
driving around



SLUGBUG

©2015 Bossemmeyer

Park the car then signal and
drive safely



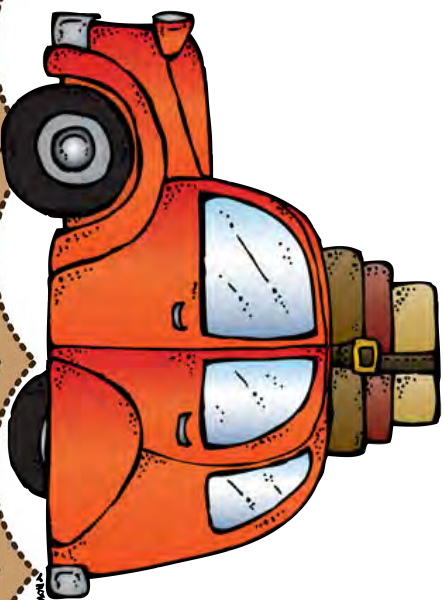
©2015 Bossemeyer

Go slow for the speed bump



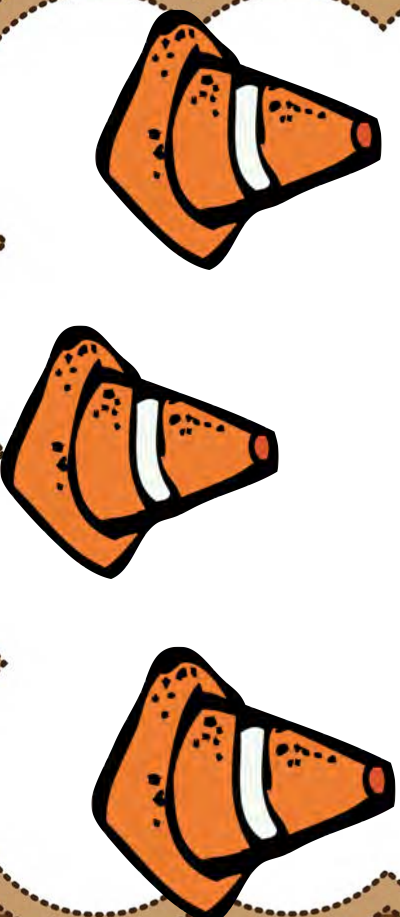
©2015 Bossemeyer

Step on the accelerator



©2015 Bossemeyer

Weave through the cones in
and out around desks



©2015 Bossemeyer

Wave to the pedestrians



©2015 Bossenmeyer

Dance to
the Route
66 Music



©2015 Bossenmeyer

Take the next right turn



©2015 Bossenmeyer

Help
carry in
the
luggage



©2015 Bossenmeyer

Road Trip
Music
Route 66
John Mayer



©2015 Bossenmeyer



Partner with
someone and see
how many words
you can make out of
the letters on the
sign

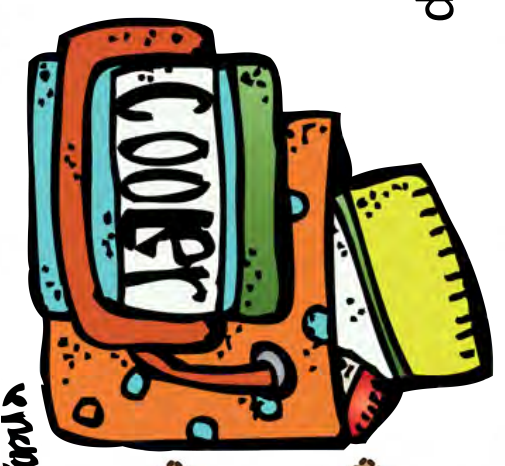
©2015 Bossenmeyer

Follow the
map beginning
at the heart,
then to the
water and
finish at the
sun.



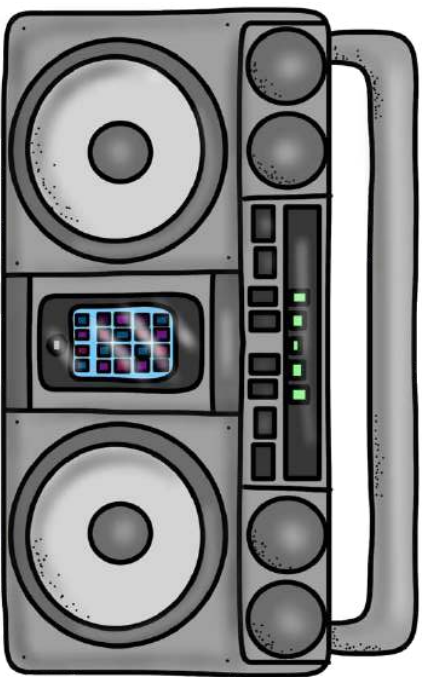
©2015 Bossenmeyer

At the rest stop
go say "hi" to
as many
classmates as
possible in 30
seconds

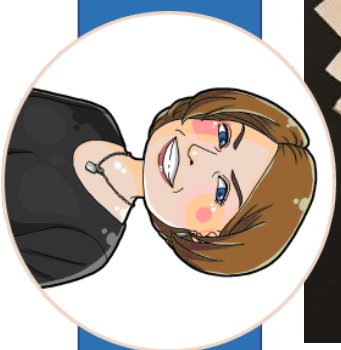


©2015 Bossenmeyer

WORKOUT CARDS



12 EXERCISE & 4 WILD CARDS



M. BOSSEMEYER, ED.D.

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Exercise Cards

Pg. 3-6

Wild Card Exercise Cards

Pg. 6

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Pg. 7

Favorite Designers

Pg. 8

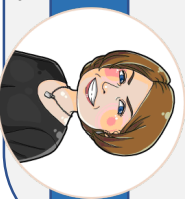
Similar Products

Pg. 19

WORKOUT CARDS

20 CARDS

©2019 M. Bossenmeyer, Ed.D.



LEG LIFTS
10 TIMES

©2019 M. Bossenmeyer, Ed.D.

KNEE BENDS
10 TIMES

©2019 M. Bossenmeyer, Ed.D.

PUSH UPS
10 TIMES

©2019 M. Bossenmeyer, Ed.D.

**SITTING LEG LIFTS
10 TIMES**

©2019 M. Bossenmeyer, Ed.D.

**BEND ONE LEG
PUT THE OTHER
ONE OUT TO THE
SIDE
10 TIMES**

©2019 M. Bossenmeyer, Ed.D.

**SPLITS STRETCH &
HOLD
20 SECONDS**

©2019 M. Bossenmeyer, Ed.D.

**JUMPING JACKS
10 TIMES**

©2019 M. Bossenmeyer, Ed.D.

**SIDE STRETCHES
10 TIMES**

©2019 M. Bossemmeyer, Ed.D.

**"V" SIT AND HOLD
10 TIMES**

©2019 M. Bossemmeyer, Ed.D.

**STAND AT
ATTENTION THEN
JUMP
10 TIMES**

©2019 M. Bossemmeyer, Ed.D.

**BENDED KNEE
TOES TOUCHES
10 TIMES**

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WILD CARD

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WILD CARD

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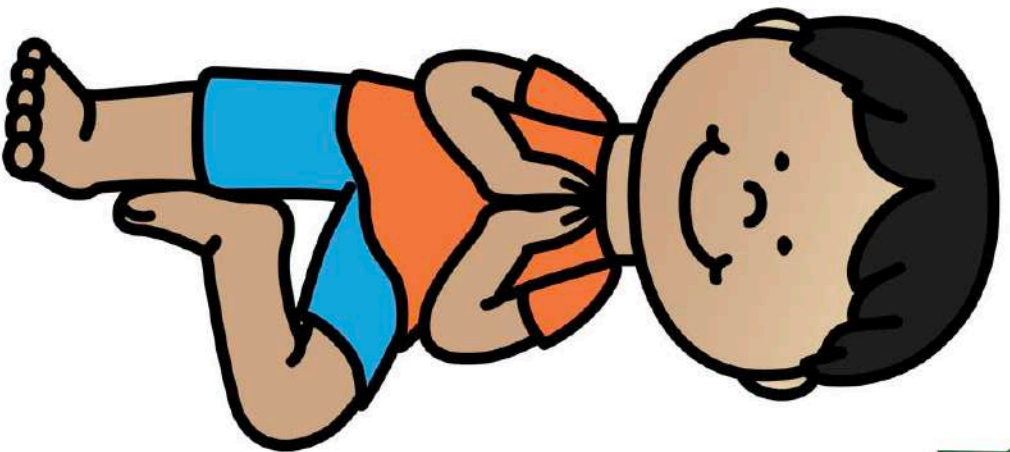
WILD CARD

©2019 M. Bossemeyer, Ed.D.

WILD CARD

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YOGA



10



12 YOGA CARDS

DR. MELINDA BOSSENMEYER



9

8

1

Y o g a

2

12

7

3

6

4

10

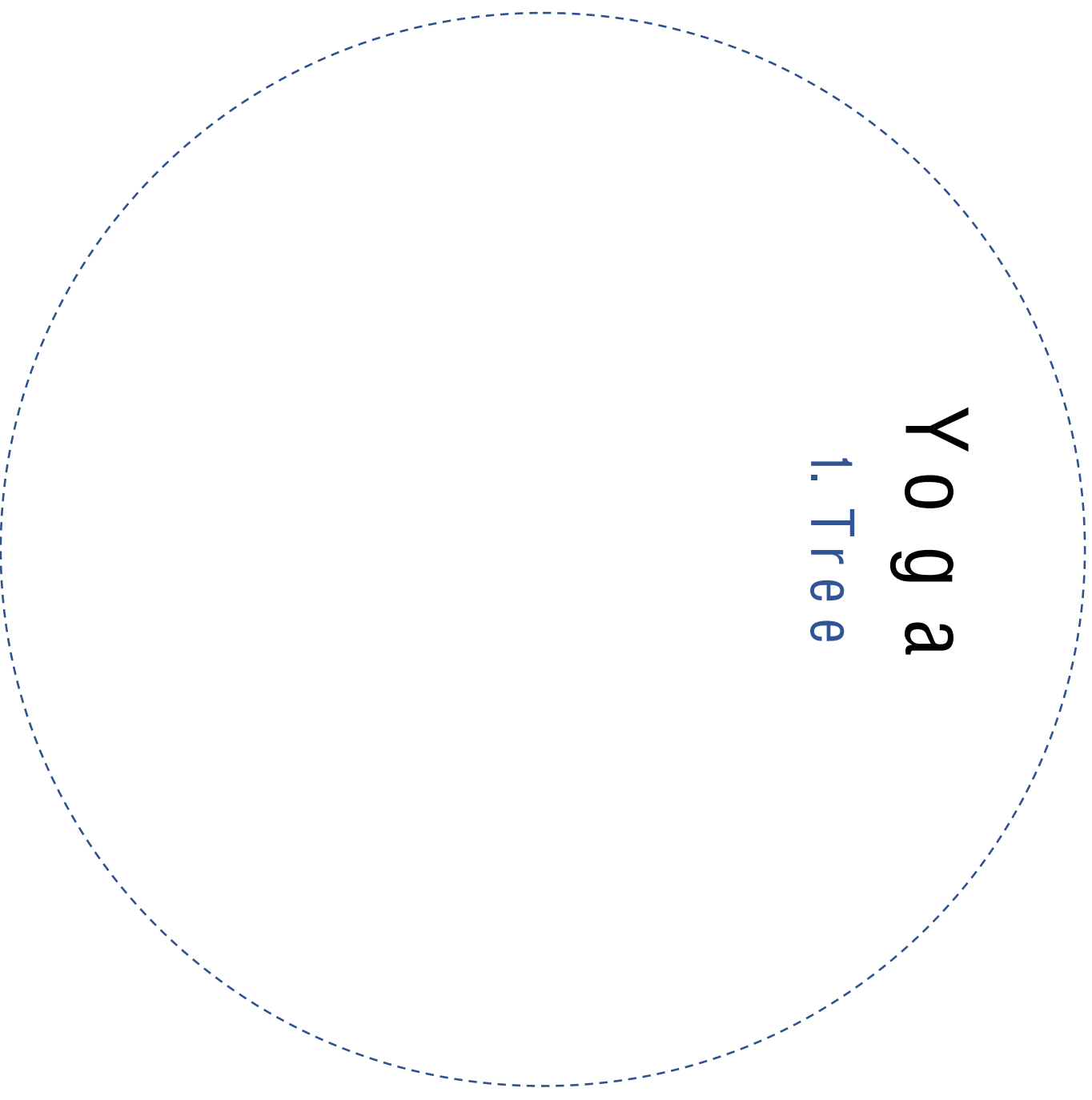
5

11

i`#S%&&
,`#(&) *#+% , ** & -
: `# / , 01
2`#3 , 4540%-#- ,)
6`#7&%9:05&
: `# < 01#9 , * &
= `# > 08%#9 , * &
?`#@ , A510&5#9 , * &
B`# < , C%0#9 , * &
iD`##E0%#& , %#9 , * &
i i `#FA5#9 , * &
i `# < , 4#9 , * &

Y o g a

1. Tree



Y o g a

2. Legs crossed

2

Y o g a

3. Boat pose

3

Y o g a

4. D o w n w a r d d o g

4

Y o g a

5. Airplane

5

Y o g a

6. Cat pose

6

Y o g a

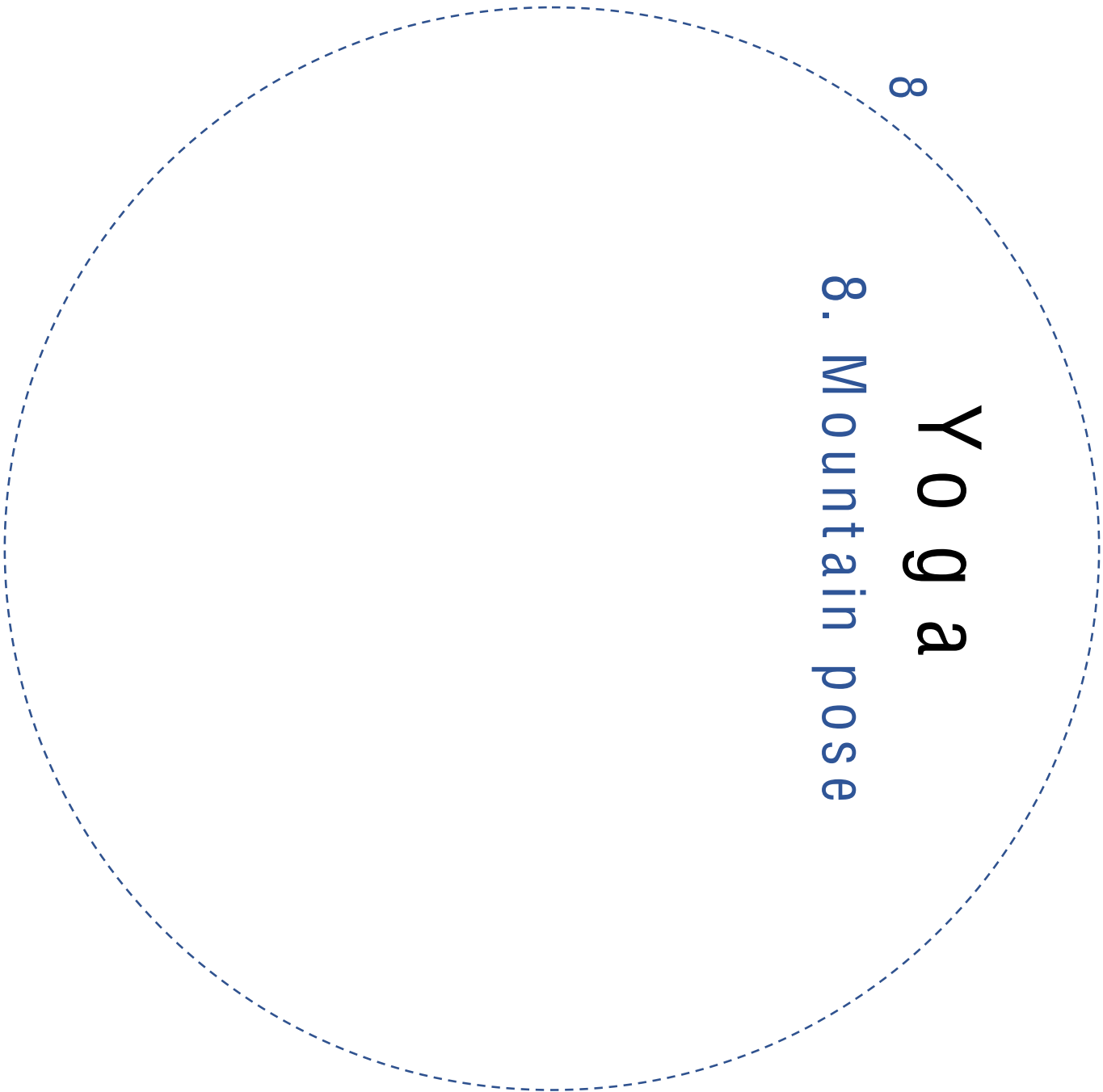
7. Chair pose

7

8

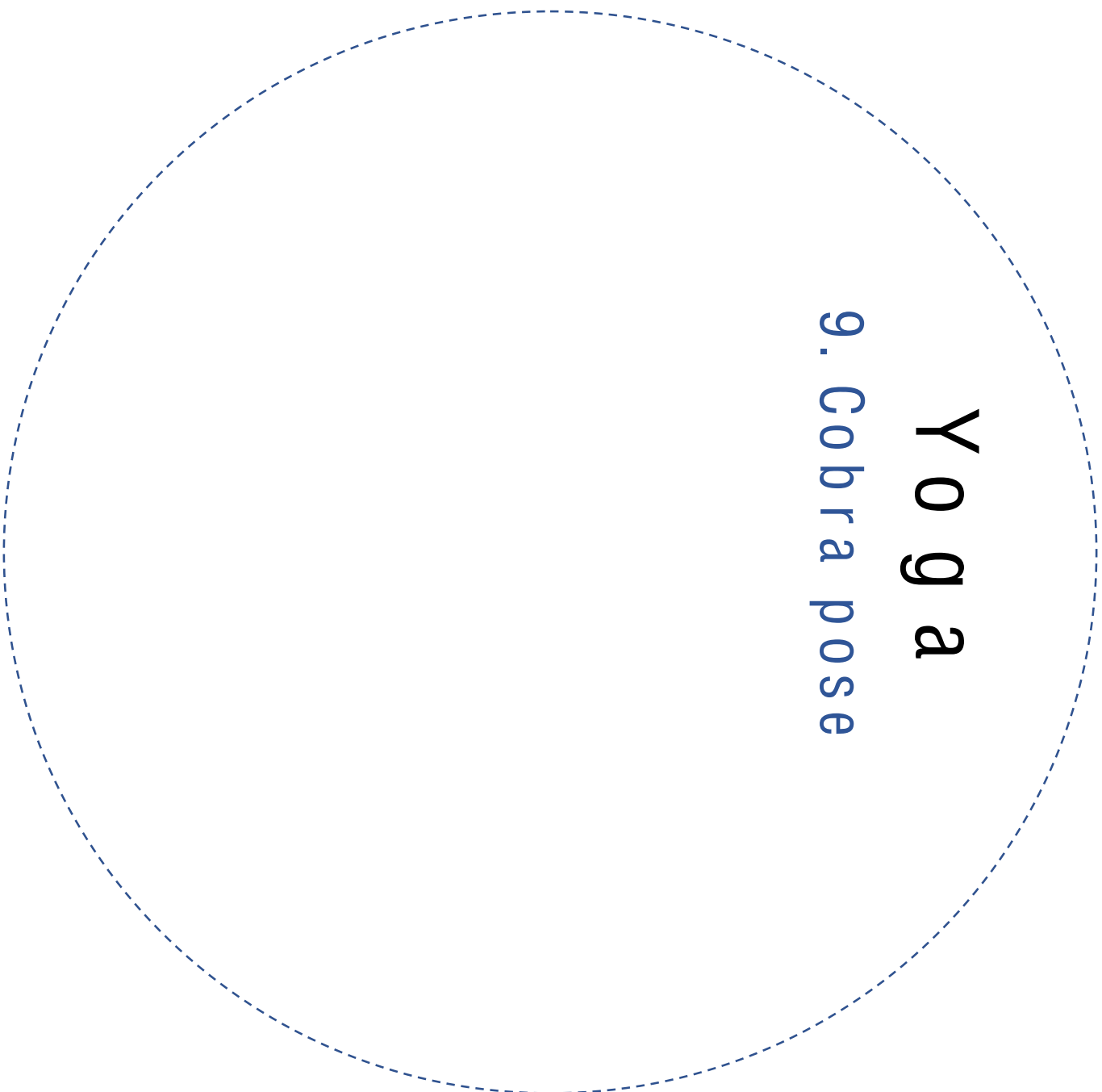
Y o g a

8. Mountain pose



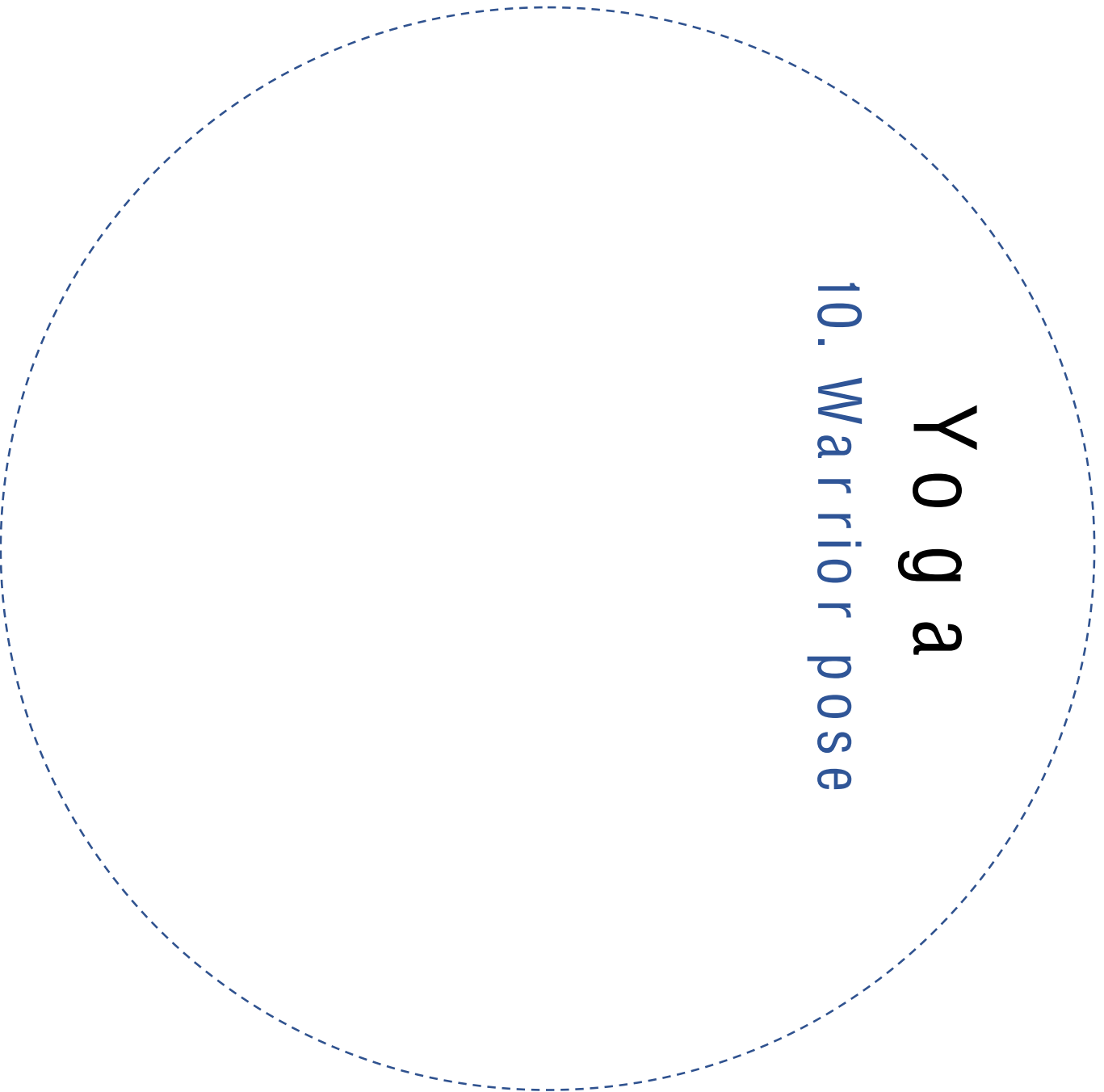
Y o g a

9. Cobra pose



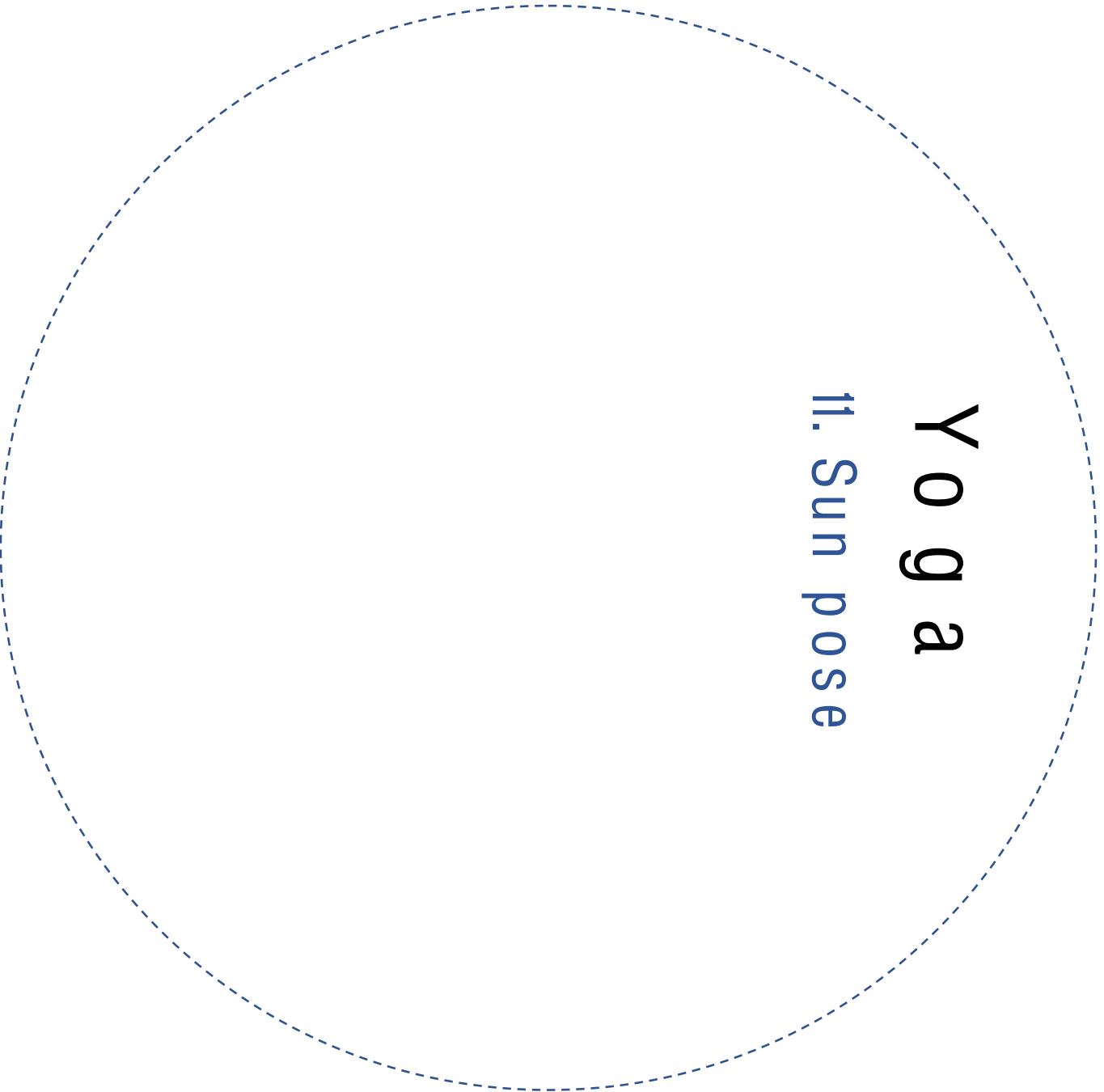
Y o g a

10. Warrior pose



Y o g a

11. Sun pose



Y o g a

12. Co w Pose

EXERCISE



12 EXERCISE CARDS

DR. MELINDA BOSSENMEYER



9

8

1

Exercise
Fun

2

12

7

3

6

4

10

5

11

Plank

1



Crunches

2

Jumping Jacks

3

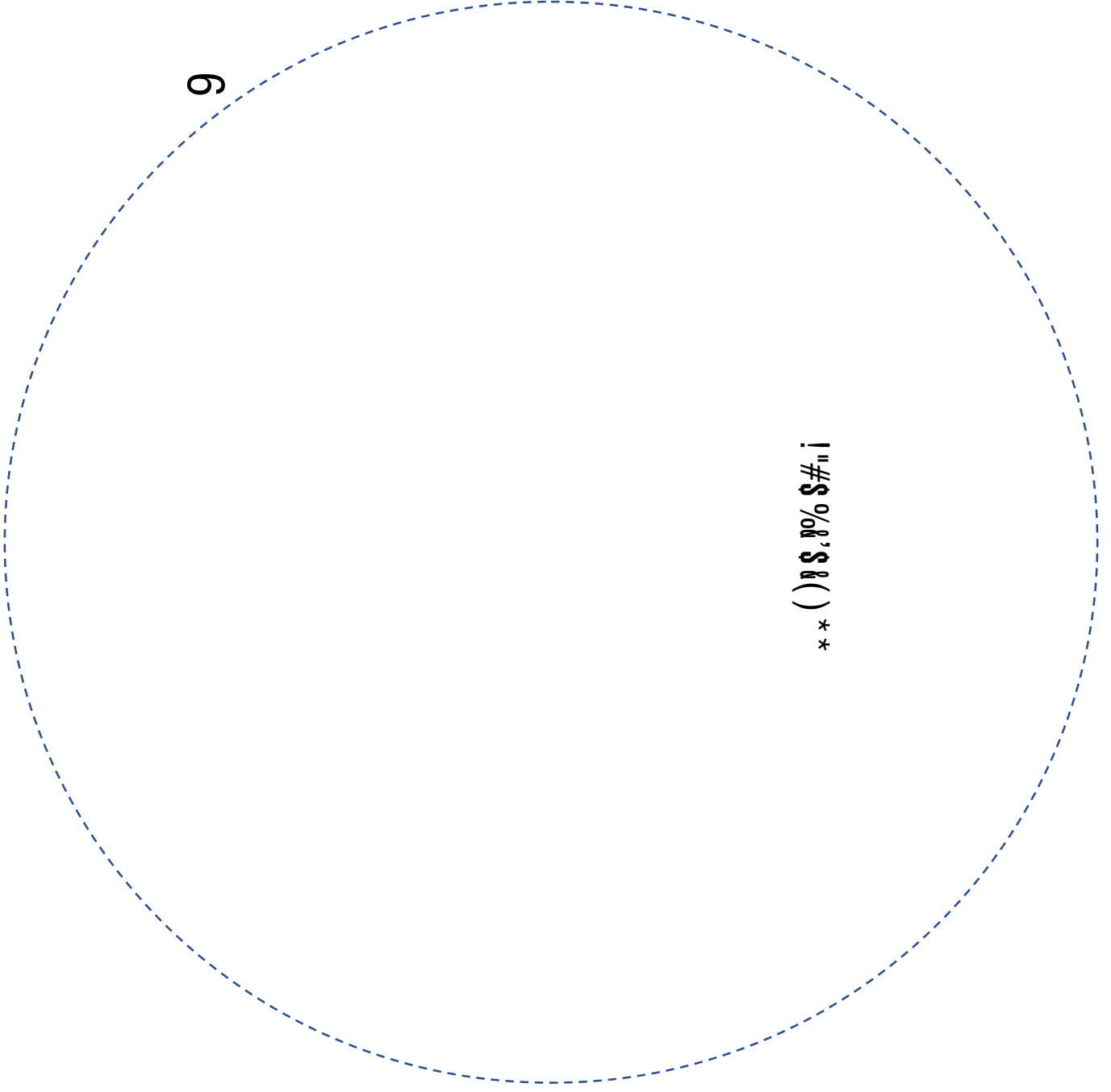
Leg Lifts

4



Run in Place

5

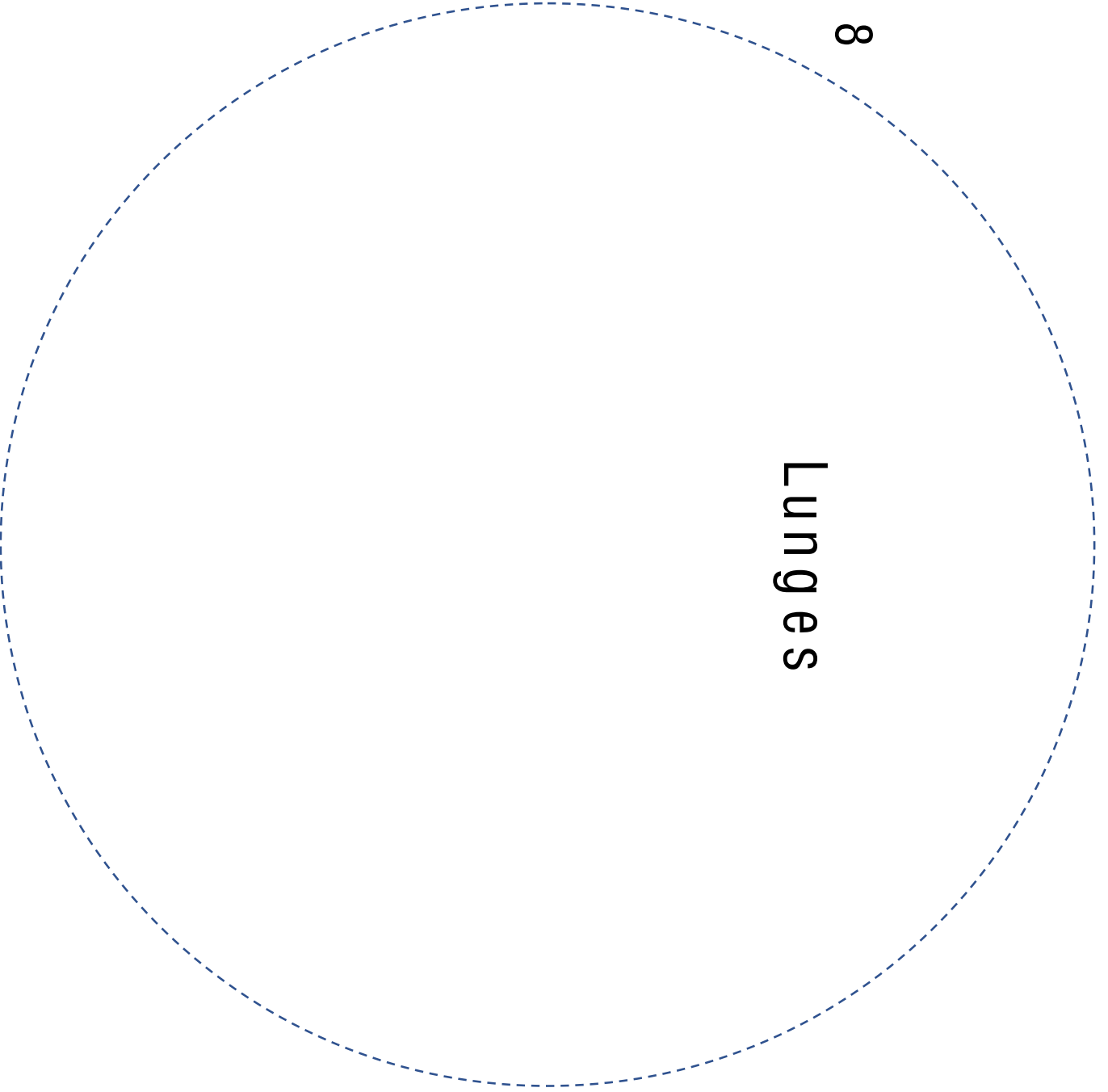


9

* * ()) S , P % S # " i

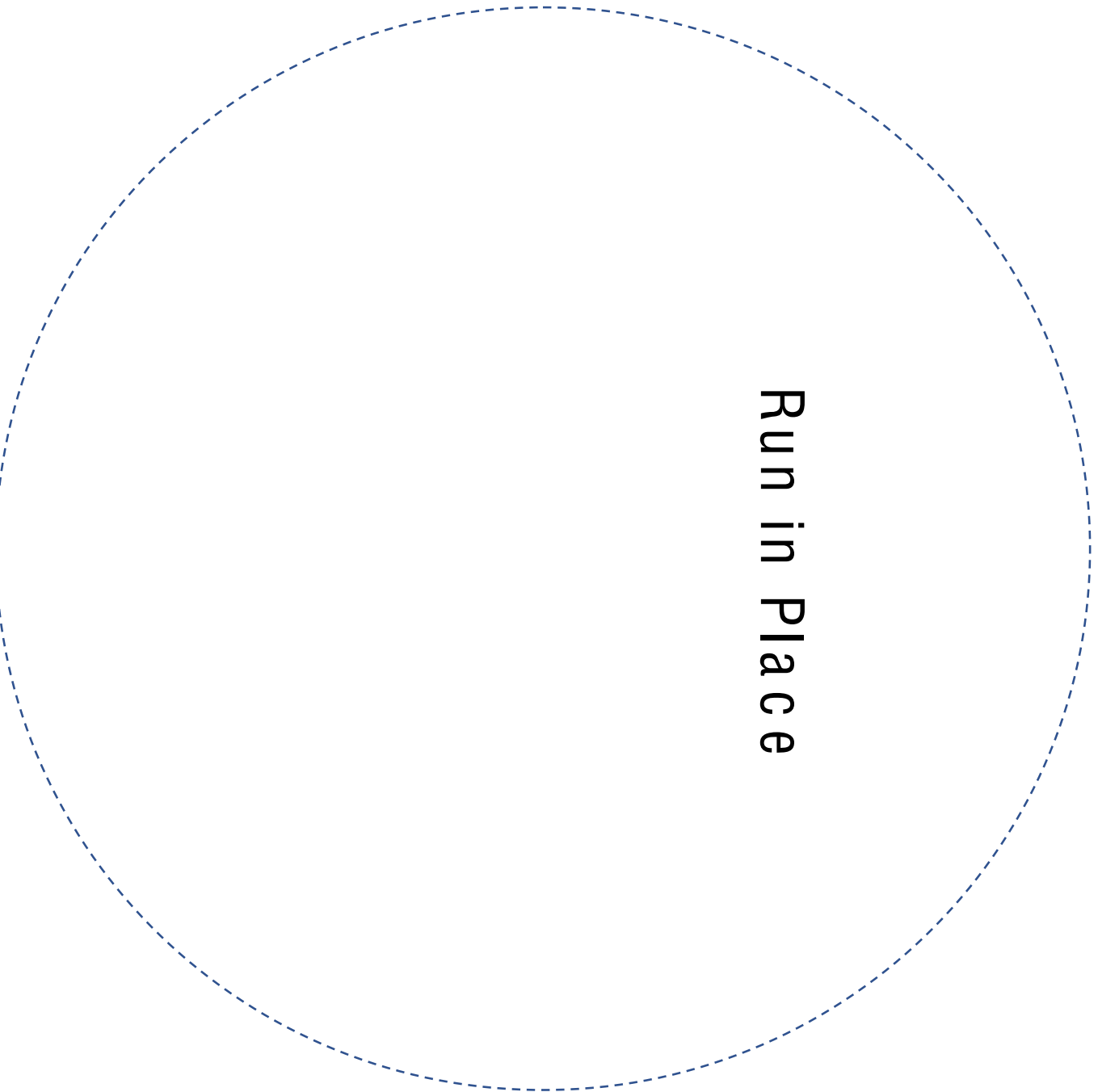
7

Press Ups



Lunges

8



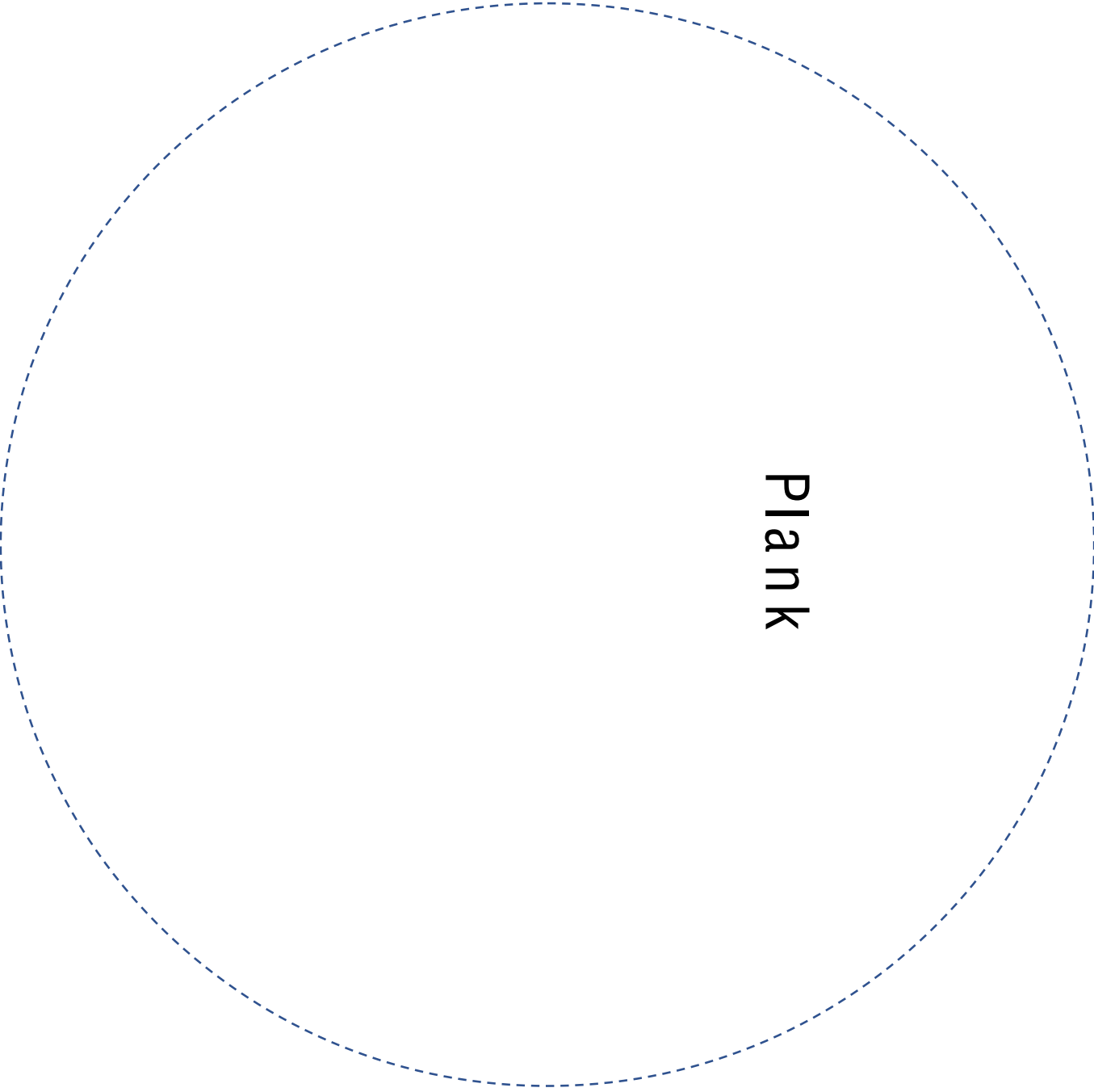
Squats

10

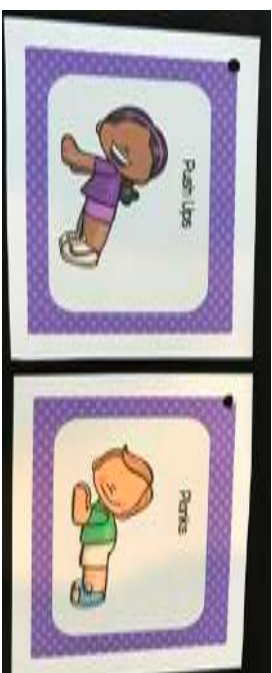


Leg Raises

Plank



Exercise Cards #2



22 CARDS



DR. MELINDA BOSSENMEYER

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Push Ups

Squats

Jog In Place

Planks

Wind mills

Lunges

Leg Lifts Back

Leg Lifts Side

**Jumping
Jacks**

Crunches

Sit Ups

**March in
Place**

**Elbow to
Knee**

**Alternating Leg
Kick-Outs**

Knee Touches

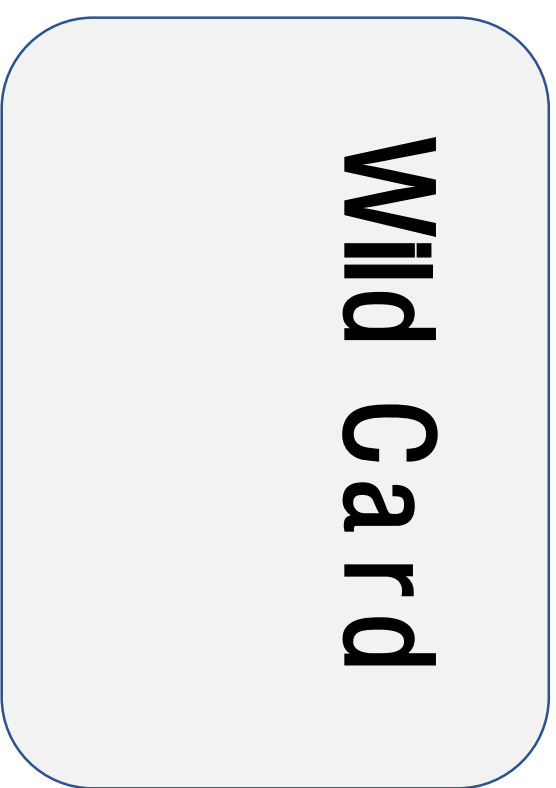
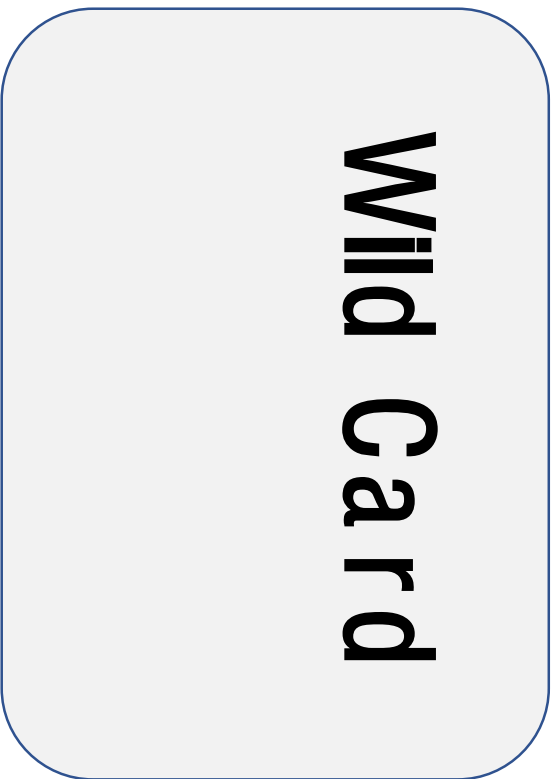
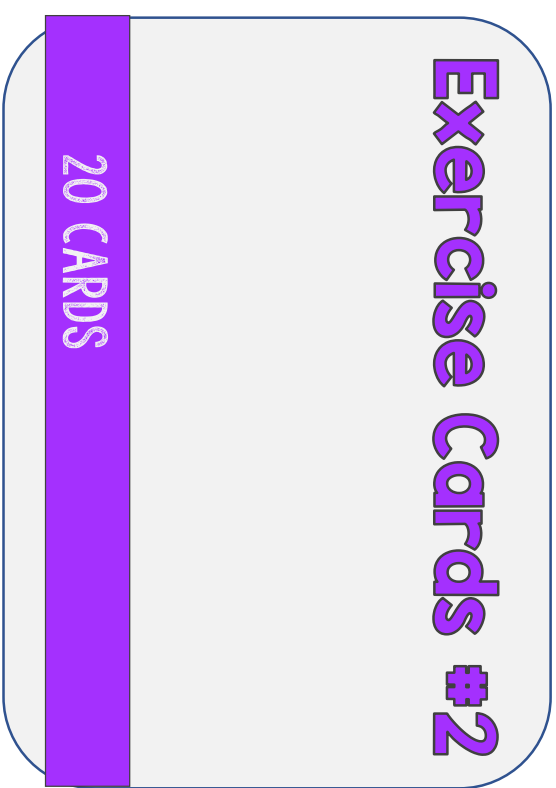
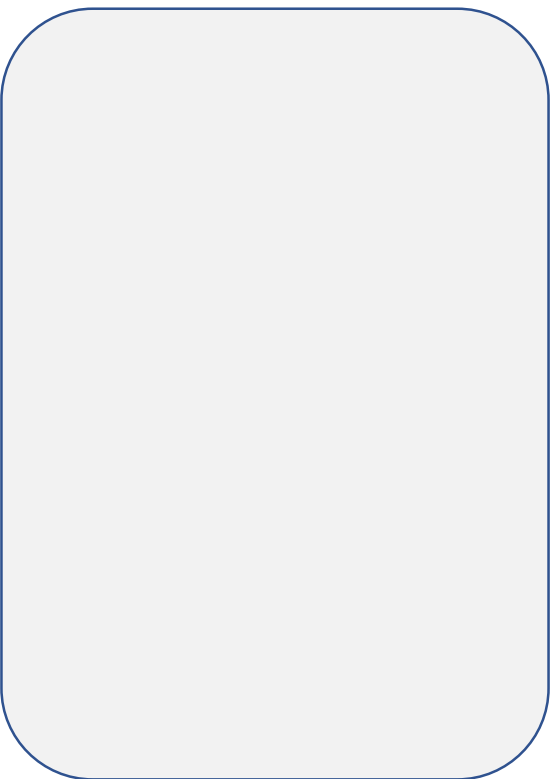
**Leg Touches
Front**

Press Up & Hold

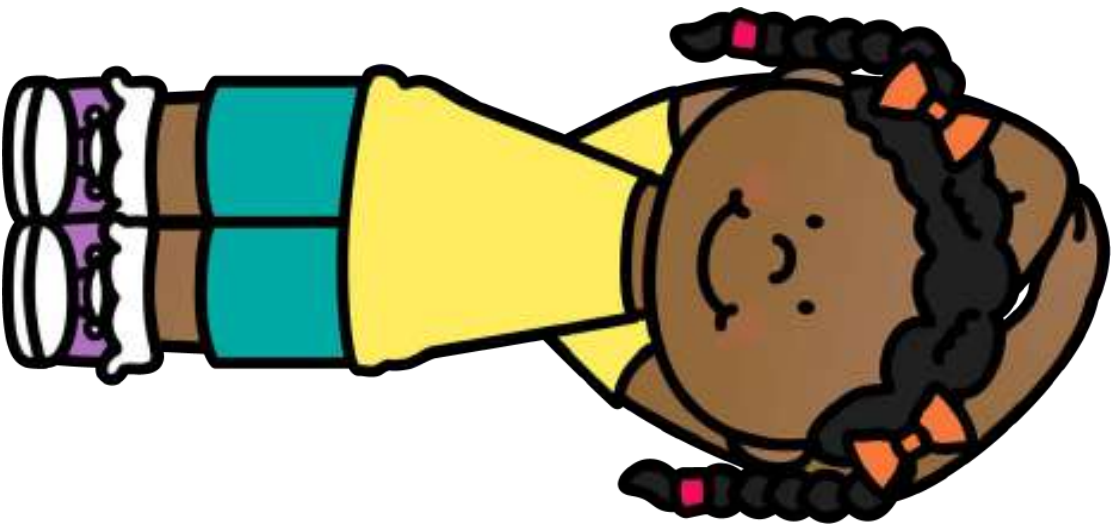
Skip In Place

**Bend Knees
Clap In
Front
Clap In
Back**

Wild Card



STRETCHING CARDS



16 CARDS-8 BOYS & 8 GIRLS

DR. MELINDA BOSSEMMEYER



Stretching

16 Card Set

8 Boys

8 Girls

! "#\$%&'(()*+),)-

Correct Technique

When stretching do not bounce. Stretch and hold the position for about 30 seconds.

Students should never "help" or "push" a person during a stretching activity.

! "#\$%&'(()*+),)-

Warm Up or Cool Down

Use this set of stretching cards to have students use these cards to select and demonstrate the next stretch. Students have a choice of 16 cards or 8 exercises showing both boy and girl illustrations.

! "#\$%&'(()*+),)-

WILD CARD

Stretch of your choice.

! "#\$%&'(()*+),)-

Twist at waist
and hold with
arms out.

i "#\$%&'(()*+),)-

Quadricep
stretch.

i "#\$%&'(()*+),)-

Shoulder
stretch.

i "#\$%&'(()*+),)-

Side stretch
Bend to side
and hold.

i "#\$%&'(()*+),)-

Lower Back
and Leg
Stretch

! "#\$%&'(()*+),)-

Torso
Stretch

! "#\$%&'(()*+),)-

Triceps
Stretch

! "#\$%&'(()*+),)-

Hamstrings
Stretch

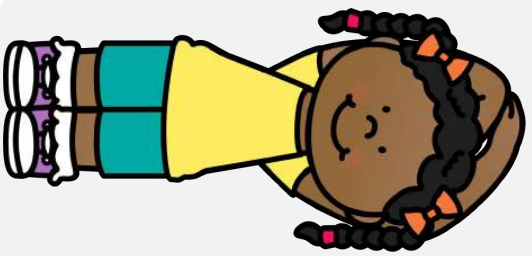
! "#\$%&'(()*+),)-

Lower Back
and Leg
Stretch

! "#\$%&'(()*+),)-

Torso
Stretch

! "#\$%&'(()*+),)-



Triceps
Stretch

! "#\$%&'(()*+),)-

Hamstrings
Stretch

! "#\$%&'(()*+),)-

Twist at waist
and hold with
arms out.

! "#\$%&'(()*+),)-

Quadricep
stretch.

! "#\$%&'(()*+),)-

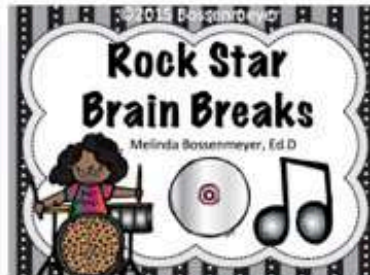
Shoulder
stretch.

! "#\$%&'(()*+),)-

Side stretch
Bend to side
and hold.

! "#\$%&'(()*+),)-

BRAIN BREAKS



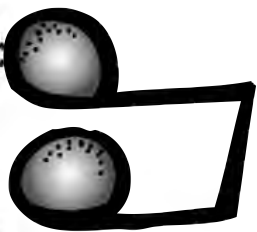
20 ROCK STAR CARDS

DR. MELINDA BOSSEMMEYER



Rock Star Brain Breaks

Melinda Bossenmeyer, Ed.D.



Rock Star

Scan for
“Don’t Stop
Believing”
Song



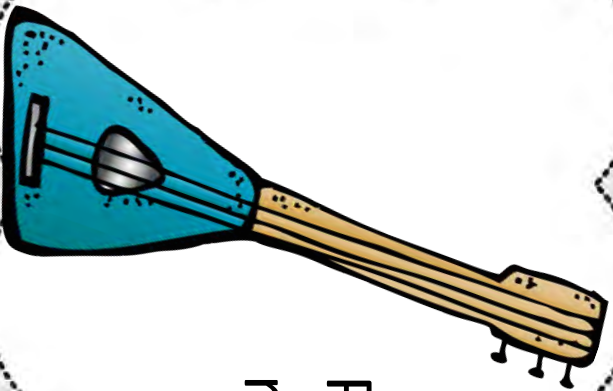
Directions:

- Cut out task cards. Laminate cards.
- Punch a hole in the top left corner.
- Put on ring.

Have students act out movements.
Optional: Let students read cards
and demonstrate movements.



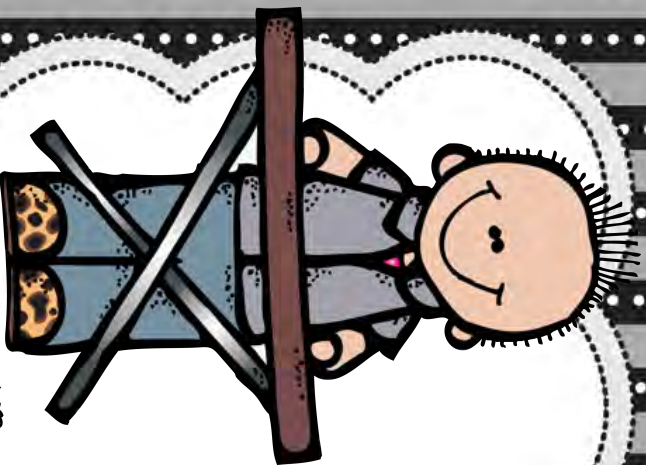
Play the
drums



Play like a
rock star



Sing and
dance like
a star



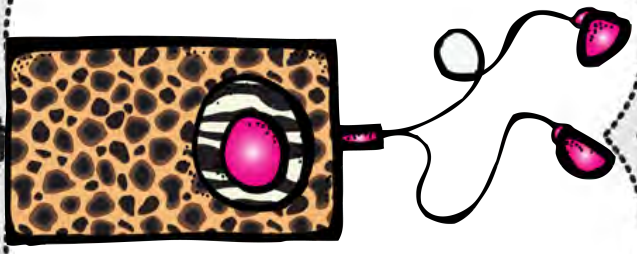
Rock out
on the
keyboard



Dance
like a rock
star



Lip sync
to your
favorite
song



Play your
I pod and
dance

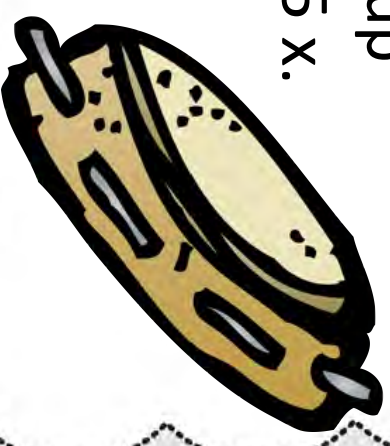


Give
autographs
to kids

Be a DJ
and spin
records



Throw the
tambourine up
and catch it 5 x.



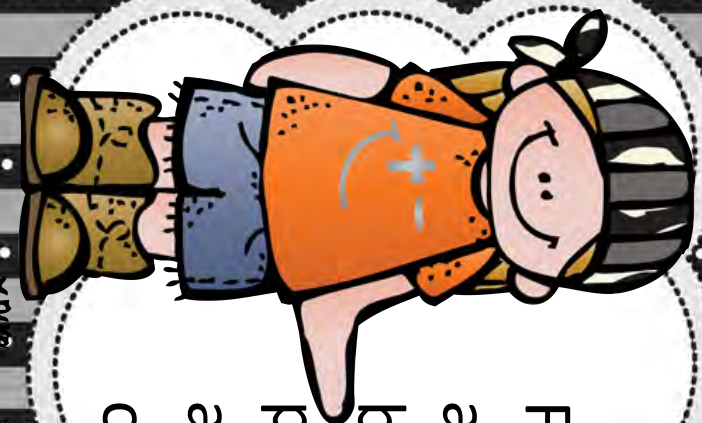
Sing the Glee Song

Don't Stop

Bohemian!

Pretend
you're a
band
leader
and direct
the music





Find
another
band
player
and rock
out



Show how
1th graders
dance



Show how
5th graders
dance



Play your
favorite
instrument

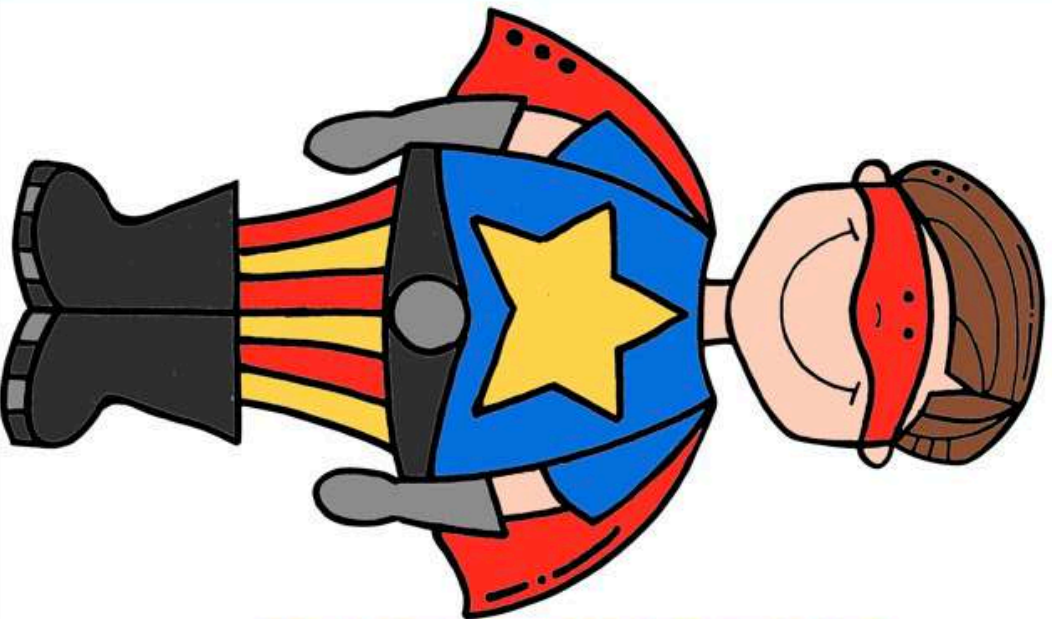
Peaceful Playgrounds™

Thank you for downloading this product.
I hope you enjoy it. You may also enjoy
some of our other products.

www.peacefulplaygrounds.com



BRAITN BREAKS

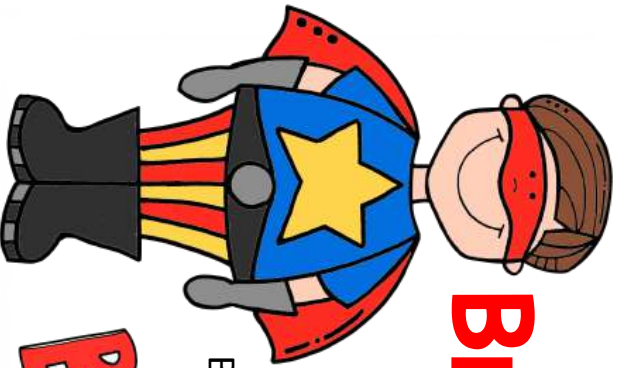


<p>Super Hero Brain Breaks 12 Cards</p> <p>By Melinda Bossemmeyer, Ed.D. BAM</p> <p>© 2016 M. Bossemmeyer</p>	<p>Includes 4 Make Your Own Cards</p> <p>© 2016 M. Bossemmeyer</p>
<p>Super Heroes</p> <ol style="list-style-type: none">1. Captain America2. Superman3. Wonder Woman4. Spiderman5. Hulk6. Silver Surfer7. Batman8. Thor9. Aquia Man10. Iron Man11. Hal Jordan12. Red Tornado  <p>© 2016 M. Bossemmeyer</p>	<p>Batman Theme Song</p>  <p>© 2016 M. Bossemmeyer</p>

SUPER HERO - 12 CARDS

DR. MELINDA BOSSEMMEYER



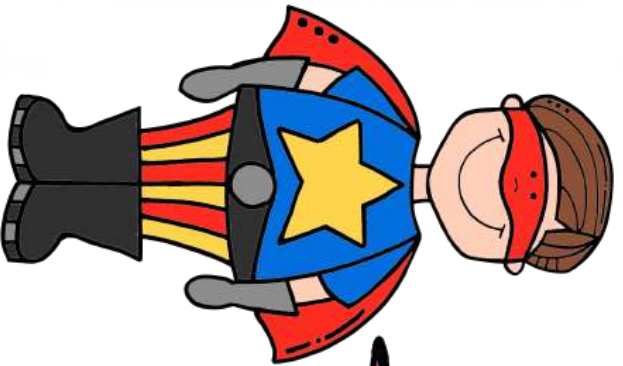


Super Hero Brain Breaks 12 Cards

By Melinda Bossemmeyer, Ed.D.

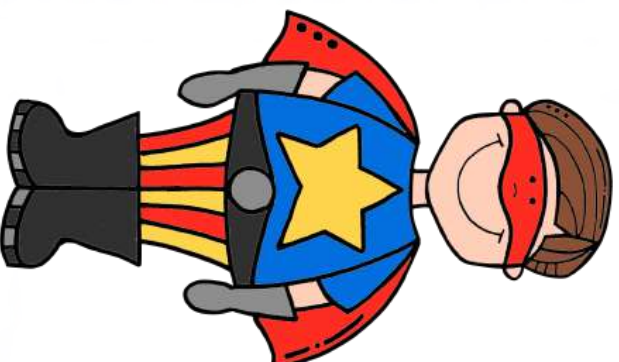


© 2016 M. Bossemmeyer



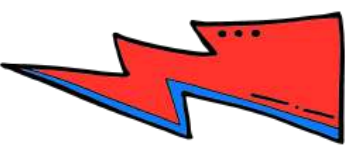
Includes 4
Make Your
Own Cards

© 2016 M. Bossemmeyer

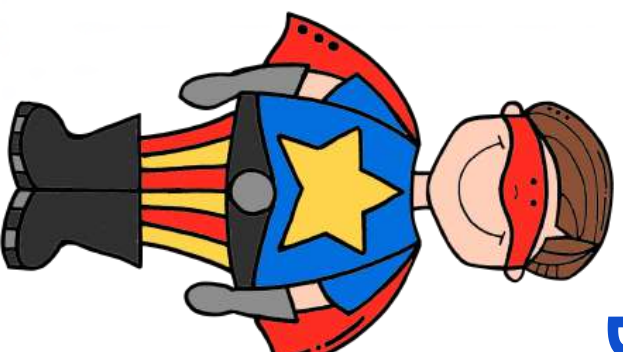


Super Heroes

1. Captain America
2. Superman
3. Wonder Woman
4. Spiderman
5. Hulk
6. Silver Surfer
7. Batman
8. Thor
9. Aqua Man
10. Iron Man
11. Hal Jordan
12. Red Tornado



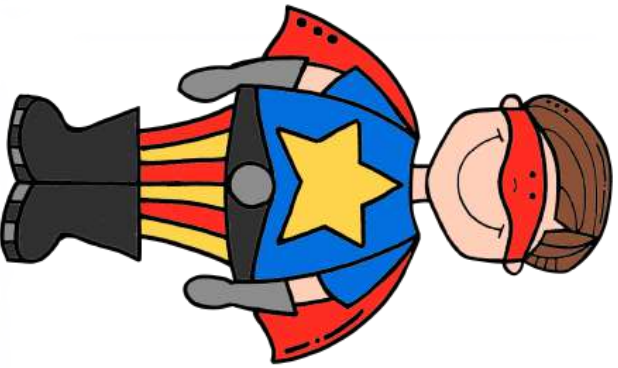
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Batman Theme Song



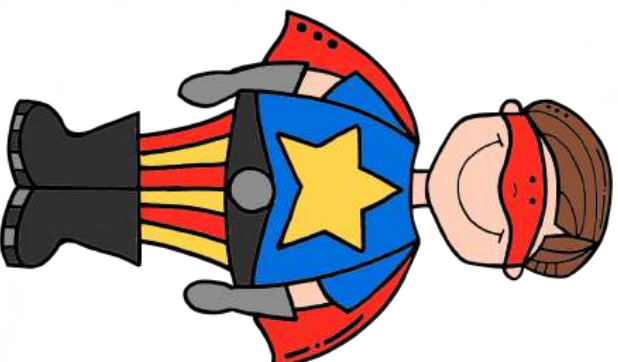
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**FLY LIKE
SUPERMAN-**

Lay on floor on
stomach. Lift
arms and legs as
if flying.

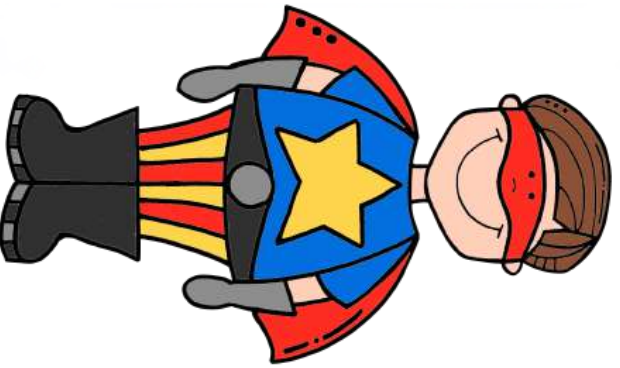
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BATMAN-

Sit on floor and
extend legs as if
driving the bat
mobile and
shifting gears.

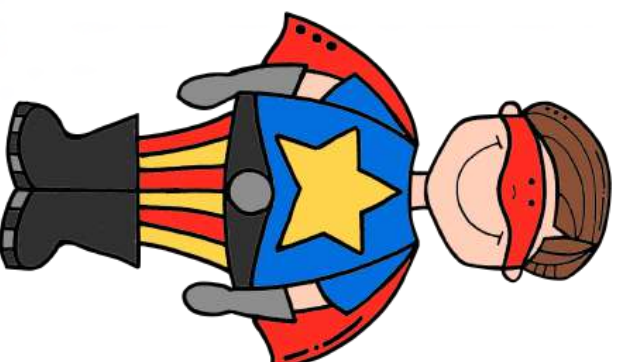
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SPIDERMAN-

Weave a spider
web. Use
throwing
motions to catch
an opponent.

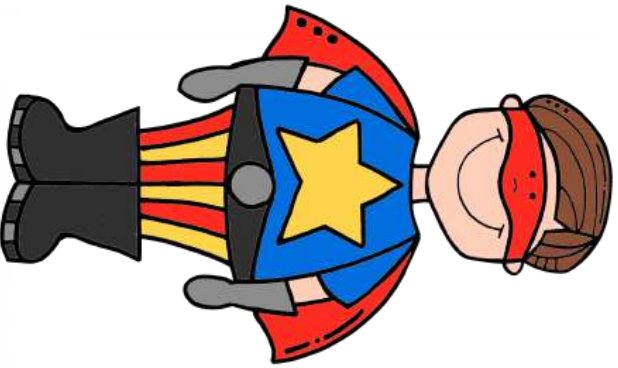
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THOR

Stand like a body
builder then lift
arms in air like a
muscleman.

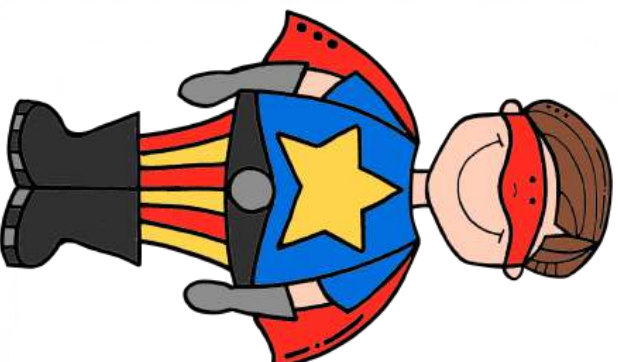
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WONDER
WOMAN-

Spin like wonder
woman then use
your lasso to
catch a bad guy.

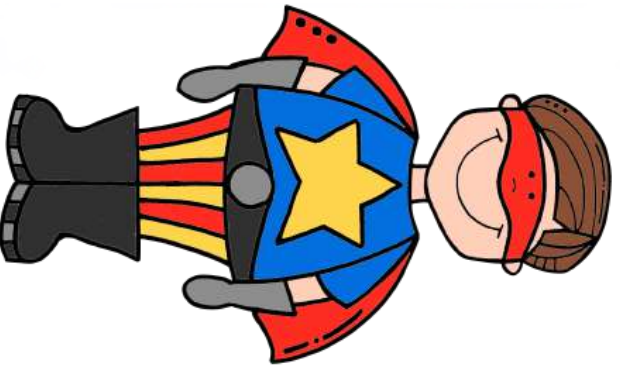
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HULK-

Pretend to curl a
weight like a
weight lifter. Do
an overhead lift.

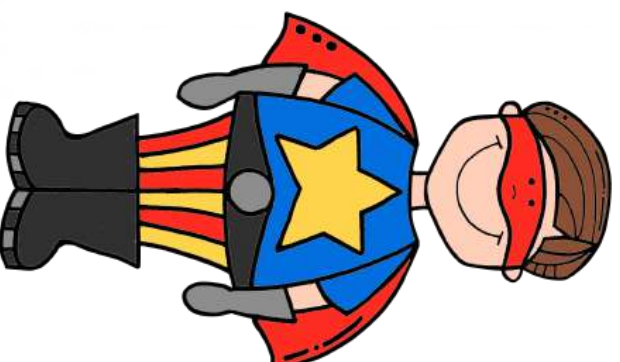
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AQUA MAN-

Dive in and swim
like Aqua Man.
Swim freestyle,
back stroke, and
breast stroke.

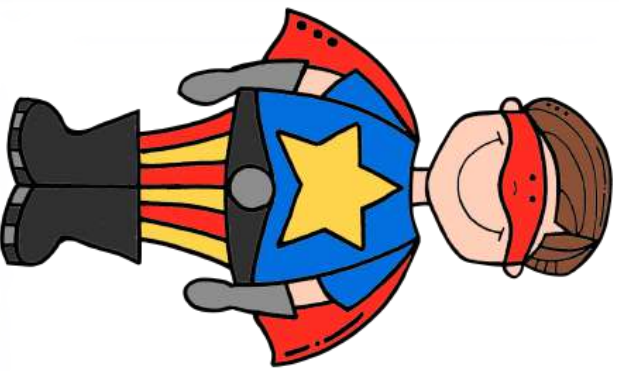
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SILVER SURFER-

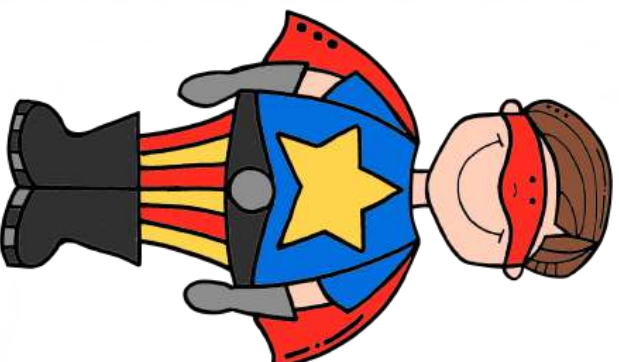
Stand on your
surf board and
ride the waves
and hang ten.

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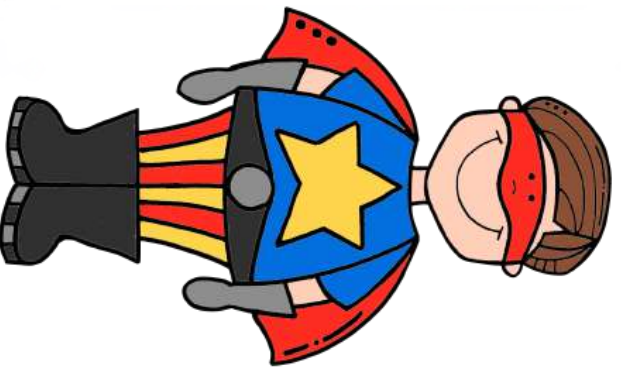
IRON MAN-
Blast off like Iron
Man and
pretend to lift
cars and fight.

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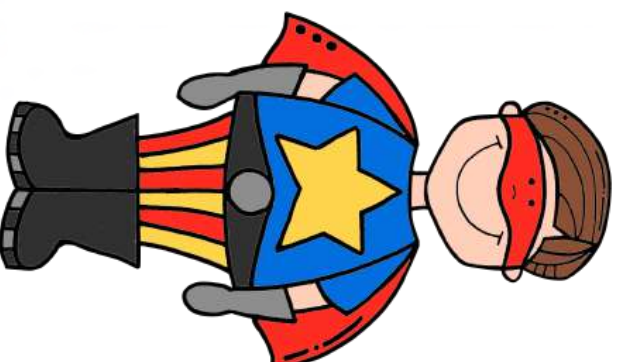
RED TORNADO-
Spin around like
red tornado, lift
cars off people
and tree limbs
off houses.

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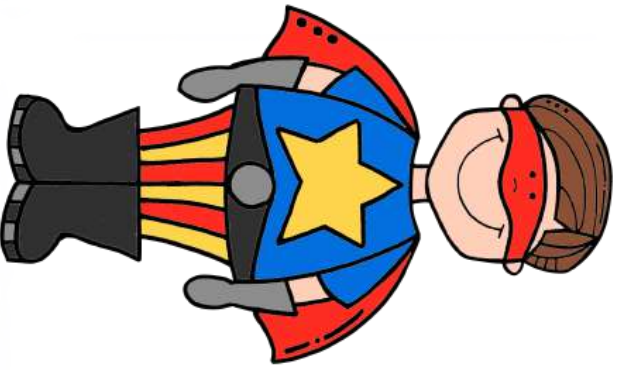
HAL JORDAN-
Run in place like
Hal Jordan.

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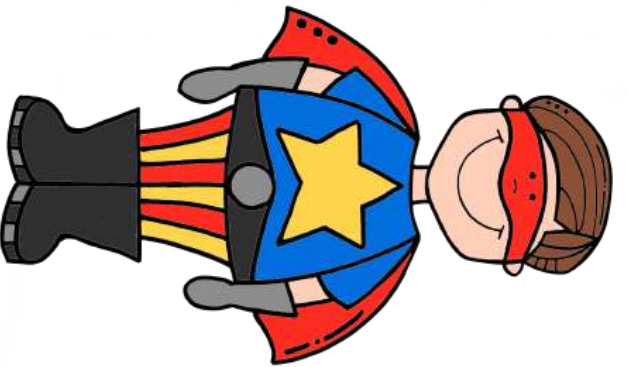


**FLY LIKE SUPER
WOMAN-**
Lay on floor on
stomach. Lift
arms and legs as
if flying.

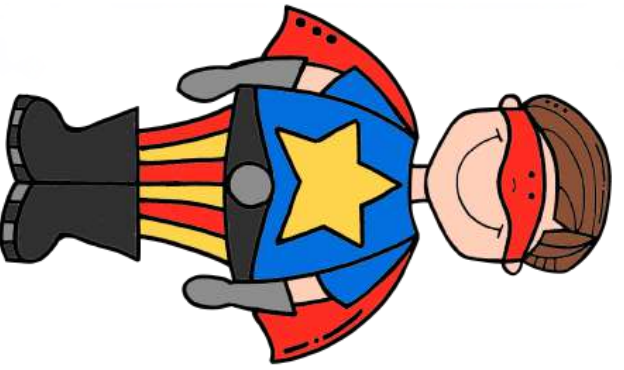
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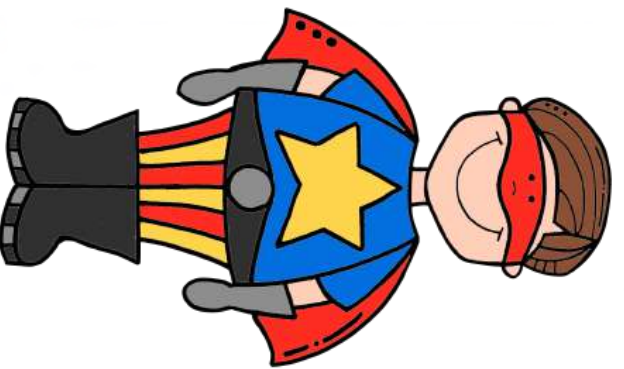
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