







Take that Brain Break!



By taking a break to move our muscles, we help give our body feedback, helping blood flow to our muscles and feed out brain important chemicals.

Roll a dice, whatever number it lands on you have to complete that exercise! Next time create your own movement challenge!

All you need is a dice and your body!

	First roll	Second roll	Third roll
	Jump like a frog	Give someone in your house three big bear hugs	Close your eyes and try to stand on one leg, swap legs
	Touch your toes ten times	Skip around the back yard and sing your favourite song	Do the downward dog pose from yoga
	Ten kangaroo jumps	Waddle like penguin for 5 metre, turn around and go back	Do the cobra position from yoga
	Commando crawl down the hallway	Shut our eyes, place your hands together above your head and take in 3 deep breaths to the count of 5.	Do a wall sit for 30 seconds
	Crawl like a bear for 20 seconds	Lay on the floor and log roll	Run on the spot for 30 seconds
	Hold a plank position for 20 seconds	Walk backwards down the hall and then waddle like a duck back.	March in place and sing happy birthday

