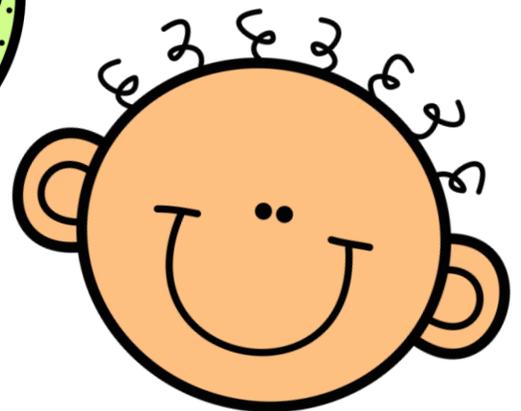
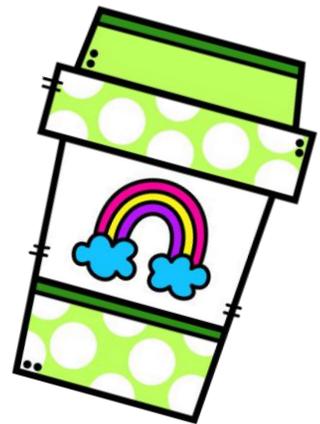
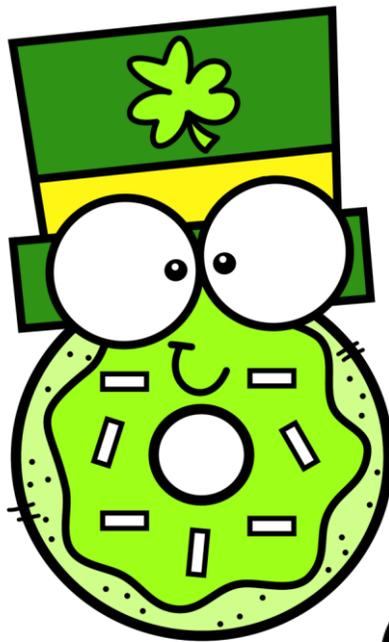


# St. Patrick's Day Wiggle Breaks

## Movement Breaks for Elementary Students



# The research supporting Wiggle Breaks:

"Why Students Shouldn't Be Forced To Spend So Much Time Sitting at Desks in Class" by Valerie Strauss from The Washington Post

- "Physical activity improves brain elasticity, which allows children to learn more easily."
- "Exercise releases endorphins that make children feel more relaxed."
- "...the part of the brain that processes movement also processes learning. So when students are sitting still, the learning process is actually hindered rather than enhanced."

# St. Patrick's Day Wiggle Breaks

Use these Wiggle Breaks to give your students movement breaks throughout the day! Cut out the cards. You can randomly pick different breaks to do when they need a wiggle break!

Help the leprechaun find the pot of gold at the end of the rainbow. Make the shape of a rainbow with your hands and arms and move from the left to the right 10 times.

Would you rather eat a green donut or a green cupcake? (30 sec.)  
Green donut: pretend to jump rope  
Green cupcake : sit-ups

Do leprechaun jumping jacks for a minute!  
(Do a jumping jack and then bend down to pick up your gold)

Spell St. Patrick's Day words while doing arm circles. (green, March, gold, rainbow, clover)

Do leprechaun jig/dance for 30 seconds.

Do you like green apples or green grapes better?(30 seconds)  
Apples: Push-ups  
Grapes: Jog in Place

# St. Patrick's Day Wiggle Breaks

Would you rather eat green apple or rainbow lollipops? (30 seconds)

Green Apple: Chair Yoga Pose

Rainbow: Down Dog Yoga Pose

People eat corned beef and cabbage on St. Patty's Day. Would you try it? (30 seconds)

Yes: Warrior II Yoga Pose

No: Tree Yoga Pose

Would you rather play with green slime or green play-doh? (30 seconds)

Slime: star jumping jacks

Play-Doh: seal jumping jacks

There are 31 days in March. Run in place for 31 seconds.

Would you rather play bingo or do the limbo at a St. Patrick's Day party? (30 seconds)

Bingo: Run like a cheetah

Limbo: Stomp like an elephant

Would you rather make a clay shamrock or paint one on paper? (30 seconds)

Clay: Calf Raises

Paint: Hop on One Foot

# St. Patrick's Day Wiggle Breaks

St. Patrick's Day  
is on March 17th.  
Do 17 lunges.

Would you rather eat a  
shamrock-shaped pizza  
or soft pretzel? (30  
seconds)

Pizza: High Knees

Pretzel: Tuck Jumps

Would you rather slide down a  
rainbow or catch a  
leprechaun?

Rainbow: Criss-Cross Jumping  
Jacks

Leprechaun: Frog Jumps

Would you rather have a  
pot of gold or three  
wishes? (30 sec.)

Pot of Gold: Pretend to  
hula hoop

Three Wishes: Side Stretches

Would you rather eat green  
eggs and ham or green  
pancakes? (30 seconds)

Eggs and Ham: Quad  
Stretch

Pancakes: Butterfly  
Stretch

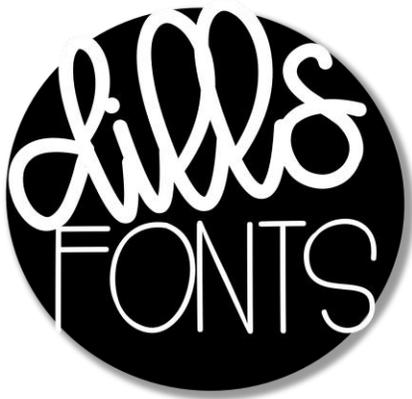
Would you rather play  
with green sand or green  
blocks?

(30 seconds)

Sand: Balance on one foot  
like a flamingo

Blocks: Floss Dance

# Fonts and Graphics:



Click on The Flamingo Teacher image below to go to my blog! "Like" The Flamingo Teacher on Facebook and Instagram for more products like this!

