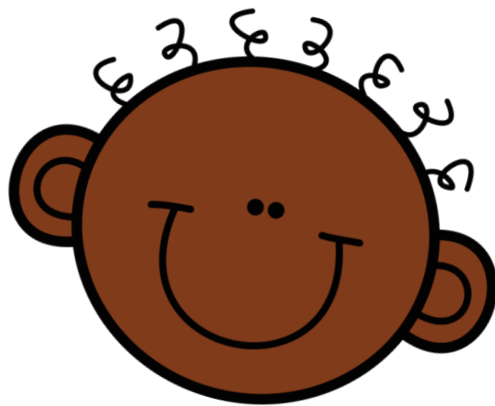


Wiggle Breaks:

**Movement Breaks
for Elementary
Students**



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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."

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!

Do the
Hokey
Pokey!

Stand up and
sing "Heads,
Shoulders,
Knees, and Toes."

Do jumping
jacks for 1
minute.

Jog in place
for 1
minute.

Do tuck
jumps for 1
minute.

Run in place and
with high knees
for 1 minute.

Wiggle Breaks

Act like a flamingo:
Stand on one foot
for 1 minute and then
switch and stand on
the other foot.

Jump up and
down while
singing the
ABCs!

Jump up and
down while
singing the ABCs
backwards.

Jump up and
down and
count to 50.

Jump up and
down and
count by 2s.

Jump up and
down and
count by 5s.

Wiggle Breaks

Do arm circles for 1 minute.

Act like a frog:
Hop up and down like a frog 10 times.

Pretend to jump rope and count backwards from 20.

Bend down and touch your toes 10 times.

Act like a cheetah:
Run really fast in place for 1 minute.

Act like an elephant:
Stomp in place for 1 minute.

Wiggle Breaks

Do arm circles for 1 minute..

Act like a rocket:
Start low, count backwards from 10, and blast off!(5 times)

Do seal jumping jacks (hands go in front of you and clap when your legs come together).

Basketball player:
Jump up and shoot a pretend ball for 1 minute. Pretend to dribble, too!

Do criss-cross jumping jacks (legs cross each time)

Do squats for 1 minute.

Wiggle Breaks

Do the chicken dance.

Freeze dance!

Bring your opposite elbow to your opposite knee and switch sides (do this 10 times)

Pretend you are hula hooping for 1 minute!

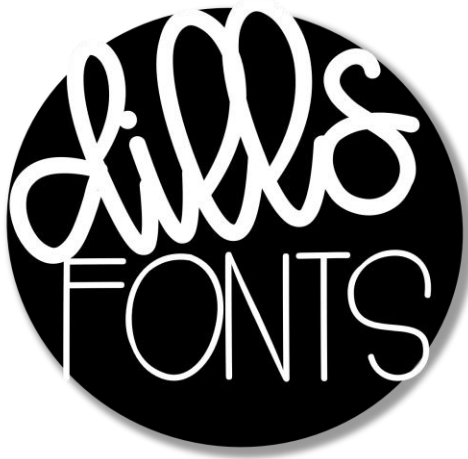
Do starfish jumping jacks (jump up in the air and spread your arms out)

Do calf raises for 1 minute.

Wiggle Breaks

<p>Stand and sing "Bingo" song.</p>	<p>Sing "The Bear Went Over the Mountain" and march.</p>
<p>Twist side to side for one minute (arms up in front of you and moving torso from side to side)</p>	<p>Sing "She'll Be Coming Round the Mountain" and gallop like a horse.</p>
<p>Do 10 side stretches on each side (stretch arm over head)</p>	<p>Do the floss dance for 1 minute.</p>

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