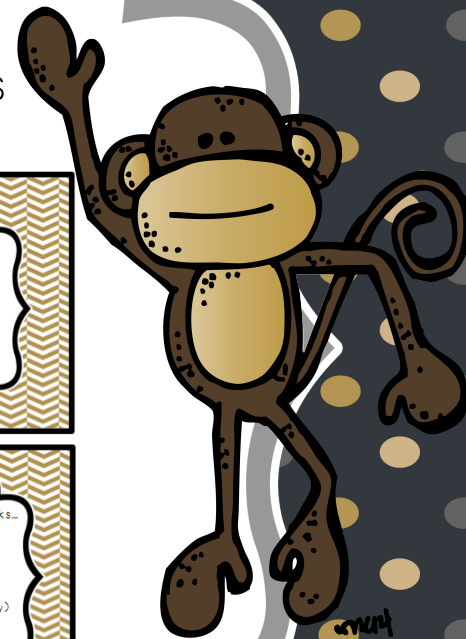
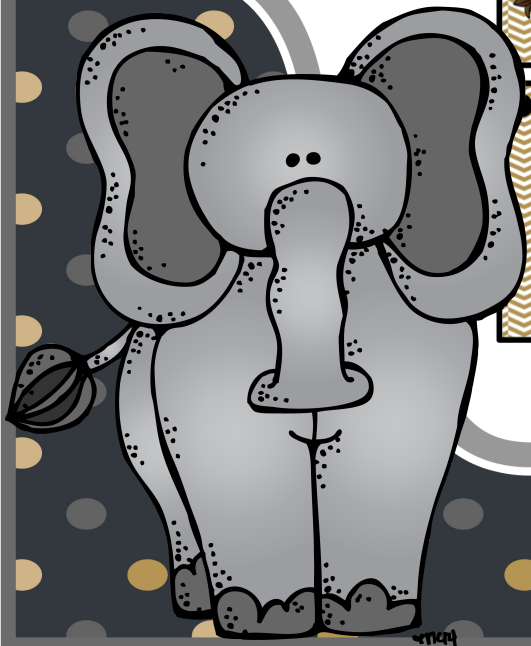
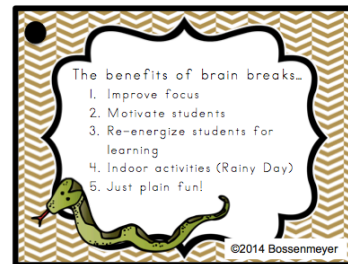


# Action Animals Brain Break Cards





Kangaroo  
jump like a  
kangaroo



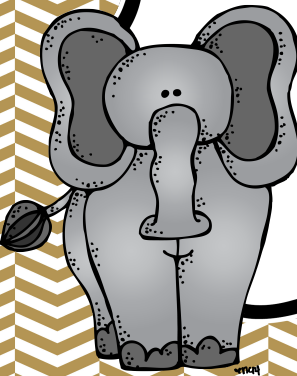
Play Tug with  
a Tiger  
arms straight  
out bend at  
elbows



Gallop like a  
Giraffe  
gallop



Zig Zag like a  
Zebra  
jog around  
changing  
directions



Exercise with  
an Elephant

your choice  
of exercise

A cartoon illustration of a grey elephant with large ears, standing and holding a small ball in its trunk. The background of the card is a repeating chevron pattern in gold and white.



Walk like a  
Bear

walk on your  
hands and  
feet

A cartoon illustration of a brown bear sitting down. The background of the card is a repeating chevron pattern in gold and white.



Play Monkey

see, monkey do

play mirror me  
with a partner

A cartoon illustration of a brown monkey standing on its hind legs with its arms raised. The background of the card is a repeating chevron pattern in gold and white.




Lion

lunge like a  
lion tamer

A cartoon illustration of a lion with a large, curly mane, standing on its hind legs. The background of the card is a repeating chevron pattern in gold and white.



Rhino  
Race around  
the Rhino  
(Run in a  
small circle.)



Skunk  
step sideways  
and avoid  
other skunks



Cheetah  
run in place like  
a cheetah



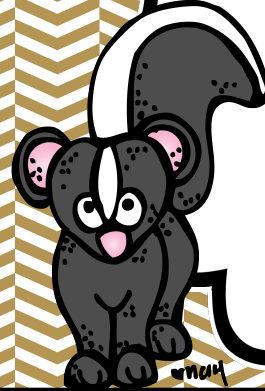
Shuffle like a  
Peacock  
move arms  
like flying  
and walking

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Action  
Animals  
Brain Break  
Cards



Set Includes  
Kangaroo  
Play Tug with a Tiger  
Zig Zag like a Zebra  
Gallop like a Giraffe  
Exercise with an Elephant  
Run like a Cheetah  
Walk like a Bear  
Play Monkey See  
Shuffle like a peacock  
Race around the Rhino  
Skunk step sideways  
Lion lunge



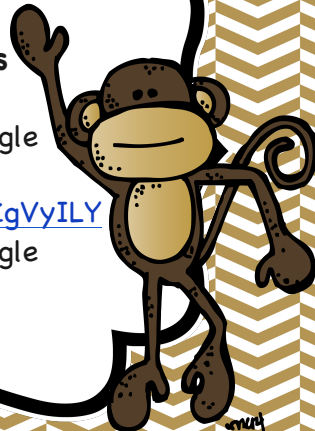
**Music Suggestions**

**Action Animals**

George of the Jungle  
You Tube:

<http://youtu.be/1PzwZgVyILY>

George of the Jungle  
([Amazon.com](http://Amazon.com))



The benefits of brain breaks...

1. Improve focus
2. Motivate students
3. Re-energize students for learning
4. Indoor activities (Rainy Day)
5. Just plain fun!



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## 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 Beaks by  
Dr. Melinda Bossenmeyer  
Founder President  
Peaceful Playgrounds, Inc.

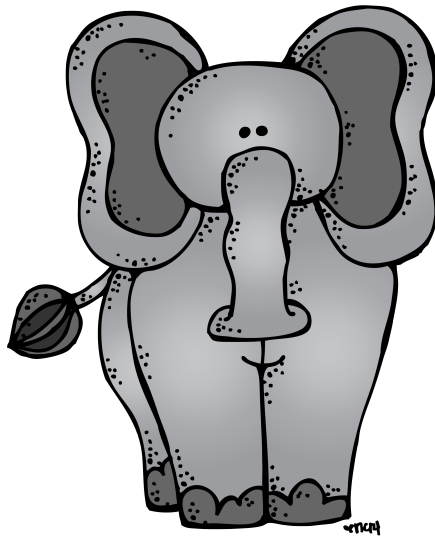
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at: [Sales@peacefulplaygrounds.com](mailto:Sales@peacefulplaygrounds.com)

Clipart by: [Melonheadz Illustrating](#)

## Directions

- Print the pages on cardstock
  - Laminate the pages if you want to be able to use the printable over
  - Cutout- I like to cut my number cards and pattern cards so a little of the white shows around them
  - All purchases are for 1 classroom or 1 household (please do not share this file)
- Please check out my blog for additional ideas!



Clipart by [Melonheadz Doodles](#)

Printable made by [Preschool Printable](#)

I hope you enjoy this printable! Thank you for your purchase. Gwyn Rollins