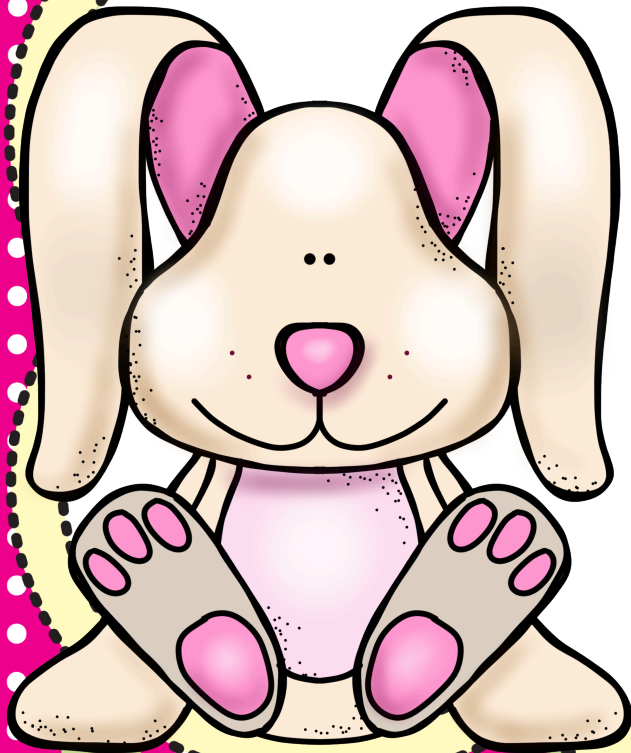
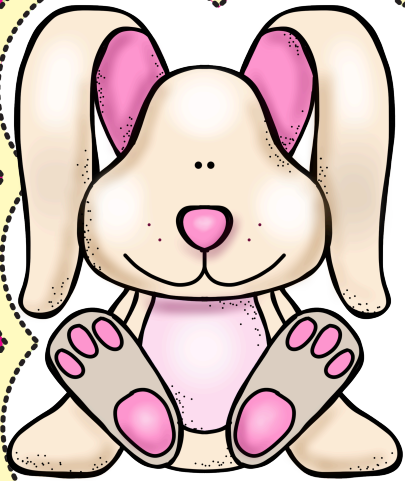


# Spring Brain Break Cards

By  
Melinda Bossenmeyer, Ed.D.

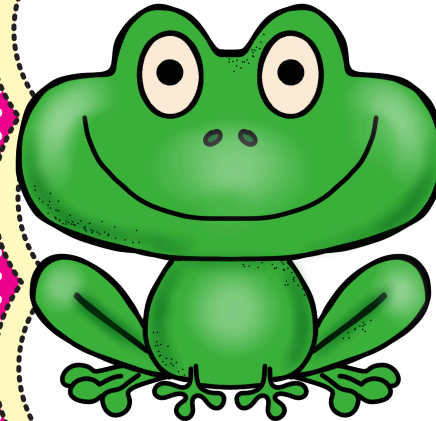
16 Brain Break Activity Cards with a Spring Theme





Hop like a bunny.

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Jump like a frog.

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Pretend you're  
dancing in the rain.

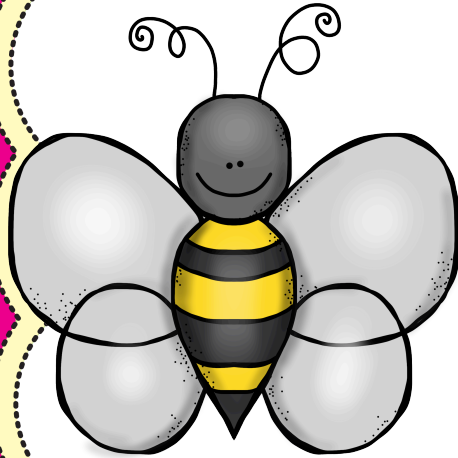


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With your arms  
above your head,  
sway slowly like the  
sun rising and  
setting.

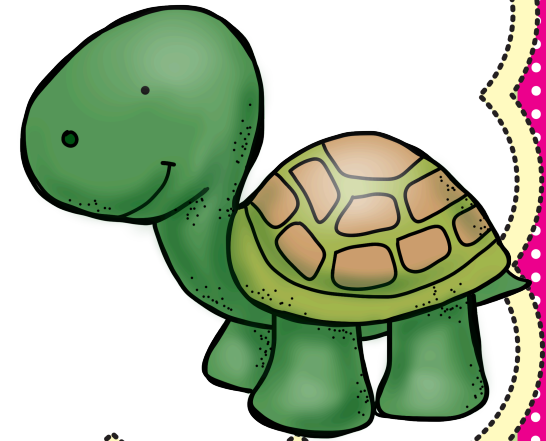


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Buzz around the room like a bee, flapping your arms fast.

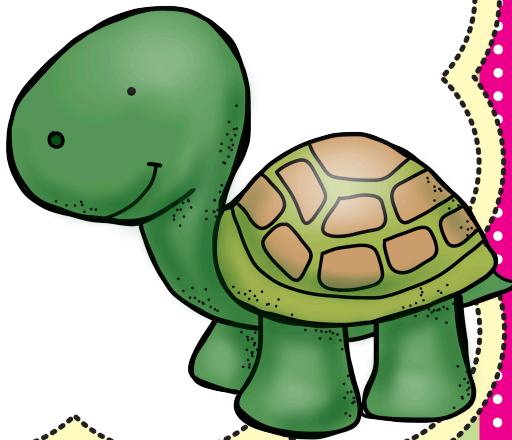
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Crawl on hands and feet moving slowly like a turtle.

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Lay on your back and turn over without touching the ground with your hands.



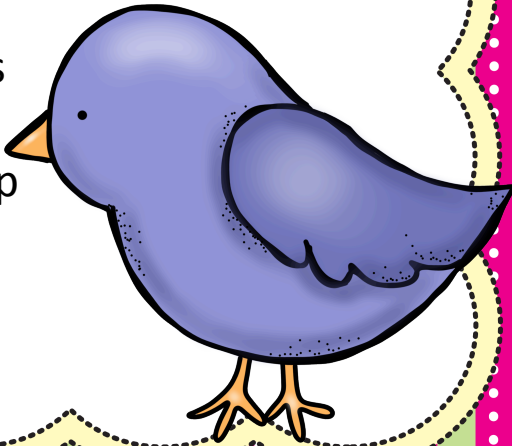
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Gallop around your desk like a lamb.

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Use your arms to soar like a bird. Then flap frantically to climb higher.

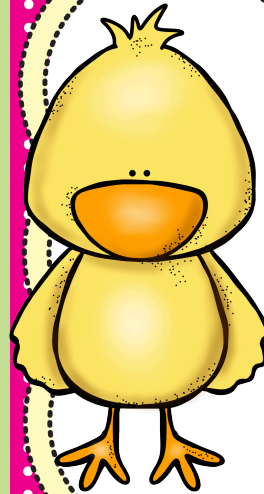


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Do Actions to:

Last night I dreamed of chickens, there were chickens everywhere, they were standing on my stomach, they were pecking at my pillow, they were nesting in my hair, they were hopping on my head, they were ruffling up their feathers as they raced about my bed.

"Night I Dreamed of Chickens" by Jack Prelutsky



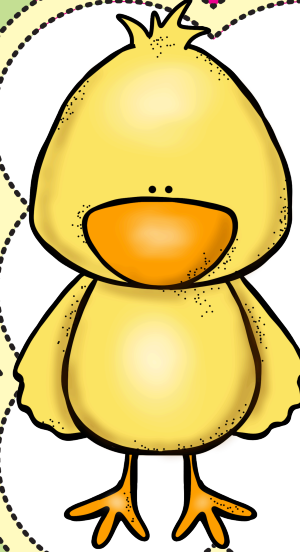
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Yellow, yellow daffodil, dancing in the sun...  
Oh yellow, yellow daffodil, you tell me spring has come.  
I can hear a blue bird sing, and hear a robin call.  
But yellow, yellow daffodil, I love you most of all.

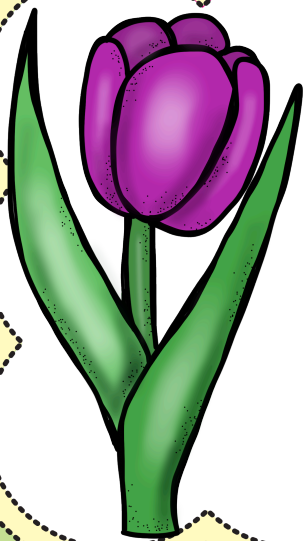


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Do the chicken dance.  
Flap your arms 3 times.  
Shake your booty 3 times.  
Wiggle 3 times.



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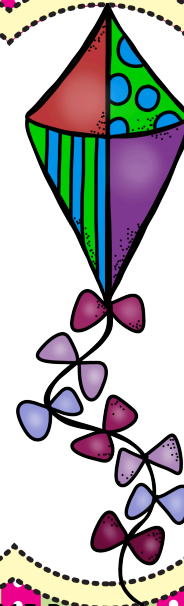


Act out:  
Five little flowers standing in the sun (hold up five fingers)  
See their heads nodding, bowing one by one (bend fingers several times)  
Down, down, down comes the gentle rain (raise hands, wiggle fingers and lower arms to simulate falling rain)  
And the five little flowers lift their heads up again! (hold up five fingers)

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## We're flying high

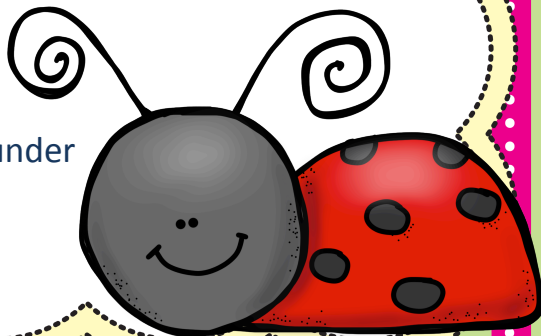
How bright on the blue  
Is a kite when it's new.  
With a dive and a dip  
It snaps its tail.  
Then soars like a ship  
With only a tail.  
(Use hands/arms to mimic poem's actions.)



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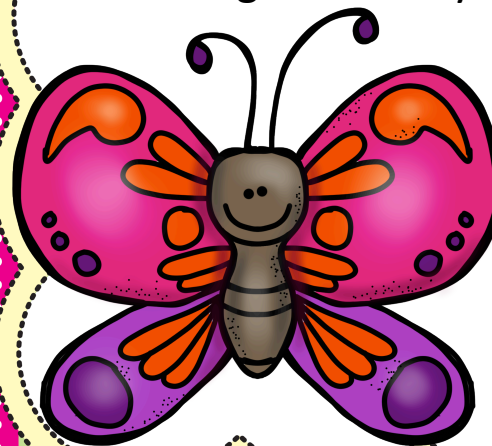
Ladybug! Ladybug!  
Fly away home.  
Your house is on fire.  
And your children all gone.  
All except one,  
And that's Ann,  
For she has crept under  
The frying pan.

Have students  
create a new  
rhyme in red.



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## Becoming a Butterfly



-  1 Curl up like an egg.
-  2 Crawl like a caterpillar.
-  3 Be as still as a chrysalis.
-  4 Fly like a butterfly.

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