

Beach Day Brain Breaks

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Bossenmeyer, Ed.D.

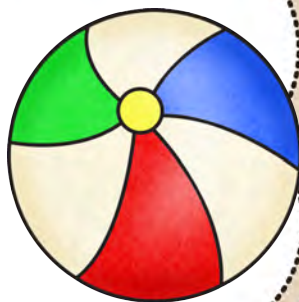
16 Task Cards



1. Build a sand castle
2. Swim under water
3. Jump the waves
4. Sun bathing : lay down
& stand up
5. Run on the sand
6. Play with a beach ball.
7. Play with a Frisbee
8. Walk like a crab
9. Go fly a Kite

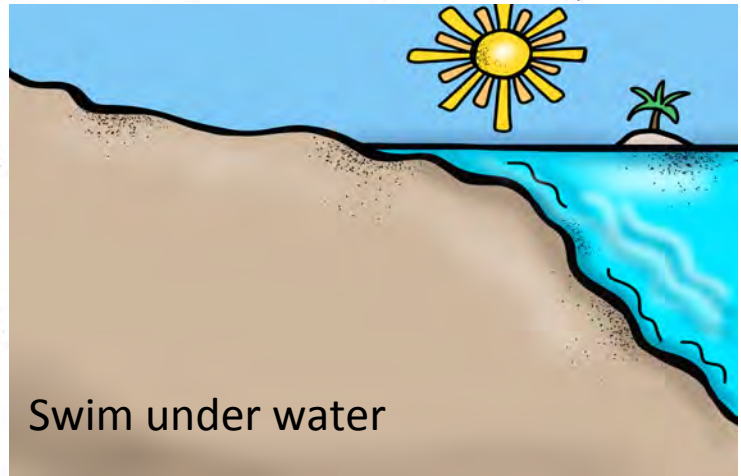


10. Shovel sand
11. Fly like a seagull
12. Play racquet ball
13. Put on sun lotion
14. Go snorkeling
15. Go surfing
16. Collect sand dollars
17. Go body surfing with flippers
18. Pick coconuts
19. Jump over sand castle



Cut cards. Laminate. Hole punch the top left corner and put cards on a ring.
Have students act out movements for 10 seconds each. You might consider letting a student read the cards.

Build a Sand Castle & Jump Over It



Swim under water

Jump over the waves



Sun bathing: lay down & stand up



Running in the sand.



Play with a beach ball



Walk like a crab.
Hands and feet
behind you and
facing up.



Pretend you're
playing Frisbee



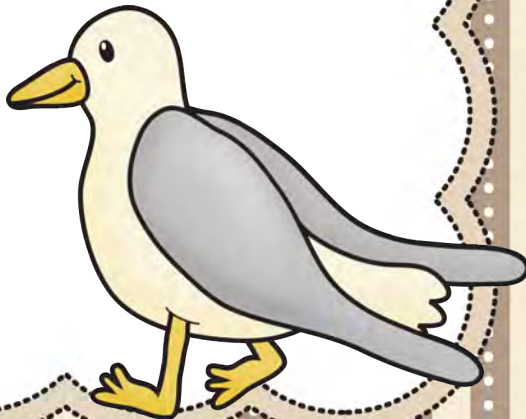


Go fly a kite
Pull it down and
let it go.



Shovel sand

Fly like a seagull

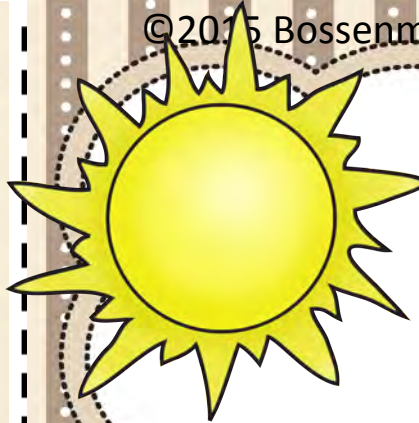


Play racquetball





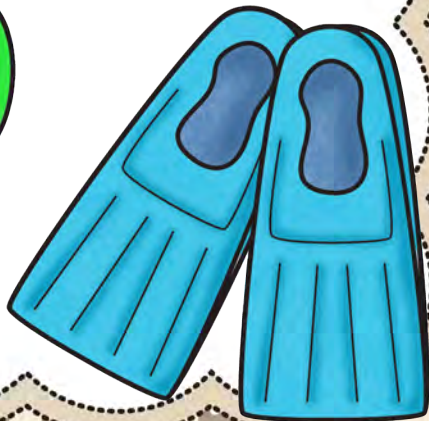
Go surfing



Put on sun lotion



Go snorkeling



Collect sand dollars



Music Suggestions

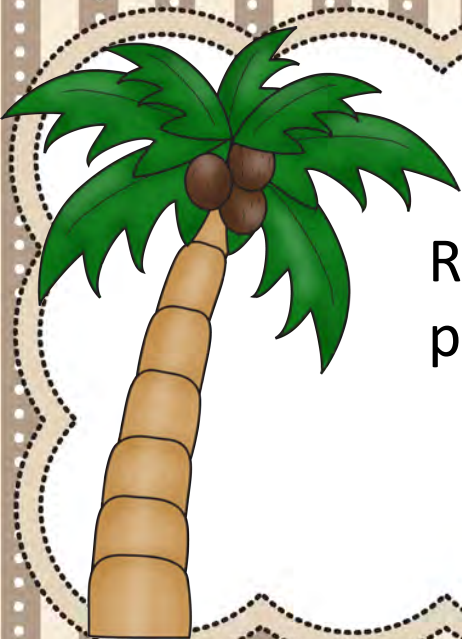
"Fun Fun Fun" by The Beach Boys

([Google Play](#) • [iTunes](#) • [AmazonMP3](#))

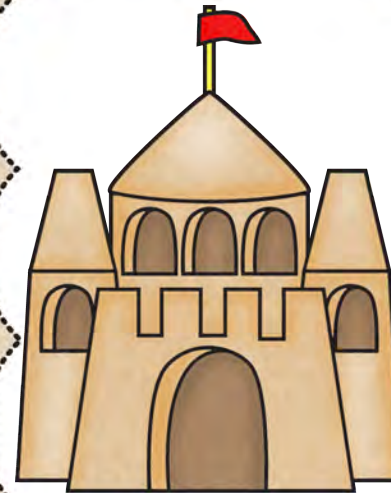
Beach Boys:
Sounds of
Summer



Go
body
surfing
with
flippers



Reach up and
pick coconuts



Jump back
and forth
over the
sand castle

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