



# Brain Breaks

By Melinda Bossenmeyer, Ed.D.

# Christmas Brain Breaks

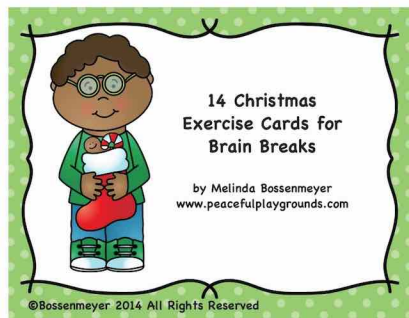
By Melinda Bossenmeyer, Ed.D.



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# Christmas Exercise Cards

Melinda Bossenmeyer, Ed.D.



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# 14 Christmas Exercise Cards for Brain Breaks

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## 14 Christmas Exercise Cards for Brain Breaks

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Walk around the  
room shaking  
hands and saying  
Happy Holidays.



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Walk backwards 5  
steps and freeze.

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Decorate the  
tree and reach  
up right and  
left.

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Roll hands over  
head right side,  
roll hands over  
head left side.

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Leap around  
room as if  
jumping over  
toys.

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Hang 10 stockings by  
punching motion  
forward rt & lf.

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Hands at side, march  
with knees high.

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Carry Santa's toy bag around room walking sideways.

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Join a group of three and play head, shoulders, knees and toes.



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Beat your drum and march around room in a single file line.

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Pretend to skate around the room with Mrs. Clause.

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Dance around the room like an elf.

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Pretend you're a Christmas mouse and lift cheese from floor to overhead (toe touches)

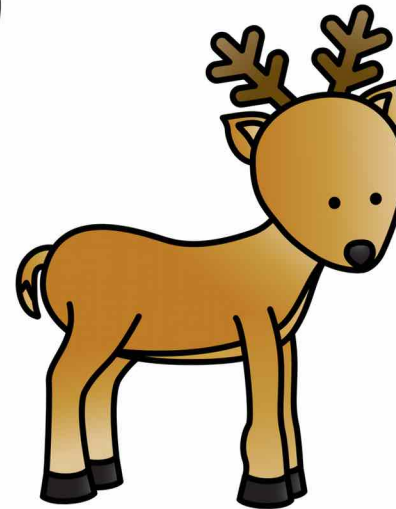


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Elf Warm-Up.  
Jumping Jacks.

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Walk on hands and feet like a reindeer.

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