



By Melinda Bossenmeyer, Ed.D.

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# Fall Theme Brain Break Cards





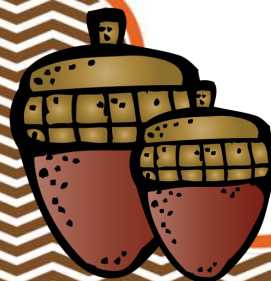
## Apple Picking

hands on waist  
reach across body  
above head  
opposite hand



## Acorn

toss with  
partner



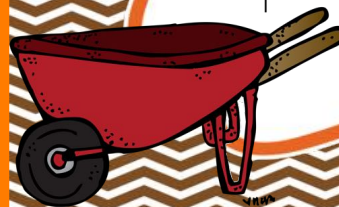
## Leaves

kick leaves  
into pile



## Wheel Barrel

lift feet of  
partner in  
place push up  
position







## Fall

crossover footwork-  
step to right with  
left foot, right with  
left foot



## Hot Coco

balance  
pretend cup  
on head



## Pumpkin Hop

hop over  
pumpkins



## Cat

circle room  
don't bump







Autumn Jog  
jog in place



Fall Fun Run  
jog around the  
room



Juggling  
toss from  
hand to hand



Black Bird  
Boggie  
dance around



# Fall Theme Brain Break Cards



## Set Includes

Apple Picking  
Acorn Toss  
Leaves  
Wheel barrel  
Fall  
Hot Coco  
Pumpkin Hop  
Cat  
Autumn  
Fall  
Juggling  
Black Bird Boggie



## Music Suggestion

Music Brian Vogan  
We call it Fall

<https://itunes.apple.com/us/artist/brian-vogan/id390188741>



## The benefits of brain breaks...

1. Improve focus
2. Motivate students
3. Re-energize students for learning
4. Rainy day & indoor fun
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 Breaks by  
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