|  |  |  |
| --- | --- | --- |
| Pencil Balance  Hold your pencil and try to balance it on your index finger. How far can you walk around the room, or your whole house without dropping it?  Can you count your steps?  How many did you take before you dropped  Your pencil?  Try your other fingers. Which one is the best? | Charades  Act out a scene such as “making a  sandwich” or “opening a present,”  without words or prompts. | True or False  Label or assign one area of the room as true and  another area as false.  An adult calls out a statement such as “spiders  are scary,” Move to the area of the room that  you think is correct. |
| I can fly  Pretend that you can fly like as any of the  Following for 10 seconds.  airplane bee kite  butterfly eagle | Eastertoun Primary School & ELC  Brain Breaks  Every so often you need to take a break. Try some of these? | Simon Says  Play Simon says with another person.  Can you trick them? Change for them  to give the instructions. Can they trick you? |
| Robots  Can you walk and talk like a robot?  How about trying your next task still  being a robot? | Paper Airplane  Can you build a paper airplane and test it  within 2 minutes?  Can you try different models?  Which one flies the best? | Disco  Put on some music and dance.  Can you work on your moves?  Can you learn some new or rather old dances?   * YMCA * Macarena * Moonwalk * Superman |