

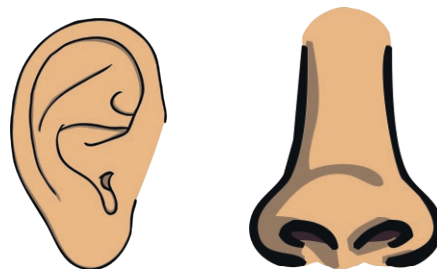
Time for a brain break!



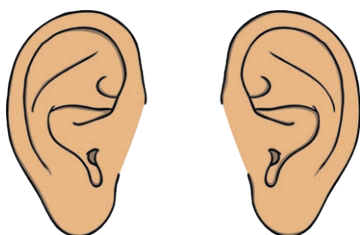
15 star jumps.



Touch your nose, then touch your right ear. Touch your nose, then touch your left ear. Repeat 15 times.



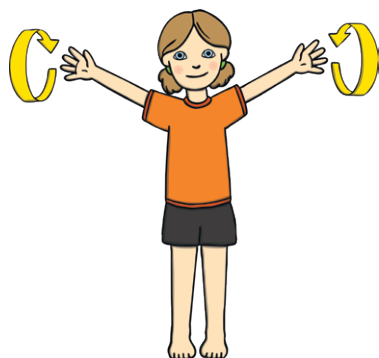
Touch your right ear with your left hand and touch your left ear with your right hand. Swap hands. Repeat 15 times.



Touch your toes on your right foot and then your toes on your left foot. Repeat 15 times.



Circle your arms 15 times.



Hop on each leg 15 times.



Do 10 jumps over a pencil on the floor.



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Do 15 twists.



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Circle your arms 10 times.



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Sing a song and dance.



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Spin in a circle 5 times.



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Take 10 deep breaths.



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