

# Roll a Brain Break!



You have one minute to hop on one foot. If your other foot touches the floor, you have to start again!



Get into twos and tell your partner to do the following: touch your nose; touch your toes; clap your hands; close your eyes; wave your hands.



You have one minute to ask your partner three questions about themselves. Swap when you have finished. Don't ask each other the same questions!



Get into groups of four and get into birthday order, starting with the youngest and going up to the oldest.



Get into groups of five and stand in height order in one minute.



Walk six paces backwards; six paces forwards; six paces side wards; six giant steps; six baby steps; and six tiptoe steps.