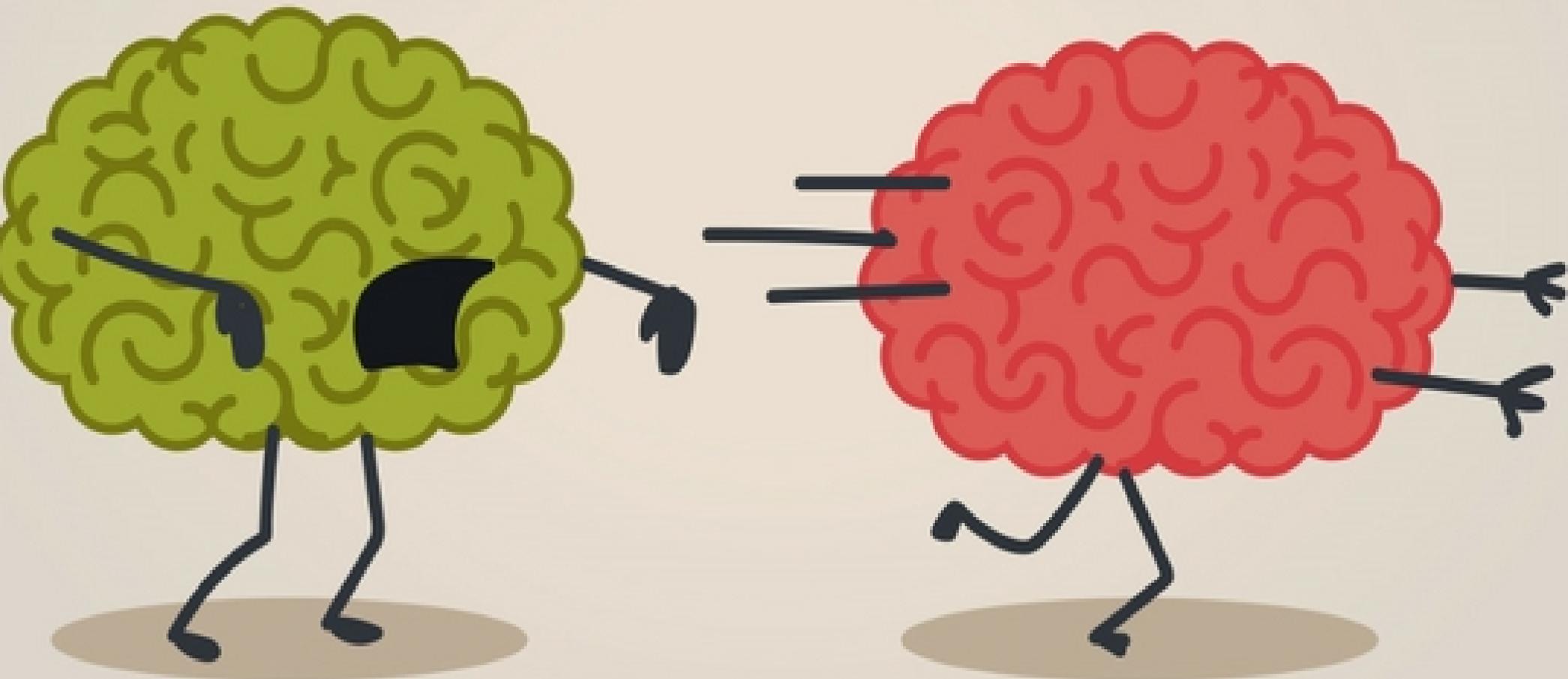
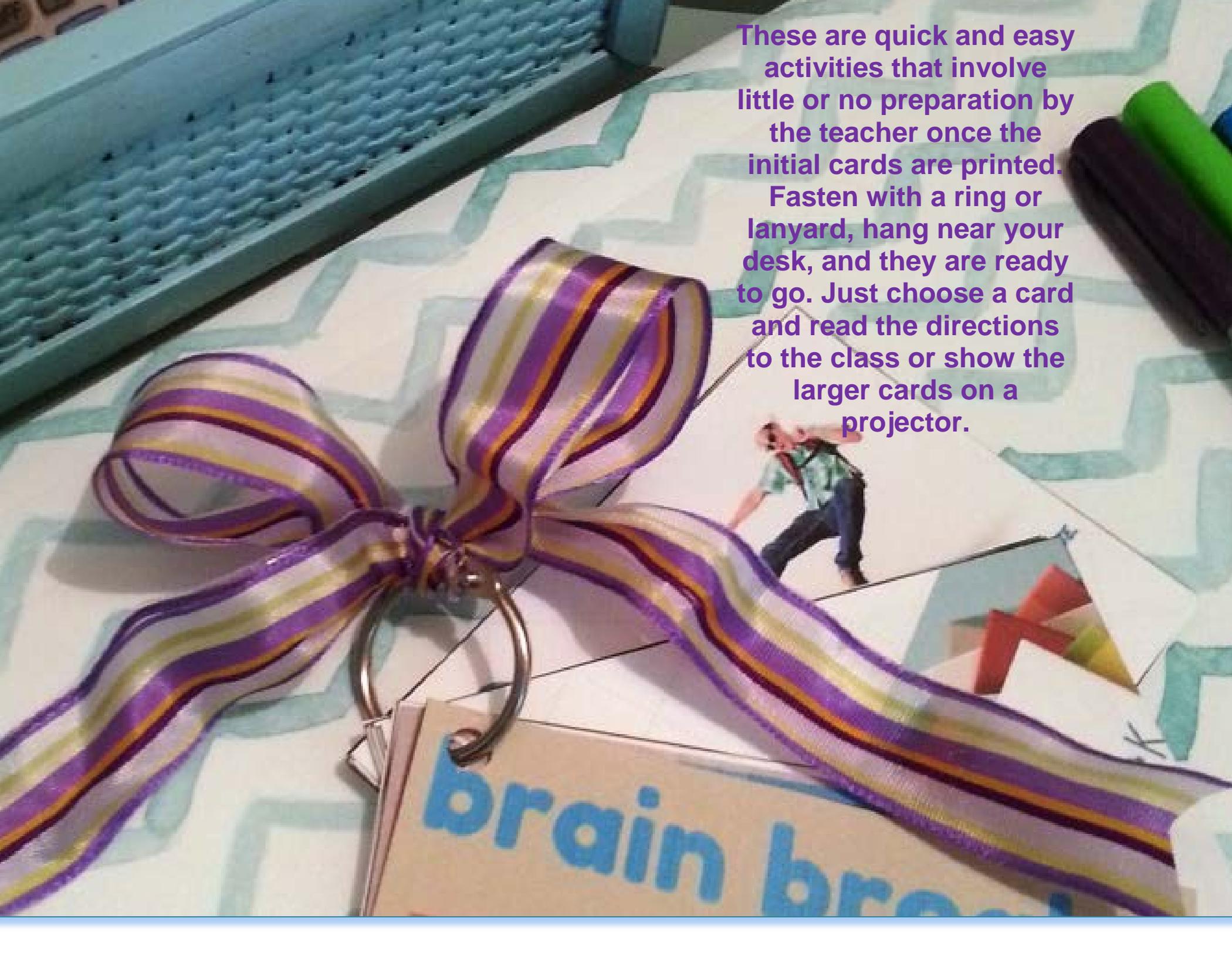


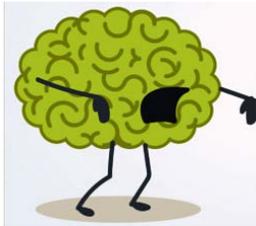
BRAIN BREAKS & ICE BREAKERS

middle & high school

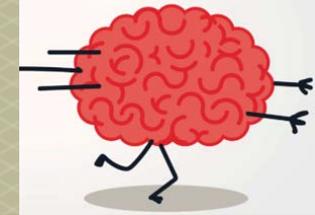


These are quick and easy activities that involve little or no preparation by the teacher once the initial cards are printed. Fasten with a ring or lanyard, hang near your desk, and they are ready to go. Just choose a card and read the directions to the class or show the larger cards on a projector.





BRAIN BREAKS & ICE BREAKERS



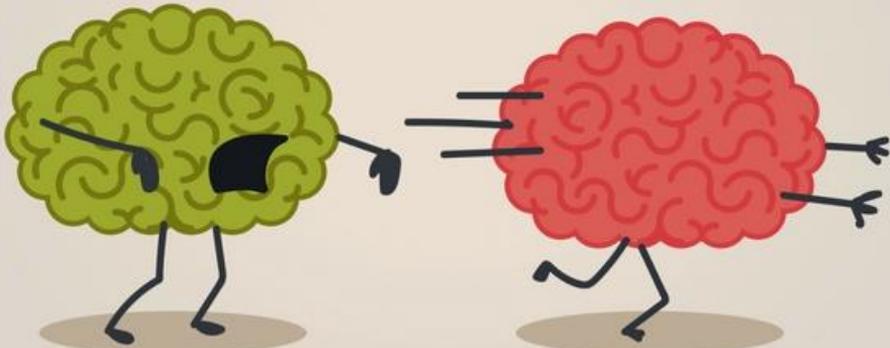
Individual	Group	Whole-Class
Life Logo	Facing Fears	Just Dance
Love Letter	People Power	Circle Wave
Creative Cover	Member Mapping	Power Pose
Sentence Summary	Hello Haiku	Beachball Toss
Survival Supplies	Similarities Search	Hokey Pokey

BRAIN BREAKS & ICE BREAKERS

The first section below allows teachers to print and cut out a set of cards.

BRAIN BREAKS & ICE BREAKERS

middle & high school



individual activities



DESIGN A LOGO THAT REPRESENTS YOUR LIFE.
-WHAT WOULD BE THE IMAGE?
-WHAT WOULD BE THE TEXT?

theirreverentteacher.com



WRITE A LOVE LETTER TO YOURSELF!

WHAT IS YOUR GREATEST STRENGTH?
WHAT WEAKNESS REQUIRES MORE PATIENCE AND UNDERSTANDING?
WHAT IS THE ONE THING THAT MAKES YOU UNIQUE?



theirreverentteacher.com



Creative Cover

DESIGN A COVER TO A BOOK ABOUT YOUR LIFE STORY.

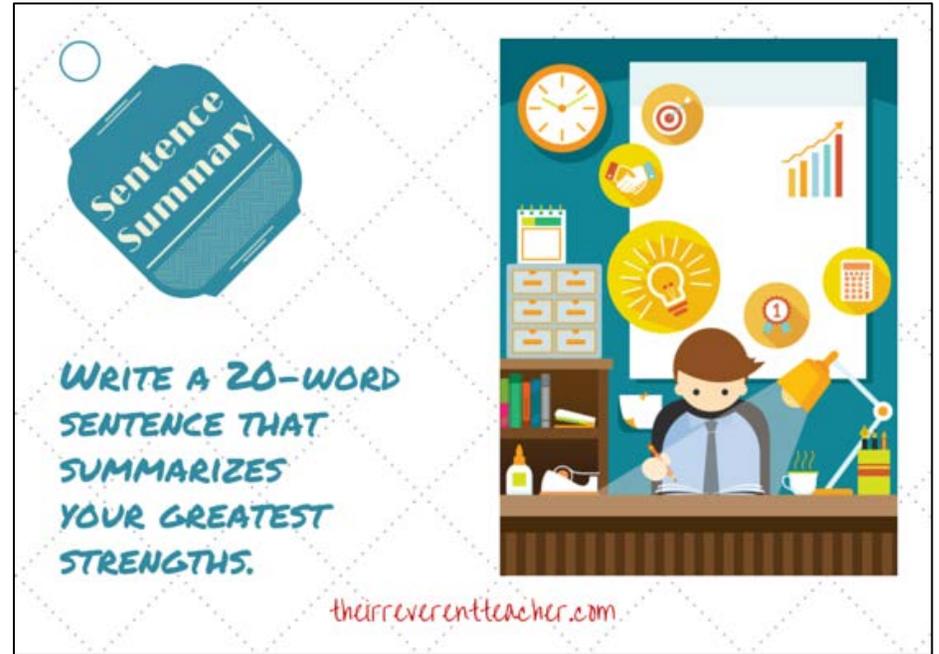
WHAT WOULD BE THE IMAGE?

WHAT WOULD BE THE TITLE?

WHAT WOULD BE THREE COVER BLURBS WRITTEN BY FRIENDS, FAMILY OR CLASSMATES?

theirreverentteacher.com

The card features a blue diamond-shaped graphic with the text 'Creative Cover' inside. To the right is a stack of colorful papers, with the top one being white and having the word 'BOOK' written on it. The background is a light blue grid pattern.



Sentence Summary

WRITE A 20-WORD SENTENCE THAT SUMMARIZES YOUR GREATEST STRENGTHS.

theirreverentteacher.com

The card features a blue diamond-shaped graphic with the text 'Sentence Summary' inside. To the right is an illustration of a person sitting at a desk, writing. The desk is cluttered with various items like a clock, a calendar, a lightbulb, a target, a bar chart, a calculator, and a coffee cup. The background is a light blue grid pattern.



Survival Supplies

WRITE A SUPPLY LIST OF YOUR TOP TEN MUST-HAVES IF YOU WERE TO FIND YOURSELF ON A DESERT ISLAND.

theirreverentteacher.com

The card features a blue diamond-shaped graphic with the text 'Survival Supplies' inside. To the right is a stack of papers, with the top one being white and having a grid pattern. The papers are held together by a paperclip and a rubber band. There are also some colorful pencils and a soccer ball visible. The background is a light blue grid pattern.

group activities

Facing Fears



WRITE A 60-SECOND SKIT.

EACH PERSON IN THE GROUP SHARES HIS OR HER BIGGEST FEAR. THE GROUP WRITES A SKIT TO LAST NO LONGER THAN 60 SECONDS THAT INVOLVES THESE FEARS. THE GROUP PRESENTS ITS SKIT TO THE CLASS. ALL GROUP MEMBERS MUST PARTICIPATE IN THE SKIT.

theirreverentteacher.com

People Power



CREATE A "SUPER HERO" PRODUCT

- EACH MEMBER SHARES A SPECIAL TALENT.
- THE GROUP CREATES A POEM, DRAWING, ADVERTISEMENT, SKIT, FACEBOOK PROFILE, ETC. THAT SHARES THESE "SUPER POWERS" WITH THE CLASS.

theirreverentteacher.com

Member Mapping



CREATE AN ISLAND THAT MAPS OUT PLACES OF INTEREST THAT REPRESENT EACH GROUP MEMBER

theirreverentteacher.com



WRITE A HAIKU USING ONLY THE LETTERS FOUND IN THE NAMES OF YOUR GROUP MEMBERS.

REMEMBER: A HAIKU IS A THREE-LINE POEM WITH THE FIRST AND THIRD LINES CONTAINING FIVE SYLLABLES AND THE SECOND LINE CONTAINING SEVEN SYLLABLES.

theirreverentteacher.com



FIND THREE THINGS YOU ALL HAVE IN COMMON

- CREATE A "TWEET" MINI-POSTER TO SHARE WITH CLASS.
- REMEMBER, "TWEETS" ARE ONLY UP TO 140 CHARACTERS.
- MAKE IT CREATIVE; DON'T JUST LIST THE SIMILARITIES.

theirreverentteacher.com

whole-class activities



PUT ON SOME GOOD DANCE MUSIC OR CHOOSE SPECIFIC DANCES LIKE THE MACARENA OR JUJU ON THAT BEAT AND JUST DANCE FOR 60 SECONDS.

STUDENTS ARE SHY AT FIRST, BUT MOST WILL GET INTO IT ESPECIALLY IF YOU DO!

theirreverentteacher.com



PUT ON SOME ENERGIZING MUSIC.
TEACHER AND STUDENTS STAND IN ONE LARGE CIRCLE
AND JOIN HANDS. SOMEONE STARTS THE WAVE.
YOU CAN REVERSE DIRECTIONS AND ADD A HIP WIGGLE.

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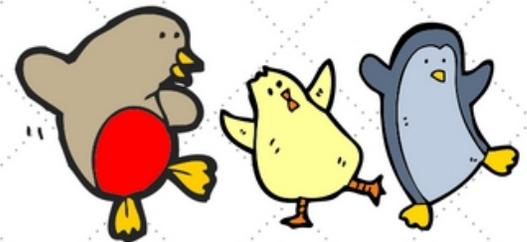
RESEARCH SHOWS THAT POWER POSING
(STANDING WITH HANDS ON HIPS AND PUFFING OUT CHEST)
FOR 60 SECONDS A DAY HELPS INCREASE SELF-
CONFIDENCE.
PUT ON SOME SUPER HERO MUSIC AND POWER POSE!

theirreverentteacher.com



PUT ON SOME ENERGIZING MUSIC, ASK STUDENTS TO
STAND IN A CIRCLE, AND GIVE THEM THREE OR
FOUR INFLATED BEACH BALLS.
STUDENTS TOSS THE BEACH BALLS WITH THE GOAL OF KEEPING
THEM IN THE AIR AS MUCH AS POSSIBLE.

theirreverentteacher.com



BELIEVE IT OR NOT, MY HIGH SCHOOLERS
ENJOY A GOOD OLD-FASHIONED HOKEY POKEY.
FIND A VERSION ON YOU TUBE, ASK YOUR
STUDENTS TO STAND IN ONE LARGE CIRCLE
AND HOKEY POKEY FOR 60 SECONDS.

theirreverentteacher.com

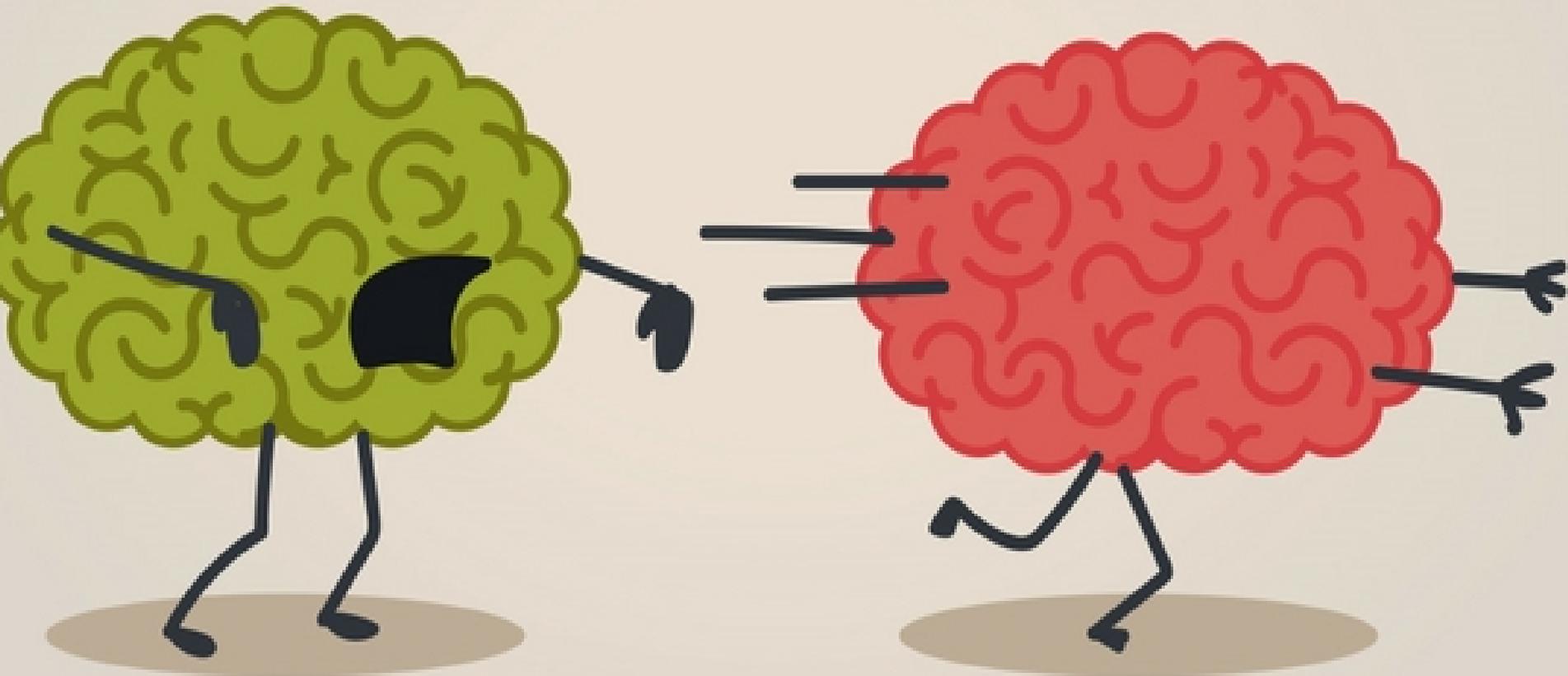
A cartoon brain character with a smiling face, wearing a pink shirt and pants, is lifting a barbell with two red weights. Above the brain are three teardrop-shaped sweat droplets. To the left of the brain is a thought bubble with a rainbow-colored outline. Inside the thought bubble is a white rectangular box containing the text "Thank you so much for purchasing this product!". The thought bubble is connected to the brain by three small circles of decreasing size, also with rainbow-colored outlines.

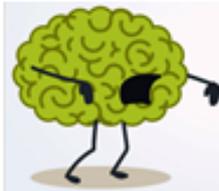
Thank you so
much for
purchasing
this product!

The next section allows teachers to show activity cards on computer/projector screen.

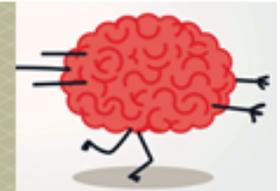
BRAIN BREAKS & ICE BREAKERS

middle & high school





BRAIN BREAKS & ICE BREAKERS



Individual	Group	Whole-Class
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Creative Cover	Member Mapping	Power Pose
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individual

activities



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theirreverentteacher.com



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theirreverentteacher.com



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theirreverentteacher.com





group
activities



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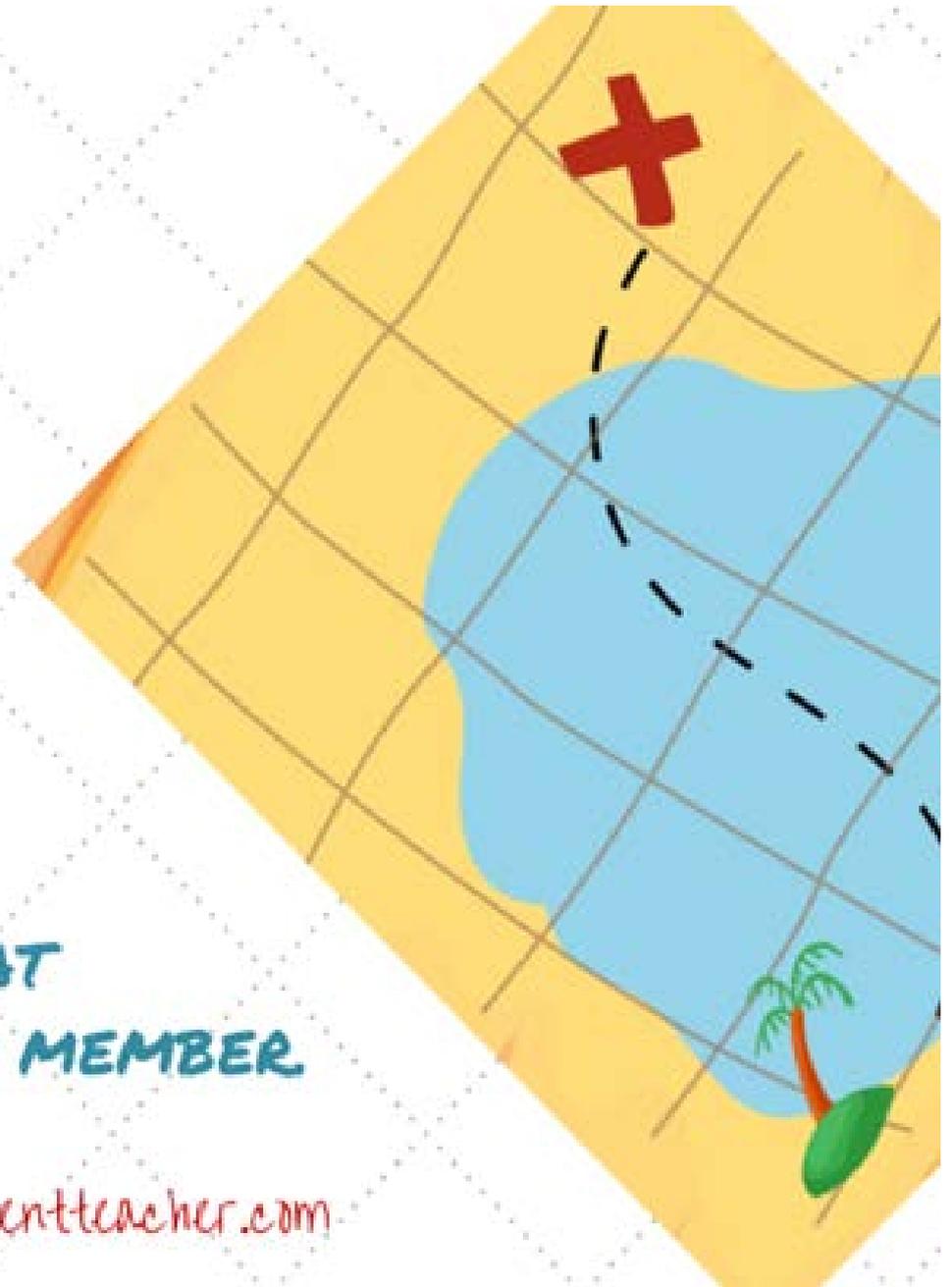
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theirreverentteacher.com



whole-class
activities



Just Dance



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theirreverentteacher.com



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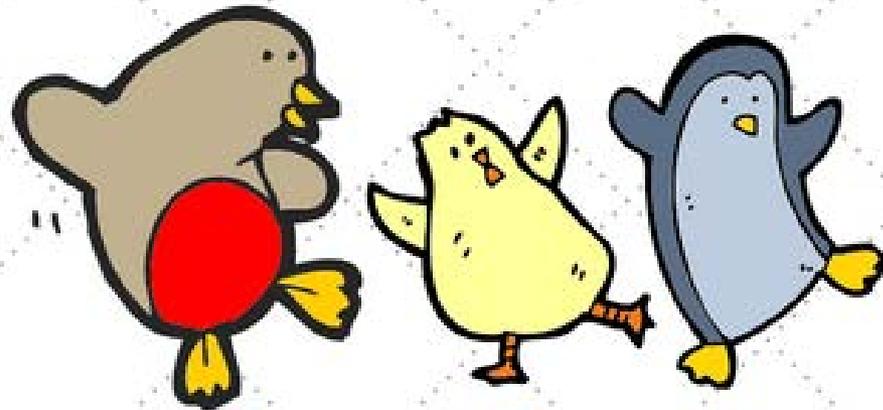
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