aaaworkspace

Better Space. Better Work

Active Play & Brain Breaks

Quick Movement Activities for Grades K–6

- Teacher Resource Library • Volume 2 -



What's Inside

- 3 Ready-to-Use Movement Activities
- Easy Classroom Brain Breaks
- No-Prep & Low-Prep Options
- Teacher Tips
- Product Recommendations

Activity Time

5–20 Minutes

Recommended For

- Classrooms
- Learning Centers
- Indoor Recess
- PE Warm-Ups
- After-School Programs

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Why Movement Matters



Students aren't designed to sit still all day.

Short movement breaks help improve attention, reduce restlessness, boost classroom participation, and support both physical and mental well-being. Even five minutes of purposeful activity can help students return to learning with renewed focus.

Whether you're transitioning between lessons, preparing for a test, or simply noticing your class needs an energy reset, brain breaks are an easy way to re-engage students without sacrificing instructional time.

Students Develop

- Gross Motor Skills
- Focus & Attention
- Teamwork
- Healthy Habits
- Confidence
- Self-Regulation

Materials You'll Need

Foam Balls	Bean Bags	Floor Spots	Cones
Jump Ropes	Music Player (optional)	Hula Hoops	Stopwatch or Timer

Teacher Tip



Keep movement activities short and purposeful. Ending a brain break while students are still engaged helps them transition back to learning more smoothly.



Activity 1

Move & Freeze Challenge



Objective

Help students improve listening skills, self-control, and coordination through a simple movement game.

Materials

- Music (optional)
- Open classroom space

Instructions

1. Ask students to spread out safely.
2. Play music or call out movement prompts such as:



3. Call "Freeze!"
4. Students must stop immediately and hold their position.
5. Repeat with different movements.

Teacher Questions

- Which movement was the hardest?
- What helped you stop quickly?
- Why is listening important during activities?



Extension

Allow students to become the movement leader and create their own movement prompts.



Activity 2

Bean Bag Balance Relay



Objective

Develop balance, coordination, and teamwork while encouraging students to move with control.

Materials

- Bean Bags
- Cones
- Floor Markers

Instructions

1. Divide students into teams.
2. Balance a bean bag on your head or shoulder.



3. Walk around a cone.



4. Return and pass the bean bag to the next teammate.



5. If it falls, simply pick it up and continue.

Teacher Tips

- Focus on encouraging careful movement rather than speed.
- Celebrate teamwork, encouragement, and persistence.

Classroom Extension

Change the balance position:



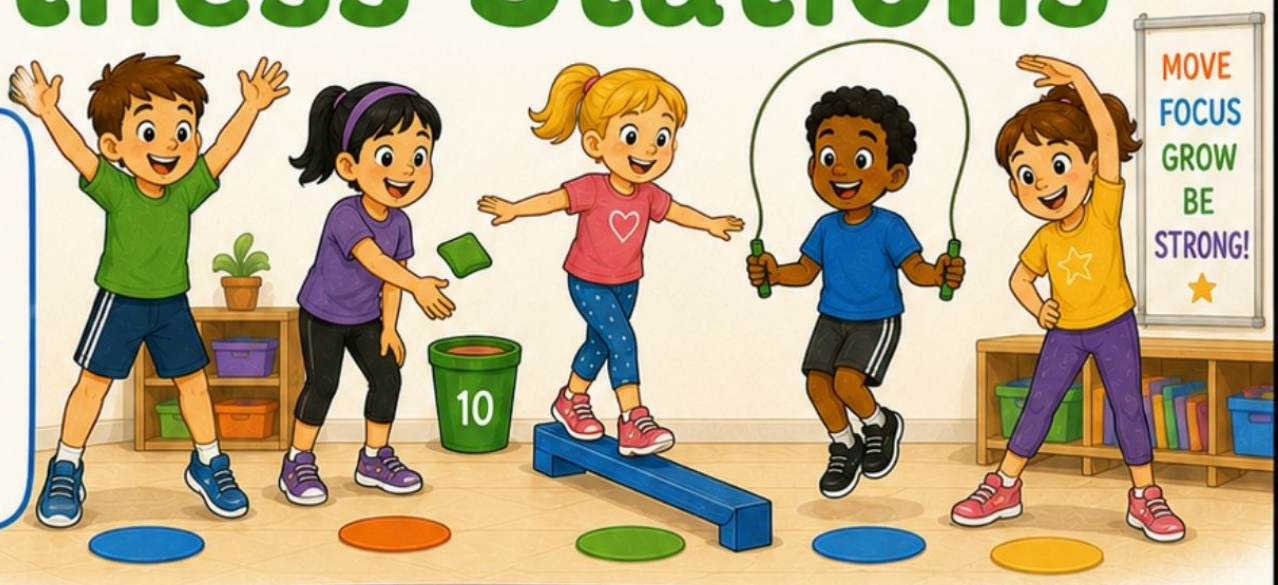
Each variation introduces a new challenge.

Activity 3

Classroom Fitness Stations

Objective

Provide students with short bursts of physical activity that improve coordination, endurance, and engagement.



Materials

- Floor Spots
- Jump Ropes
- Foam Balls
- Cones

Suggested Stations

Station 1
Jumping Jacks × 20



Station 2
Bean Bag Toss



Station 3
Balance Walk



Station 4
Jump Rope



Station 5
Light Stretching



Rotate every 45–60 seconds.

Discussion



Ask students:

- Which station was your favorite?
- Which activity challenged you most?
- How do you feel after moving?



Keep Students Moving



Movement is one of the simplest ways to improve classroom engagement. Regular brain breaks help students refocus, reduce stress, and return to learning with renewed energy. By incorporating just a few minutes of activity throughout the day, teachers can create a more positive and productive classroom environment.

Recommended Classroom Supplies


Bean Bags


Foam Balls


Floor Spots


Cones


Jump Ropes

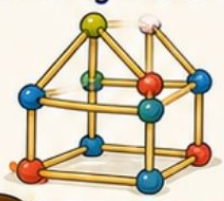

Hula Hoops


Activity Dice

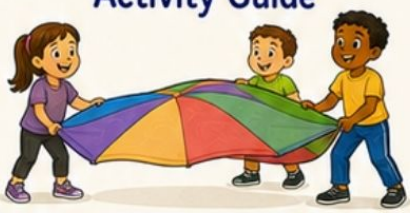

Fitness Equipment

Continue Your Teacher Resource Library

STEM
Building Challenges



Indoor Recess
Activity Guide



PE Class
Activity Book





Need Help Choosing Classroom Equipment?

The AAA Workspace Education Team can help you select age-appropriate games, movement equipment, and active learning supplies for classrooms, PE programs, after-school activities, and school districts.

