

SUPERHERO

Sensory Break & Brain Break Cards

30 printable cards

Use
Xray
Vision



Crawl
through
tunnels



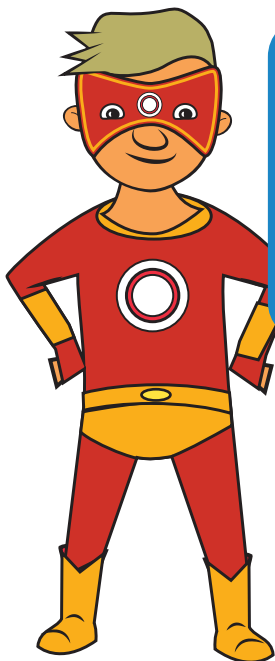
Freeze
the
villain



Spin
with
super speed



Twist your
super
powered
belt



Created as a companion to:

→ THE →
SUPERKIDS
ACTIVITY GUIDE
TO CONQUERING EVERYDAY



Sensory Break & Brain Break Cards

30 printable cards

What are Brain Breaks?

Brain breaks are simple, easy to do exercises that engage the body and brain in activity. They are used as a break from seated work, as a calming activity after high levels of excitement, or as an arousal exercise after long periods of "brain work".

Why are Brain Break Exercises Important?

Research has proven time and time again that kids need to play and they need movement to learn. Brain breaks are excellent for providing children with quick and easy ways to incorporate that movement into their school day, when they would otherwise be sitting for long periods of time.

Brain breaks are also fantastic for organizing a child's sensory systems. A child's sensory system is directly tied to their ability to sit in a chair properly, hold a pencil and even write legibly. These daily "school" tasks require children to have increased muscle control and core strength, which they often lack.

With just 5-15 minutes a day, brain breaks will increase upper body strength, increase muscle tone, allow children to gain motor planning skills and so much more.

How to Use Brain Break Cards

These brain breaks are easy to use cards that can be used at home or school to get your kids moving. These can be printed in color, but will print great in grey as well. They come with a blank page of cards so you can make your own. Cut the cards on the dotted guidelines. To make them more sturdy, you can print on card stock paper and laminate the cards.

This product is for single classroom use only, by one teacher. If you intend to use this product for more than one classroom/teacher, please return to Lemon Lime Adventures to download additional copies.

You may not share this resource, sell this resource, copy this resource for distribution other than classroom use.

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**Soar
through
the air**



**Leap
tall
buildings**



**Freeze
the
villain**



**Use
Xray
Vision**



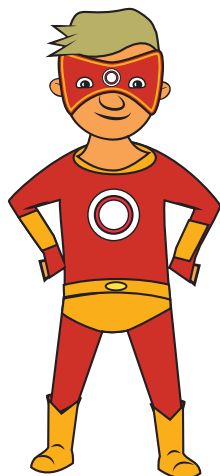
**Roll
on the
floor to
escape**



**Punch
with your
superfists**



**Stand
tall and
proud**



**Spin
with
super speed**



**Run
in
place**



**Climb
the side
of the
building**



**Flex
your
muscles**



**Crawl
through
tunnels**



**Kick
and pow
with your
feet**



**Slice and dice
with
super hands**



**Lay in the
Superman
pose**



**Balance
on one
foot**



**Use
super stretch
arms to
reach wide**



**Use your
Super Power
Breath**



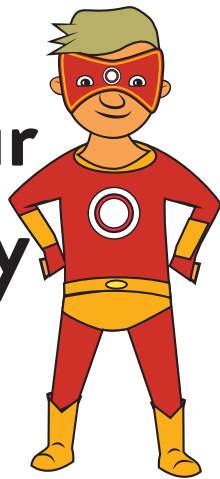
**Dodge
laser beams
by bending
your body**



**Twist your
super
powered
belt**



**Harness your
super energy
into a ball**



**Close your
eyes and
use your
super senses**



**Breathe fire
to defeat
the enemy**



**Use your
superhero agility
to
bend and
touch your toes**



Use your
super strength
to do
wall pushups



Climb
the wall
with
sticky feet



Use
anti-gravity
to do
chair pushups



Use turbo
power
to
spin
your arms



Blast the
force field
with
your hands



Flap
your
superhuman
wings



