



SupportEd

A-Z Brain Breaks

Randomly select a letter of the alphabet, then complete the corresponding activity below:

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|---------------------------------|--------------------------------|
| A Act like a ... | B Balancing competition |
| C Crab walk | D Dance |
| E Exercises | F Follow the leader |
| G Gymnastics | H Hangman |
| I I Spy | J Jumping jacks |
| K Karate moves | L Lava carpet |
| M Mindfulness activities | N Number skip counting |
| O Origami | P Play popcorn |
| Q Quiz time | R Robot dancing |
| S Sing | T Table-top push ups |
| U Under, Over | V Human vacuums |
| W Would You Rather? | X O's and X's |
| Y Yoga | Z Zig Zag skipping |