



## BRAIN BREAK CARDS

Print these pages onto cardstock and cut into individual cards. Store the cards in a special, decorative box—each time you open it, the students know they're in for some fun! The pre-printed cards will get you started. Divided into different categories, the variety of activities will keep brain breaks fresh and interesting.

Fill in the blank cards with your own active, creative ideas. Have students offer suggestions for additional brain break activities.



Hebrew – themed activities



Holiday – themed activities



Israel – themed activities




General movement activities





Additional Blank cards




Play  
Shimon Omer  
*B'Ivrit !*




Call out "I Spy"  
with colors  
*B'Ivrit !*





Stand up for  
Head, Shoulders  
Knees & Toes  
*B'Ivrit !*




Stand, sway & sing an  
Alef-Bet song



March around the room  
practicing the Alef-Bet  
...Backwards!



Stretch as you play  
Hebrew Letter Yoga





Do a dozen jumping jacks-  
Count them out *B'Ivrit* !







Pick apples out of the  
air for  
Rosh HaShanah




Shake like a Lulav!





Pretend you are  
building a Sukkah




Pantomime  
parading  
with the Torah




Form a human  
*hanukkiah*

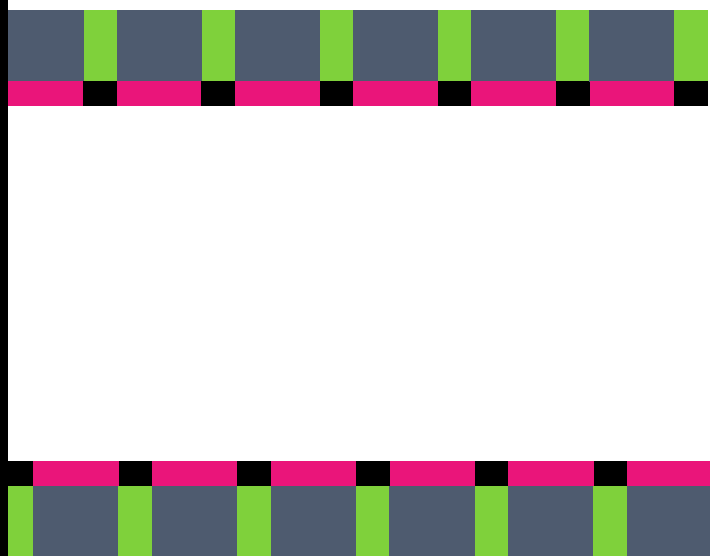




Strick a Pose...  
Be a  
Pyramid





Strike a Pose...  
Be Shabbat  
candlesticks






Have a dance party  
with  
Israeli music

Imagine touring  
Israel...



- Float in the Dead Sea
- Ski down Mt. Hermon
- Hike Masada




Sing *David Melech*  
*Yisrael* with hand  
motions



Do as many  
sit-up or push-ups as you  
can in 1minute.  
Rest. Repeat!



Walk from one end of the  
room to the other with a  
book on your head. (Do not  
use prayer books or *chumashim*.)



Play follow  
the leader



