

Fidget Breaks

Original idea from here.

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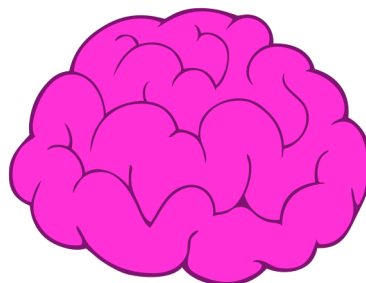
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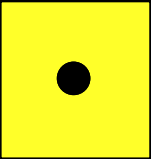
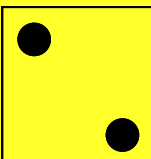
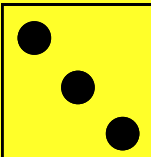
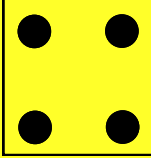
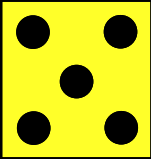
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Fidget Breaks

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	Roll 1	Roll 2	Roll 3	Roll 4	Roll 5
	10 star jumps	Circle your ankles	Wiggle!	Touch your toes	Tap your shoulders
	Throw and catch a pretend ball	Stand on tippy toes	Balance on one leg	Buzz like a bee	Run on the spot for 10 seconds
	Spin in a circle	Do a lunge with each leg	Pat your knees	Do the twist	Circle your arms 5 times
	Clap 20 times	Hiss like a snake	Hop on the spot	Pull your ears	Point your toes
	Jump up and down 7 times	Left, right, left, right: March!	Jog with knees up 12 times	Tap your head, rub your belly	Take 5 deep breaths
	5 arm flaps	Pat yourself on the back	Dig for a bone	Scissors, Paper, Rock in a pair	Massage your neck