



Mardi Gras

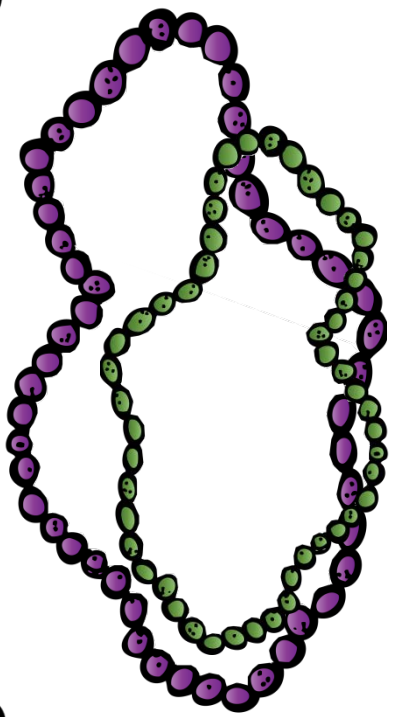
Brain Breaks

Freebie!

How It Works

- Print and cut out Mardi Gras brain breaks.
- Laminate
- Put on a ring or bulletin board or in a box!
- Think Mardi Gras while performing the moves!
- Use throughout the day for much needed movement to keep the kids focused!
- Alter the duration and repetitions if needed to meet your needs.





Parade Route

High March
Around The
Room



Parade Route

Walk
Backward
Around The
Room



Parade Route

Side Step
Around
The Room



Parade Route

Skip Around
The Room



Fat Tuesday

Single Foot
Balance x30
Seconds



Fat Tuesday

Right Foot
Hops x20



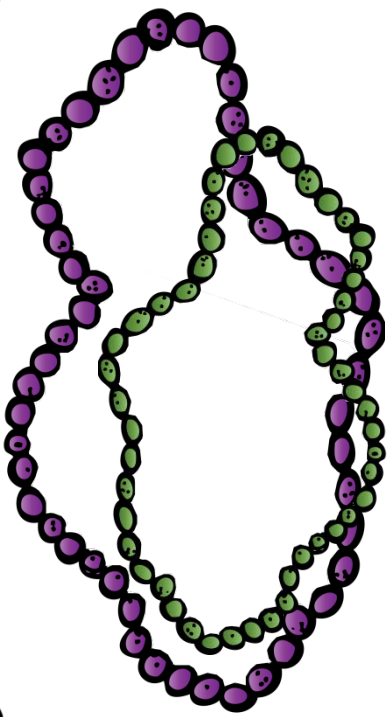
Fat Tuesday

Left Foot
Hops x20



Fat Tuesday

Tandem
Standing x30
Seconds



Bourbon Street

Jump Side
To Side x20



Bourbon Street

Jump As Fast
As You Can
x30 Seconds



Bourbon Street

Jump Forward
and Backward
x20



Parade Route

Jumping Jacks
x20



King Cake

High March In
Place x30
Seconds



King Cake

Sit To
Stand From
Chair x20



King Cake

Lunge x20



King Cake

Squat x20

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