Kids Master Skills®

Take Home Packet

Brain Breaks

by Occupational Therapist, Lisa Marnell
Body Calming

Spring Stretches:
Stand up and reach to the sky. Count to 5. Now, bend your knees and reach in front. Count to 5.

Bear Wakes Up:
On hands and knees, round your back and count to five. Now, arch your back and count to five.

Strong Spring Legs:
Stand in front of a chair. Hold your foot and stretch one leg. Say the alphabet. Now, switch sides.

Strong Spring Arms:
Sit in a chair. Hold the sides. Try to push yourself up and down 5 times. Take a break. Try again.
Body Alerting

Umbrella in the Wind:
Kids pretend they are holding an umbrella. It is windy! Move the umbrella side to side 10 times. Now, raise it up and down 10 times.

Splash in Puddles:
Raise your arms up. Now, raise your knees and stomp in a pretend puddle. Can you make a big splash? Do 10 massive stomps!

Jump in the Sunshine:

Skip on a Spring Day:
Step – Hop. Step – Hop. This is how to skip! Try to skip forward! If skipping is too hard, try jumping!
Build Listening Skills

Gardening Directions:
Give directions: (Push a wheelbarrow, Plant seeds, Dig a hole, Water flowers, Mow grass)

Sports Directions:
Give directions: (Fly a kite, Ride a bike, Rollerblade, Ride a scooter, Ride a Skateboard etc.)

F is for Flowers:
Teacher says letters. When children hear the letter, “F”, they bend down and pretend to pick flowers.

B is for Bubbles:
Teacher says letters. When children hear the letter, “B”, they pretend to blow bubbles.
Eggs are Ovals:
Kids march about the room as they look for other things that have oval shapes. What can you find?

Rain Falls:
Oh, no! Rain is washing things away! Teacher places objects or toys on a table or floor. Kids close their eyes as she hides one under a blue paper. What’s missing?

Long Flower Stems:
Flower stems are long and narrow. Look around. What else do you see that is long and narrow? Can you think of other things, too?

Many Petals:
Flowers have many petals. One child picks out an object in the room. Say every part of that object. Now, it’s another child’s turn.
Push a Wheelbarrow:
First, put your hands in front of you. Second, lift the wheelbarrow. Third, push the wheelbarrow as you walk forward. Fourth, put it down. Yay!

Eat at a Bird Feeder:
Children in a group pretend they are birds at a bird feeder. They must figure out how to stand in a circle so that everyone has a space.

Jumping Jacks:
Make your body like the letter one with your hands at your sides. Jump up and make your body like a STAR!

Jump Rope:
Pretend to hold a jump rope. Make circles with your arms. Now, jump every time your arms come down.
Flowers Bloom:
Kids pretend they are flowers blooming. Start as a seed. Then a bud. Next, the flower blossoms.

Look at Spring:
Sit sideways on your chair. Twist and look behind you. What spring things do you see? Switch sides.

Who Can Fly?
Kids take turns pretending they are insects or birds that can fly. Other children guess what they are.

Move like a Dragonfly:
A dragonfly has four wings! Children take turns thinking of a pretend way that a dragonfly might move. Other kids copy.
About the Author/Contact

Find Lisa Marnell & Kids Master Skills Online!


“Today’s Foundation is Tomorrow’s Success!”

Our website is building a wealth of information and activities to help kids master skills.

Follow our Facebook page to keep updated on the latest research in education and child development.

On Social Media: Follow Kids Master Skills on these platforms!

@KidsMasterSkills  YouTube  @KidsMasterSkills

@KidsMasterSkills  Teachers Pay Teachers  @KidsMasterSkills

About the Author: Lisa Marnell MS, OTR/L  KidsMasterSkills@gmail.com

In 1997 I graduated from Tufts University with a Master of Science in Occupational Therapy. Prior to that, I completed an MBA at McGill University in Montreal (my hometown!) I am beyond happy that I became an OTR and that I have had the opportunity to work with so many wonderful kids and teachers. I am excited to start the next leg of my OT journey as I begin my doctorate soon.

My philosophy in regards to helping kids master skills is simple, but important: Children should be engaged and motivated by therapeutic and/or teaching activities. In other words, learning should be fun!

Thank you for purchasing this resource. I sincerely hope that it has proven useful in supporting and promoting your students’ skills. Please let me know!

Terms of Use/Clipart/Disclaimer

Terms of Use:

Thank you for purchasing this resource!

Please note that the contents of this resource are the property of Lisa Marnell and Kids Master Skills LLC and are licensed to you to use as a single user. All rights are reserved. This book or any portion thereof may not be reproduced or used in any manner whatsoever without the express written permission from the author. This download is for use in one classroom. Copying any part of this product and placing it online in any form (even for a classroom or teacher website) is strictly forbidden. Thank you for abiding to universally accepted codes of professional ethics while using this product. Please enjoy!

Clip Art Sources:

The adorable Clip Art used in this resource came in part from the following sources Thank You!

- [https://www.teacherspayteachers.com/Store/Dancing-Crayon-Designs](https://www.teacherspayteachers.com/Store/Dancing-Crayon-Designs)
- [https://www.teacherspayteachers.com/Store/Educlips](https://www.teacherspayteachers.com/Store/Educlips)
- [https://www.mycutegraphics.com/](https://www.mycutegraphics.com/)

Disclaimer:

Lisa Marnell is a registered Occupational Therapist in the state of California. Activity suggestions, and information in this resource are not intended or implied to substitute for professional medical advice, diagnosis, or therapeutic treatment. All content, including text, graphics, images and information, contained in this workbook are for general information purposes only. This information is not intended to be patient education, does not create any patient-physician or patient-therapist relationship, and should not be used as a substitute for professional diagnosis and treatment.

All activities in this workbook are designed to be performed with complete adult supervision of children at all times. Lisa Marnell and Kids Master Skills are not liable for any injury when children are completing any of the activities or participating in any of the recommendations found in this workbook/product. Kids Master Skills LLC and Lisa Marnell expressly disclaim responsibility, and shall have no liability for any damages, loss, injury, or liability whatsoever suffered as a result of your reliance on the information or use of activities, advice, or information in this workbook.