

BRAIN BREAK

Big energy? Give your brain a break!

- 1 10 jumping jacks — go!**
- 2 Hold a superhero pose for 30 seconds.**
- 3 Shake it out — wiggle everything.**
- 4 Take 5 big belly breaths.**
- 5 Cross-crawl: elbow to opposite knee, x10.**

Fun & encouragement for every kind of brain — not medical advice.

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