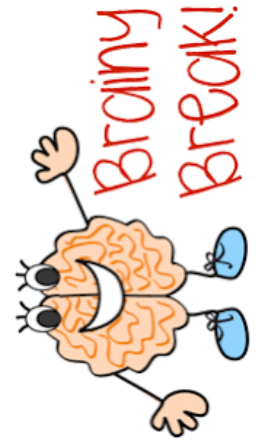
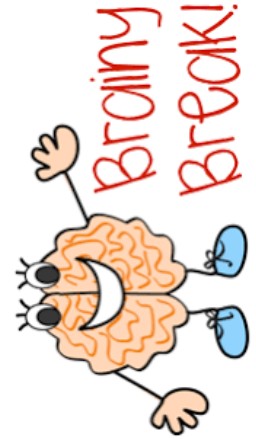


Study Timetable

Tick

☐☐☐☐☐

Brain Break ideas

Squeeze hands together



Clasp your hands together and squeeze them as tightly as you need to for 5 seconds, let go for 5 seconds and repeat.

10 Chair or wall Push ups



Push up against and away from a wall or lift your body up and down on a chair using your arms for a short time

Stretch and get a cold drink



Stand up and stretching your arms and legs and getting a cold drink can be a good break

Deep breathing



Spread fingers like a star, use your pointer finger on your other hand and trace around the star hand. Breath in and out slowly as you trace your fingers up and down until you are finished.

Bear or crab walks



Get some movement by practising walking like a bear or a crab

Volcano breathing/movement



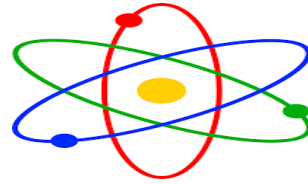
Crouch down to the ground and take a deep breath in. Then explode up in the air with hands above the head exhaling as if lava was flowing out of your head.

Subject Pictures

Maths



Science



Home Economics



Geography



English



History



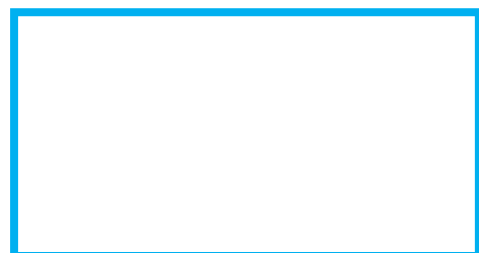
Sports



Computer



Art



Subject Words

Maths

English

Science

History

Geography

Sports

Art

Computer