

# Kids Master Skills<sup>®</sup>

# 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.

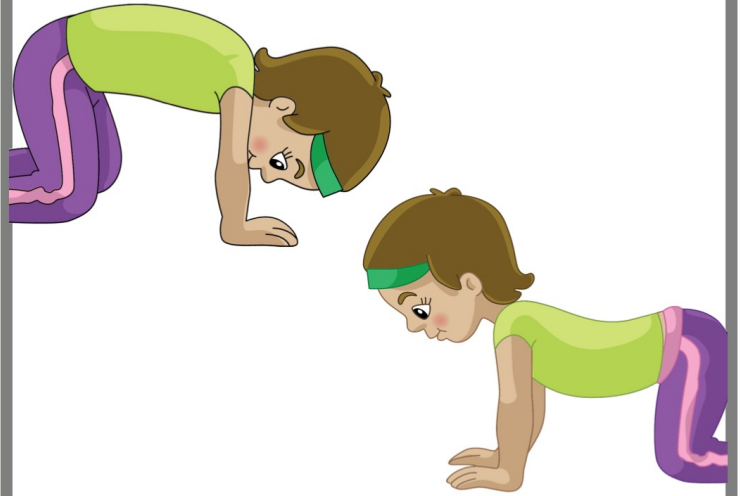


Body Calming

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## Bear Wakes Up:

On hands and knees, round your back and count to five. Now, arch your back and count to five.



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## Strong Spring Legs:

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



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## Strong Spring Arms:

Sit in a chair. Hold the sides. Try to push yourself up and down 5 times. Take a break. Try again.



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# 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.



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## 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!



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## Jump in the Sunshine:

Jump in place 5 times. Now, jump 10 times. Jump forward. Jump backwards. Jump side to side.



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## 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!



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# Build Listening Skills

## Gardening Directions:

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



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## Sports Directions:

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



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## F is for Flowers:

Teacher says letters. When children hear the letter, "F", they bend down and pretend to pick flowers.



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## B is for Bubbles:

Teacher says letters. When children hear the letter, "B", they pretend to blow bubbles.



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# Build Looking Skills

## Eggs are Ovals:

Kids march about the room as they look for other things that have oval shapes. What can you find?



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## 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?

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## Long Flower Stems:

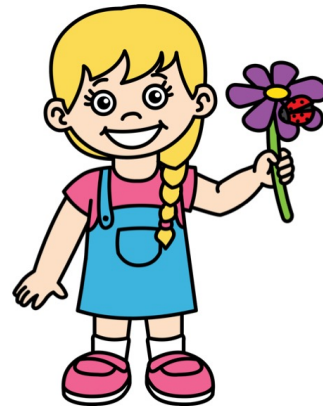


Flower stems are long and narrow. Look around. What else do you see that is long and narrow? Can you think of other things, too?

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## 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.

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# Build Planning & Focus Skills

## 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!

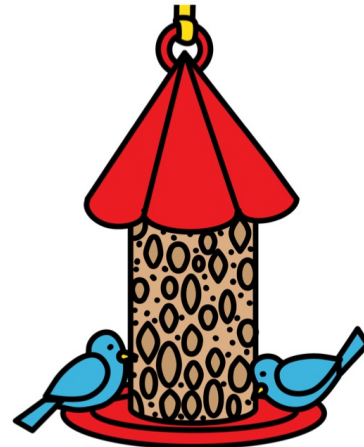


Build Planning & Focus Skills

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## 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.



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## Jumping Jacks:

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

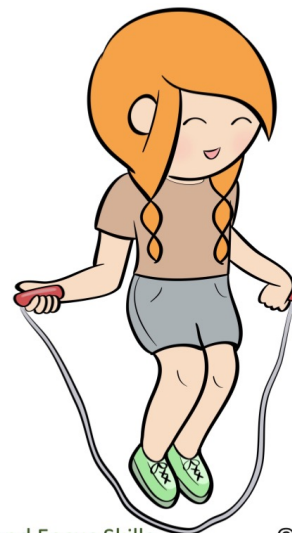


Build Planning & Focus Skills

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## Jump Rope:

Pretend to hold a jump rope. Make circles with your arms. Now, jump every time your arms come down.



Build Planning and Focus Skills

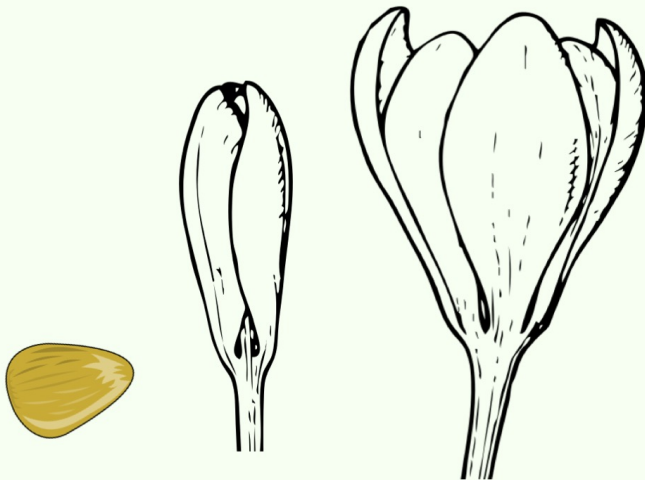
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# Build Creativity Skills

## Flowers Bloom:

Kids pretend they are flowers blooming. Start as a seed. Then a bud. Next, the flower blossoms.



Build Creativity Skills

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## Look at Spring:

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



Build Creativity Skills

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## Who Can Fly?

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

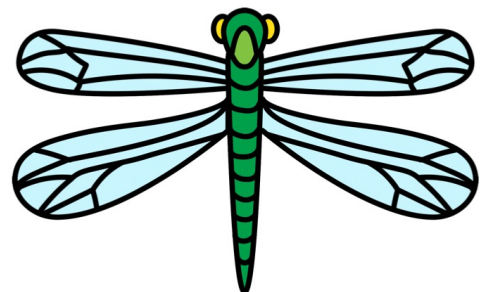


Build Creativity Skills

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## 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.



Build Creativity Skills

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# About the Author/Contact

Find Lisa Marnell & Kids Master Skills Online!

Websites: [www.KidsMasterSkills.com](http://www.KidsMasterSkills.com) and [www.HandwritingHelpforKids.com](http://www.HandwritingHelpforKids.com)

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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!



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