

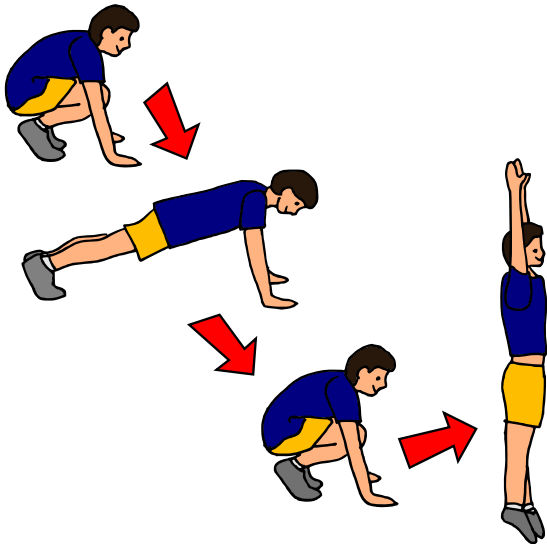


Down Syndrome Achievement Centers
educate. inspire. believe.

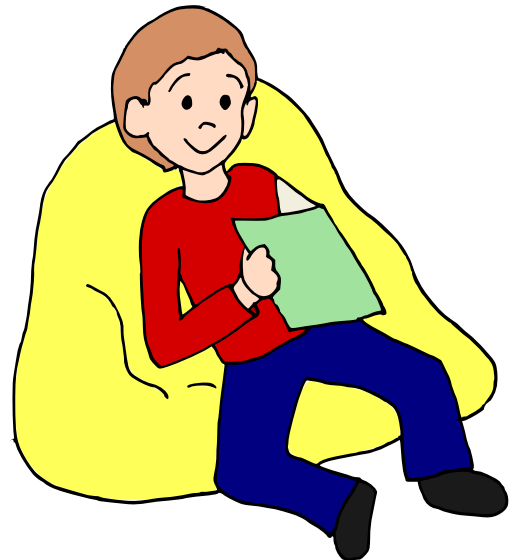
Brain Break Ideas



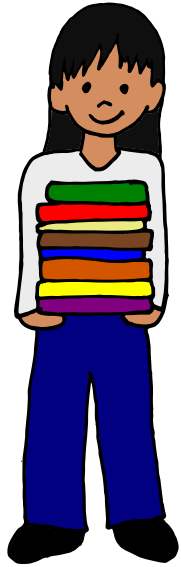
Take a Break



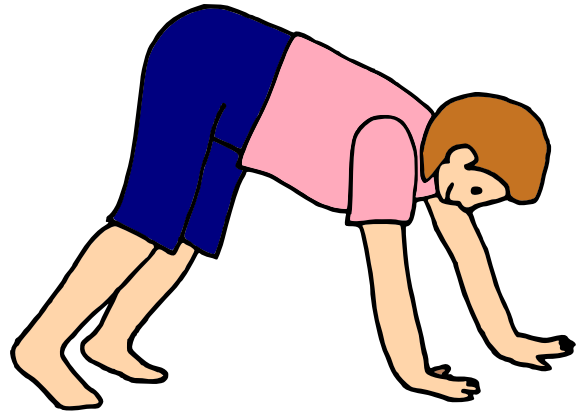
Do Some Burpees



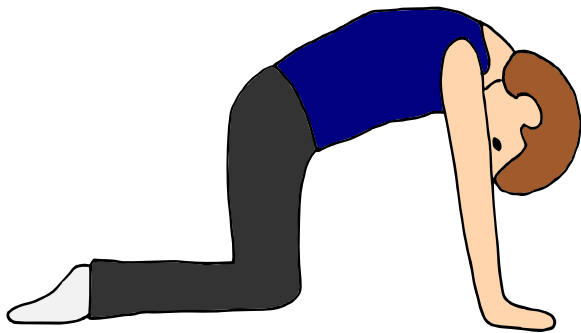
Sit on a Bean Bag Chair



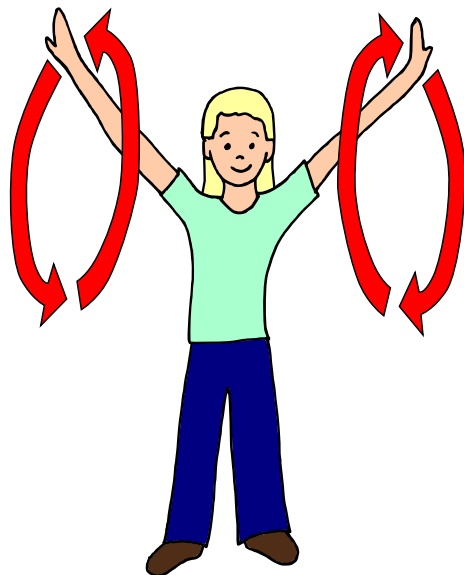
Carry Books



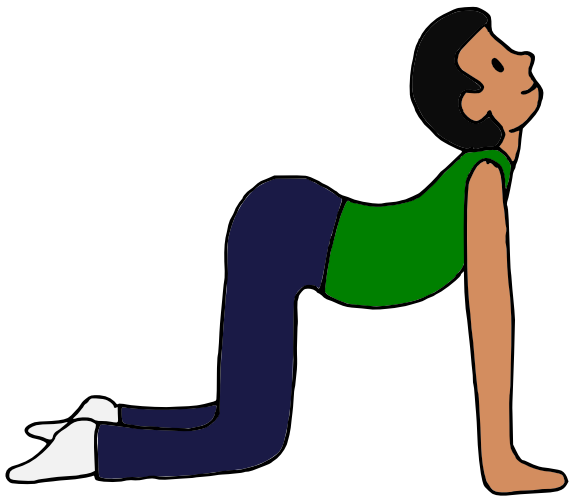
Bearwalk



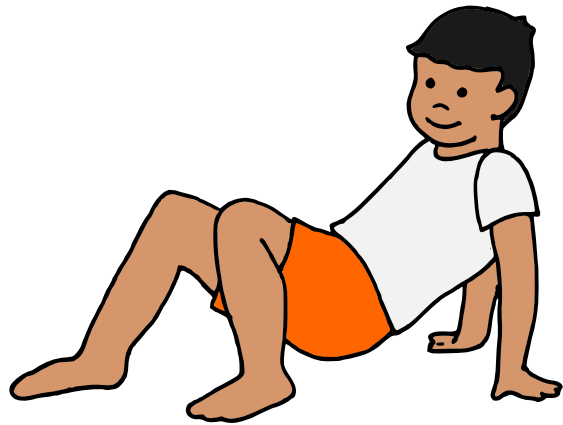
Yoga - Cat Pose



Circle Arms



Yoga - Cow Pose



Crabwalk



Dance



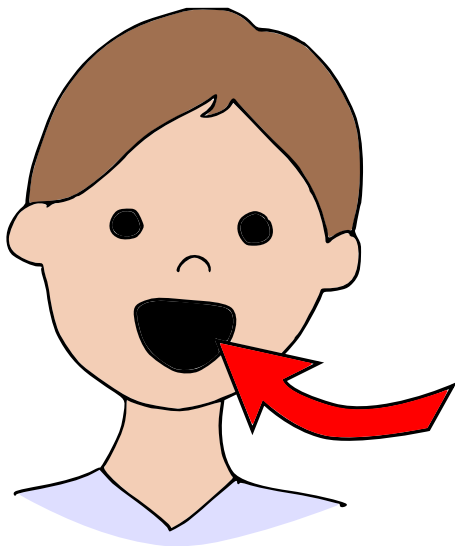
Get a Drink of Water



Hop



Hug a Stuffed Animal



Take 10 Deep Breaths



Do 10 Jumping Jacks



Listen to Music



Stand on One Foot



Squish Playdough



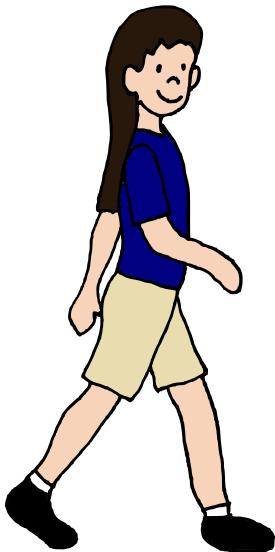
Push or Pull a Box



Squeeze a Stress Ball



Yoga - Tree Pose



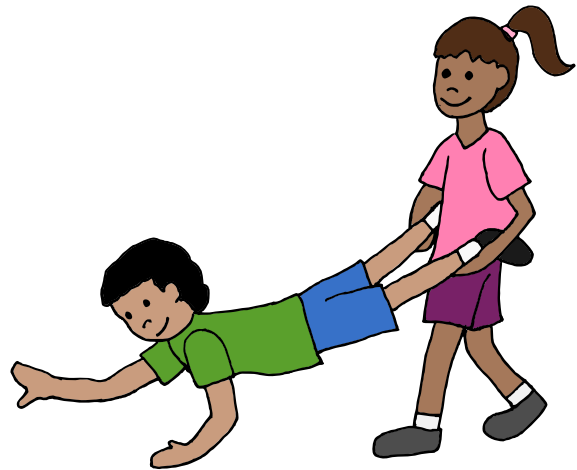
Go for a Short Walk



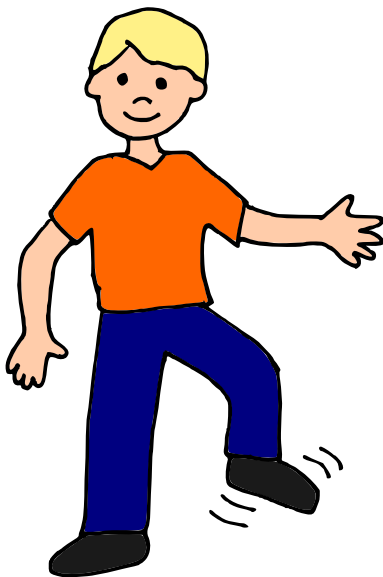
Walk On a Line



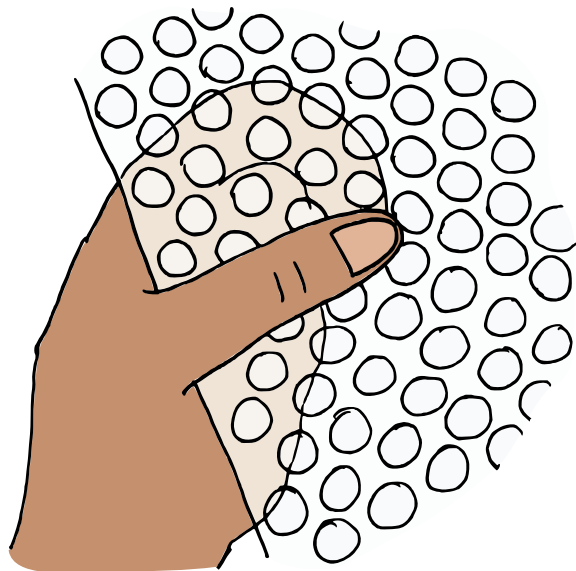
Wash Hands



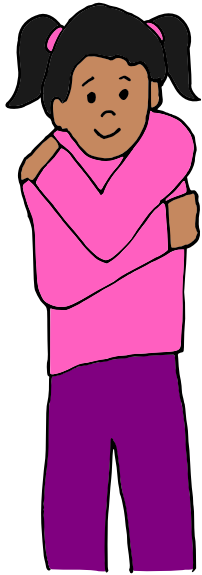
Wheelbarrow Walk



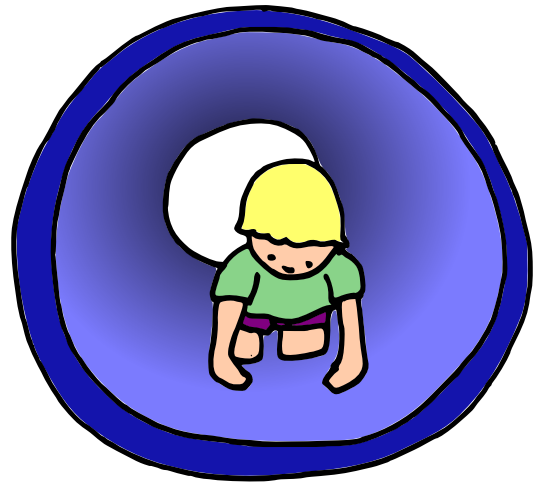
Wiggle



Pop Bubblewrap



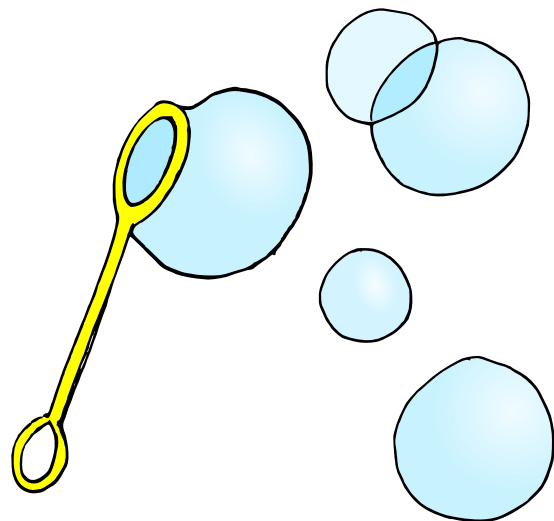
Give Yourself a Hug



Crawl through a Tunnel



Play with Vibrating or Fidget Toys



Blow some Bubbles



Wall Push-Ups