

# Brain Break Cards

Middle school students may need a minute, or five minutes, to fully get ready to start that lesson. Check out these printable cards from BrainPOP to help get you started!

**Quiet  
music**



**Simple  
yoga  
stretches**



**Dance  
break**



**Trivia  
games**



**Meditation  
exercises**



**Creative  
writing or  
journaling**

