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Brings movement
into the
classroom!

Brain Breaks Task Cards: Silhouette Poses



Legal Stuff:

Terms of use:

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Creative Design:

Fonts: Amy Alvis at AA Fonts

Digital images: Teacher's Clip Art and Cherry Workshop

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How To:

Set Up: Print out one copy of the cards. To make the cards last longer, print onto cardstock and then laminate.

To Use: There are different ways in which you can use these cards. You can have them in a stack, and then pull one card and show the students how they need to hold the pose and for how long. Or you could hand one out to each student and then they trade after completing. You could post them around the room and students move to the different stations to complete.

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9 Hold this pose for 8 seconds.



10 Hold this pose for 10 seconds.



11 Hold this pose for 10 seconds.



12 Hold this pose for 10 seconds.

