



# QUICK AND EASY BRAIN BREAK ACTIVITIES



## A Bit About Brain Breaks

It's not just children that need a brain break - They can be beneficial in work, education, and when feeling overwhelmed.

- A brain break differs from a movement break or sensory break; while movement can be part of a brain break, the activities provided here can be done while seated.
- Brain breaks are efficient and effective. These activities usually last a short time and serve as a way to reset and refocus.

This download includes a few quick and simple brain break ideas for you to try.

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# BRAIN BREAK ACTIVITY



P K N Q T N K J C G K B U E U B K R C O S T R T X H B A X E  
 D K H M T W H I F O Z M O P L Y G O O D U K D Z R L L W F F  
 M Y H N E F U R W F I P J U O W C U S G H V D G A C E N N K  
 Z W C C V D J D G V C N E U R O D I V E R S I T Y B X M W S  
 M V H I K Y Y C Z X I S U L R M U M E N T A L H E A L T H I  
 T E B E N D W S A W A R E N E S S E N S O R Y J S U W T P J  
 D W O M S K B E P X T V C M C B R A M N U H B L O B D Z N J  
 W Y H G N T M P I R Q J W J Q Q E Z Z S T D Z R Y X L T N Y  
 K X S D V H G E X M A E N E G Z O Y X Z K B O R G F N M T B  
 J L W L M D S J C E F X Y M G K X D D N J B O T U K U S O C  
 F L L N E G H O O L S Q I B V A N S J Y Y W O I H Y T K U B  
 W B X J K X M C A N I J A A K E M I J R S E C B T G T U R E  
 T N M T K E I Q I L I L Y X C C Q O I I S C T O Y U G Z E M  
 A Y E S B J K A O N G Z Q H L I D U T A C E A R V Z P N T Q  
 U C R U D Y S G R A P H I A P C V J A Q E O Z L A H U T T I  
 B J C I R O I B N X D R Q T M A V W D L X T F Y C U B K S P  
 G A N I H O T R U H A D R I B U O W N J I J C U B U T F H S  
 J C K P G C D M F D Q P L C M T U Z E E U T Z I M A L I C M  
 Y I S G Y X X I K I C A N S L M O W J L C U Y S L D V I S K  
 Q V M B K B F I V H F U C V B Q U Z N M L D Q U E H F G A M  
 M I A Q H G L C K E X Z L T B Z K Q R T M N A F Q D O Q Q Y  
 A K L M J F E X M S R A C C E P T A N C E L E S B X W R M A  
 T G X T M N Y I P U F G K E X P X X D F C E A S T Z X R S Z  
 V A I S H K S P L D R P E F O L D Q T A C K D Q S B V A W Y  
 C R Q F G V C R G W D L S N G V L F L L S C E L E B R A T E  
 D U V K C N K K T V U Z R L T B Q Y E R Q V F B S U H N W T  
 D O G O C C U P A T I O N A L T H E R A P Y X G P Z L J W P  
 O V J C H Z Z C T Y X E L X Q Z G D G X U L V P X E U A U V  
 N J L Z F H P O P T N K D B K I R L E N S Y G D D C E R J U  
 N M I F G Q P I K B T E O C N I F S T U X H P R P M Y P U L

OCCUPATIONAL THERAPY

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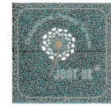
AUTISM

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# BRAIN BREAK ACTIVITY



## BRAIN BREAK ACTIVITY



- Think of your favourite joke or that last thing to make you laugh

or

- You could hum, whistle or sing your favourite song or TV show intro



- Think of your top 3 favourite Podcasts/ TV shows/ Movies/ Anime Characters/ Sportspeople

- 1.
- 2.
- 3.



Write or draw any thoughts or feelings you are having in this moment