

Time for a KAY-Break!
Check off your choices based on the amount of time

2 Minute Mini – pick one

Handy Yoga ___
Pass a Laugh ___
Make a Pizza ___
Read a Book ___
Zip, Zap, Zop ___
Yogi Says ___
Crazy Monkey ___
Rolling Salutations ___

Five Finger Starfish ___
Full Body Breath Break ___
Spinner Yoga ___
Name 3 ___
Sit and Cycle ___
Silence Blanket ___
Pencil Squeeze ___

5 Minute Song/Game – pick two Mini’s from above or one Song/Game

Sherlock Omms ___
Big Wind Blows ___
Red Light, Green Light, Tree ___
Hip Hop, Yoga Bop ___
Blow Your Horn ___
Drum a Drum Yoga ___
Yoga Makes me Strong ___

Around the World ___
Charades ___
Yogi Says ___
Empty the Mind Bucket ___
Pom Pom Pathway ___
Secret Garden ___

10 Minutes

Two Mini’s and a Secret Garden
A Mini, a Song/Game, and a Secret Garden

15 Minutes

Two Mini’s, a Song/Game, and a Secret Garden
A Mini, two song/games, and a Secret Garden
Two longer song/games, and a Secret Garden

