Halloween Brain Boosters

Stir the Cauldron
Use both arms to pretend to stir the big Witches Cauldron pot. Do 10 stirs.

Run from a Ghost
Run in place, pretending like you just saw a ghost! Run for 30 seconds.

Spider Jacks
Complete 10 jumping jacks, with your arms out wide like a spider.

Flying Bats
Pretend you’re a bat soaring through the night. Flap your bat wings 10 times.

Mummy Walk
Walk in place with your arms and legs out straight like a mummy. Walk for 10 seconds.

Pumpkin Squat
Pretend that you have a heavy pumpkin in your arms. Do a squat and when you stand up, reach the pumpkin high above your head. Repeat 10 times.

Ghost Breath
Be still and breathe deep in and out. Bring your arms up and down as you breathe.

Eyeball Stretch
Look to the left for 3 seconds. Look to the right for 3 seconds. Look down for 3 seconds. Look up for 3 seconds. Close your eyes for 3 seconds, and then open them wide!