December Brain Boosters

Gingerbread Man Run
Run in place as fast as you can! Count backwards from 20.

Candy Cane Twist
Twist side-to-side and skip count by 5s to 50.

Reindeer Prance
Prance like a reindeer in place. Skip count by 2s to 20.

Snowflake Twirl
Twirl like a snowflake. Count backwards from 10.

Snowball Fight
Throw your pretend snowballs at your classmates. Count backwards from 20.

Tree Pose
Pose as still as tree for 15 seconds.

Snowman Melt
Stand tall. Squat as slow as you can all the way down to the ground. Repeat 5 times.

Twinkle Star Jump
Do 10 star jumps!

Gift Lifts
Squat down and pretend to pick up a heavy gift 10 times.

Walk Through the Snow
High march around the room in the pretend snow. Count backwards from 20.