

46 Energizing Brain Boosters

To Do In place

1. Do 10 Sit-stands
2. Do 10 sit-ups
3. Do 10 Reaches—sky then floor
4. Balance on 1 Foot
5. Sing loudly
6. March in place
7. Recite something

Stretches & Yoga

8. Neck rolls
9. Primary back stretch
10. Warrior pose
11. Child pose
12. Downward facing dog
13. Shoulder/Arm stretch
14. Shoulder rolls

Crossover exercises

15. 20 Crisscross knee lifts
16. 10 Thumb to Nose
17. 10 Side Reaches L & R
18. Pat head while rubbing tummy
19. 10 Front Ankle slaps
20. 10 Heel touches in back
21. Thumb figure eights –L
22. Thumb figure eights – R

Nearby

23. Pet the pet
24. Wall push-ups
25. Hop in a circle

High energy needed

26. Timed Stairs Race
27. Timed Backyard laps
28. 20 Jumping jacks
29. Cartwheels
30. Shake your sillies out
31. Dance Party
32. Swimming arm circles – opposite
33. Swimming arm circles – same direction

Food and snacks

34. Drink Glass of Water
35. Eat an oily Fish snack
36. Snarf some Trail mix
37. Munch Blueberries

Calming breaks

38. Wall sits
39. Wim Hof breathing
40. Boxed breathing
41. Parasympathetic inhale
42. Read a poem aloud

Chores

43. Unload the dishwasher
44. Laundry folding races
45. 27 pickup
46. Take out the Garbage or Recycling