

BRAIN BREAK

TIC TAC TOE

A FREE RESOURCE

BRAIN BREAK TIC TAC TOE



Players will play Tic Tac Toe just like the original game. However, after placing an X or O in a square, one, or both, players will need to complete the activity in the box.

10 jumping jacks	5 push ups	10 hops on right leg	Run in place for 1 minute	10 lunges on each side	5 tuck jumps
10 hops on left leg	10 sit-ups	10 frog jumps	1 minute bear crawl	Bear crawl for 1 minute	1 minute butterfly stretch
30 second plank	10 burpees	1 minute front pike stretch	15 tricep dips	20 bicycle sit-ups	15 shoulder bridges

1 minute wall sit	20 squats	20 Russian twists	1 minute flutter kicks	20 mountain climbers	30 crunches
20 superman arch holds	10 donkey kicks	1 minute straddle stretch	25 toe raises	20 high knees	1 minute crab walk
20 arm circles	20 body twists	1 minute downward dog	1 minute cobra pose	10 single leg deadlift (each side)	30 second lateral shuffle

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I hope you enjoy this
freebie!



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There are a couple of different ways that you can use this file. If you are playing with your child, feel free to adjust it as needed. You may want to complete the exercises with your child from the first Tic Tac Toe board. If you are unable to complete the activities yourself, you can just have your child do each move 😊

For the second option of Tic Tac Toe, I have included some longer activities. These particular games and activities may take all day to complete or at least a couple of hours. Each Tic Tac Toe game does not need to be completed all in one sitting. These activities are geared more towards kids, so if you are playing with your child, you can do the activities with them, or they can complete them on their own.

Both of these Tic Tac Toe games also work well if you have more than one child and they want to play the games together.



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10 hops on left leg	10 sit-ups	10 frog jumps
30 second plank	10 burpees	1 minute front pike stretch

Run in place for 1 minute	10 lunges on each side	5 tuck jumps
20 front kicks on each leg	Bear crawl for 1 minute	1 minute butterfly stretch
15 tricep dips	20 bicycle sit-ups	15 shoulder bridges

1 minute wall sit	20 squats	20 Russian twists
20 superman arch holds	10 donkey kicks	1 minute straddle stretch
20 arm circles	20 body twists	1 minute downward dog

1 minute flutter kicks	20 mountain climbers	30 crunches
25 toe raises	20 high knees	1 minute crab walk
1 minute cobra pose	10 single leg deadlift (each side)	30 second lateral shuffle



DESCRIPTION OF MOVEMENTS

Bear Crawl: Bend forward with your hands and toes on the ground. Reach forward with one arm, followed by your leg. Continue moving forward in a bent position.

Bicycle Sit-Ups: Lie faceup with knees bent and arms behind your head. Straighten one leg out while pulling the other knee up to touch the opposite elbow. Alternate sides like pedaling a bike.

Body Twists: Stretch arms straight out to the sides. Twist your body back and forth.

Butterfly Stretch: Sit with knees bent and feet touching each other. Bend forward and hold.

Donkey Kicks: Bend forward and place your hands flat on the floor with knees bent. Lift both legs up at the same time and carefully place them back onto the floor.

Flutter Kicks: Lie on back with legs straight and arms down by your sides. Lift legs slightly and flutter your legs up and down.

Front Pike Stretch: Sit on the ground with legs out in front. Bend forward and try to touch your toes.

Lateral Shuffle: Stand with knees slightly bent. Shuffle back and forth from side to side as quickly as possible.

Mountain Climbers: Start in a push-up position. Alternate pulling one knee at a time forward towards chest.

Russian Twists: Sit on the floor with knees bent and feet slightly off the ground. Move your arms from side-to-side in a twisting motion.

Shoulder Bridges: Lie on your back, bend your knees, and place your feet on the ground. Put your arms down by your sides with palms on the floor. Lift your body up, keeping your shoulders on the ground.

Single Leg Deadlift: Stand on one leg. Lean forward and try to touch the ground. Keep your back leg straight while it goes behind you.

Straddle Stretch: Sit on the floor with legs out to the sides in a straddle. Stretch forward and hold.

Superman Arch Holds: Lie facedown with arms and legs extended. Lift both arms and legs at the same time.

Tricep Dips: Sit on the floor next to a stair or couch. Pull arms up onto elevated surface and lower down to the ground.

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Make a card for someone.	Go for a walk.	Read a book.
Draw a picture.	Research two facts about an animal.	Have a dance party.
Set a timer for 10 minutes and clean.	Play a board game.	Complete a craft.

Help to bake or cook something.	Play a card game.	Clean and organize your closet.
Draw with sidewalk chalk.	Go on a nature walk.	Draw or create a new invention.
Make an obstacle course.	Read a book.	Write a letter to someone.

Sort toys to donate.	Set a timer and organize something.	Write a story.
Color a picture.	Read a book.	Create a vision or gratitude board.
Do a puzzle.	Create a toothpick tower.	Play an educational game.

Build something.	Read a book.	Play a board game.
Make a fort.	Have a scavenger hunt.	Go for a walk.
Draw a picture for someone.	Play with Play-Doh.	Make up a game to play.

EDITABLE **BRAIN BREAK** TIC TAC TOE

The next page is editable for you to put in your own activities into each box. (Hint: You could also throw in a couple of chores or school work activities into some of the boxes.)



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Thank you!

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GRAPHICS

