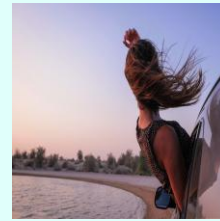
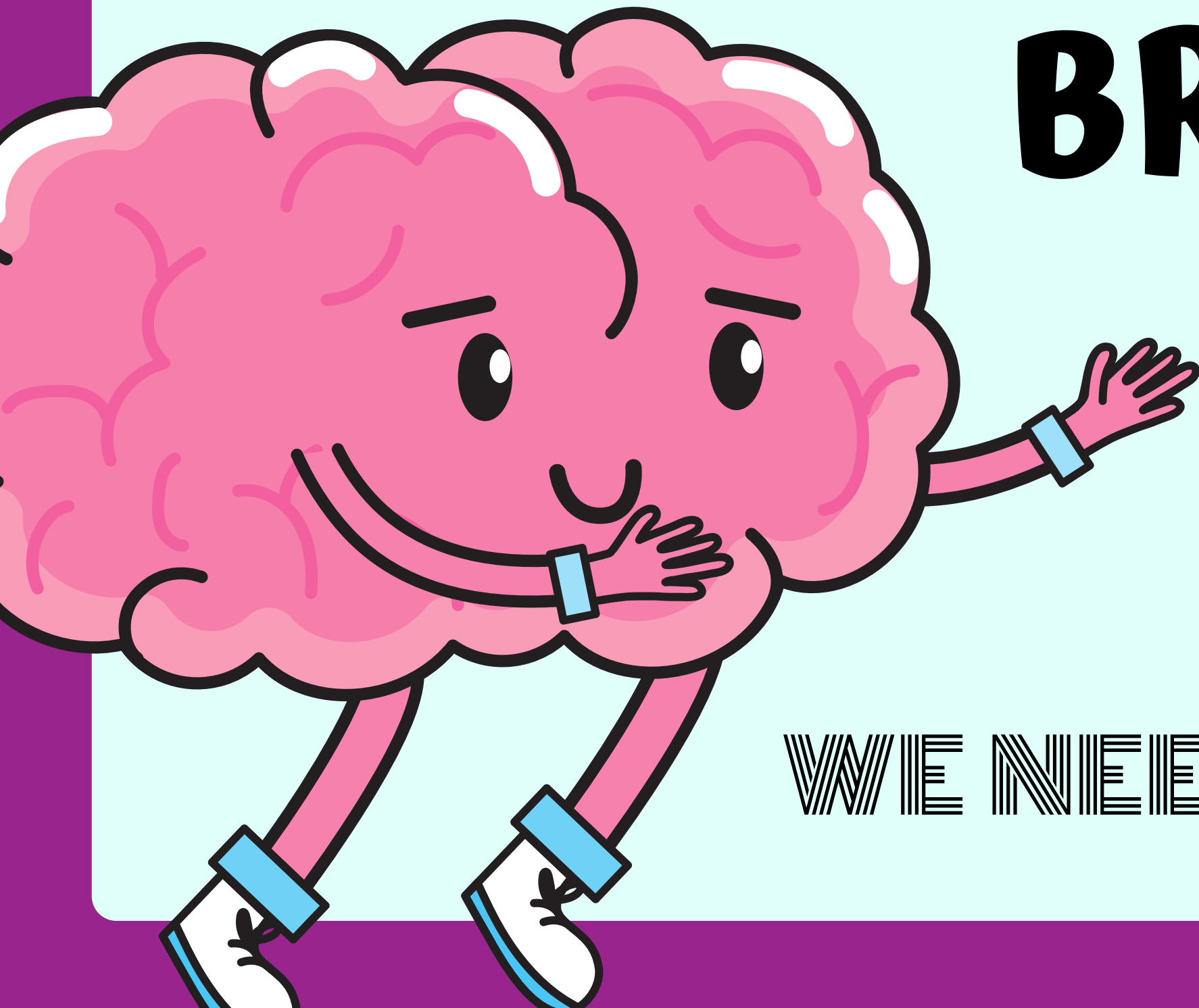


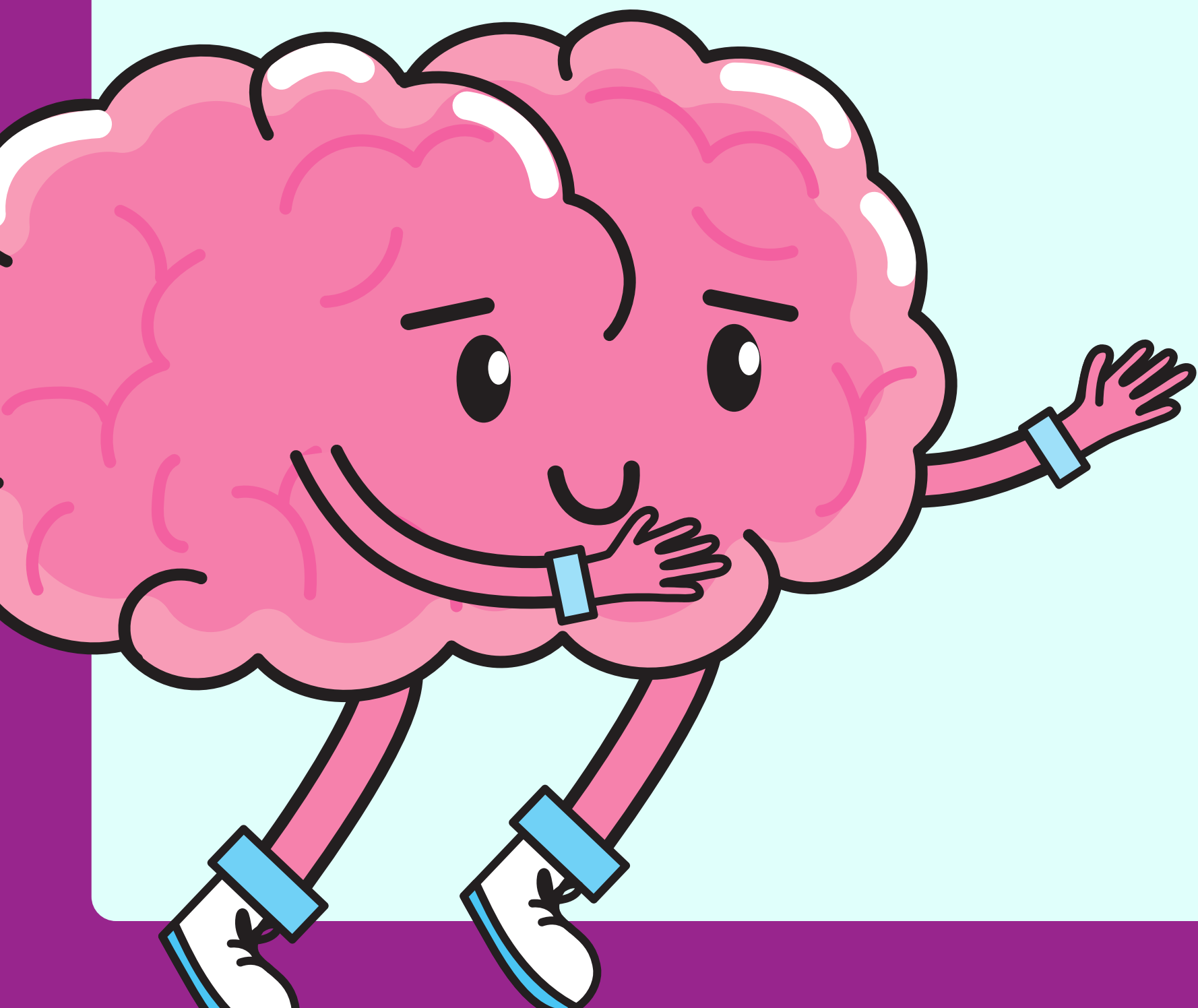
MINDFUL BRAIN BREAKS



WE NEEDED A BRAIN BREAK



1) MENTAL HEALTH CHECK IN



MENTAL health CHECK IN:

I'm great



I'm good



I'm okay



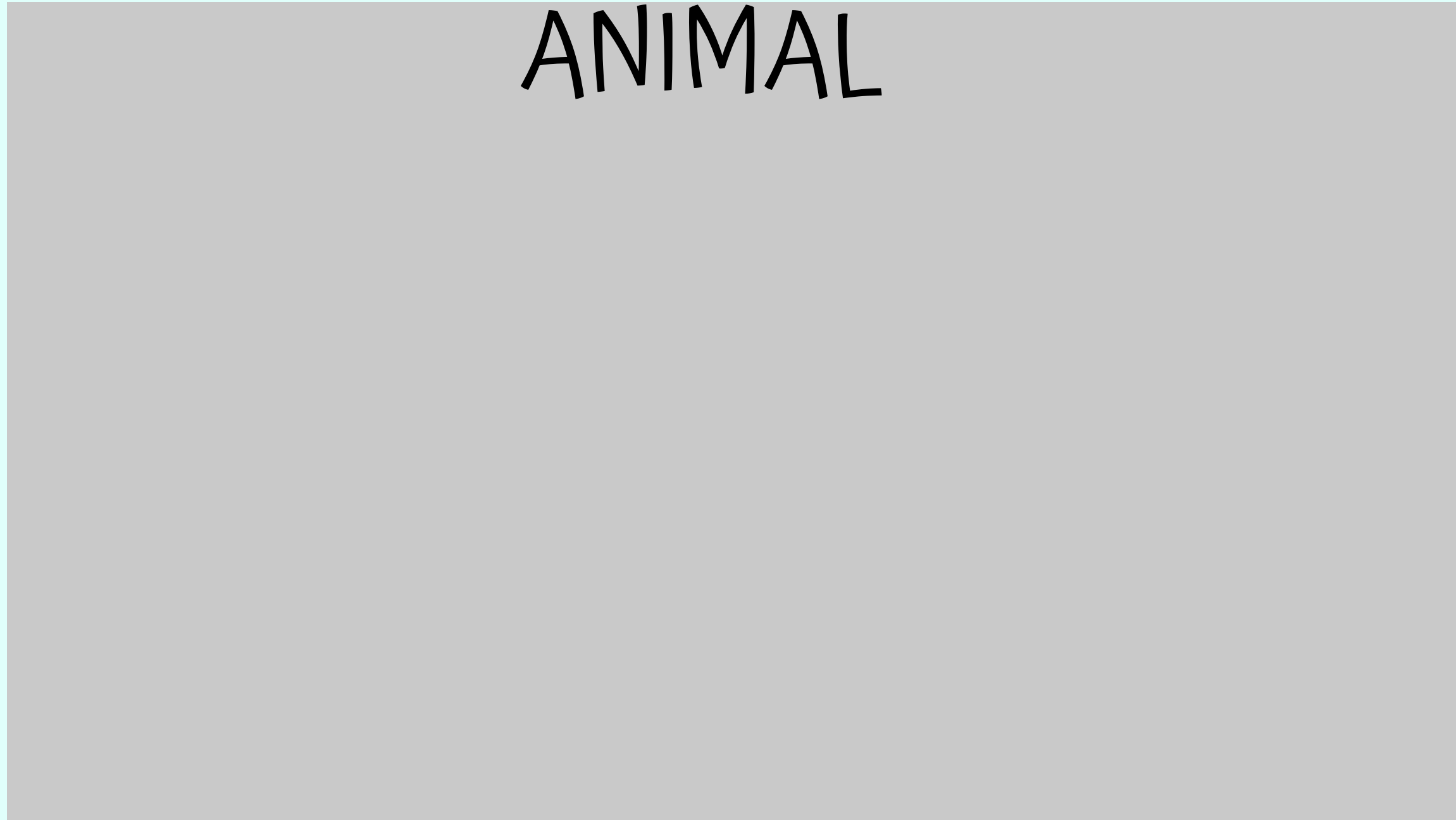
I'm sad or
mad



I'm sad or mad and
need a check in



2) BREATHE LIKE AN
ANIMAL

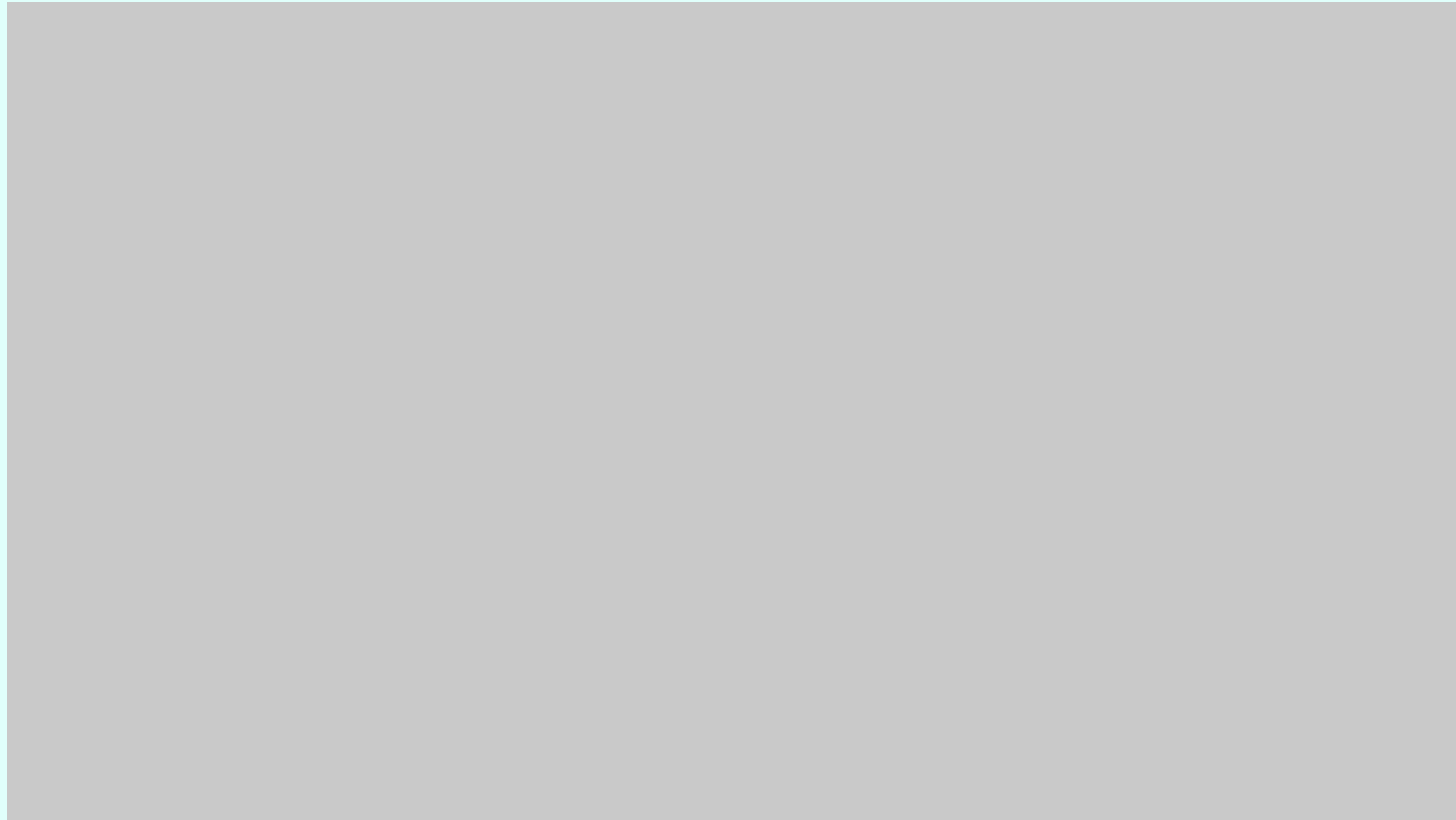


3) GUIDED MEDITATION

4. PLAY FOCUS BALL

WALK YOUR KIDS THROUGH THE FOLLOWING EXERCISE: STAND OR SIT WITH LEGS AND FEET TOGETHER. BRING YOUR PALMS TOGETHER IN FRONT OF YOUR CHEST. KEEP YOUR FINGERTIPS TOUCHING AS YOU PULL YOUR PALMS APART, FORMING A BALL WITH YOUR FINGERS. PRESS YOUR FINGERTIPS TOGETHER UNTIL YOU FEEL THE MUSCLES IN YOUR HANDS AND ARMS ACTIVATING. SEE IF YOU FEEL YOUR CORE TIGHTEN TOO. NOW CLOSE YOUR EYES, AND AS YOU BREATHE IN, INFLATE YOUR BALL, AND AS YOU BREATHE OUT, FLATTEN THE BALL BY PUSHING YOUR PALMS TOGETHER. (REPEAT THESE INSTRUCTIONS FOR 60 SECONDS.)

5) THE EAR NOSE SWITCHEROO



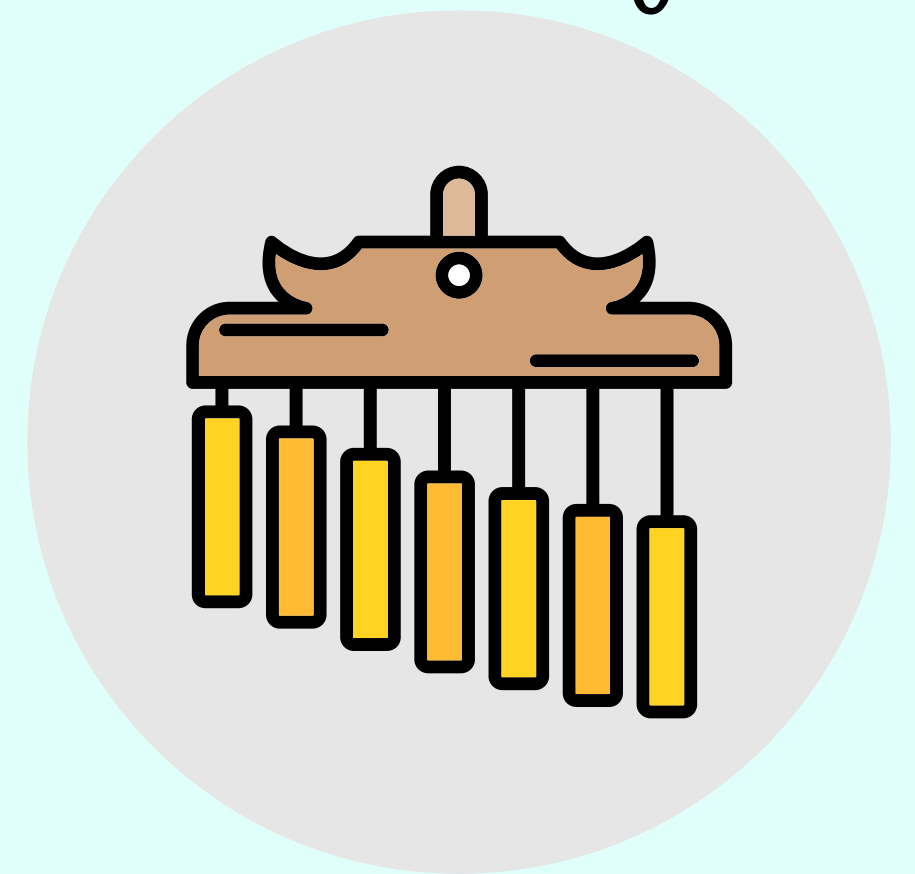
6) YOGA POSES

7. Strrrretch it out

No one should sit for too long. Build in stretch breaks to allow students to stretch muscles that just sat through a long lesson. One side stretch you can do: Students can stand with their feet shoulder-distance apart. Put their left hand on their hip and raise their right hand overhead. Lean to the left and stretch their arm as far as they can to the left. Repeat on the right side. Then stand tall and slowly roll down one vertebra at a time until their hands reach the floor (or at least their shins). Have them take a deep breath, then slowly roll back up. Repeat as necessary.

8) Focus on a sound

Have kids sit quietly with their eyes closed. Ring a chime or gong. Have them listen carefully to the chime, feeling the vibration in their body as the sound reverberates and then slowly fades. Tell them to breathe slowly and deeply as they focus on the sound.



Five finger breathing!



8) Finger breathing

10. Cross-body exercise

Have kids stand tall and cross one leg in front of the other while pressing the outsides of their feet together. Now have them cross their arms over each other at the wrists. Then have them clasp their hands and curl their arms into their chest. Take a few breaths, and uncross and cross the opposite way for a few more breaths.

11. Float with jellyfish

When you really need to take the energy in your room down a notch, turn off the lights, set a timer, and put on a calming video that transports kids into a bloom of jellyfish. They'll be mesmerized by the slow, fluid motions and lulled into calmness by the soothing music.

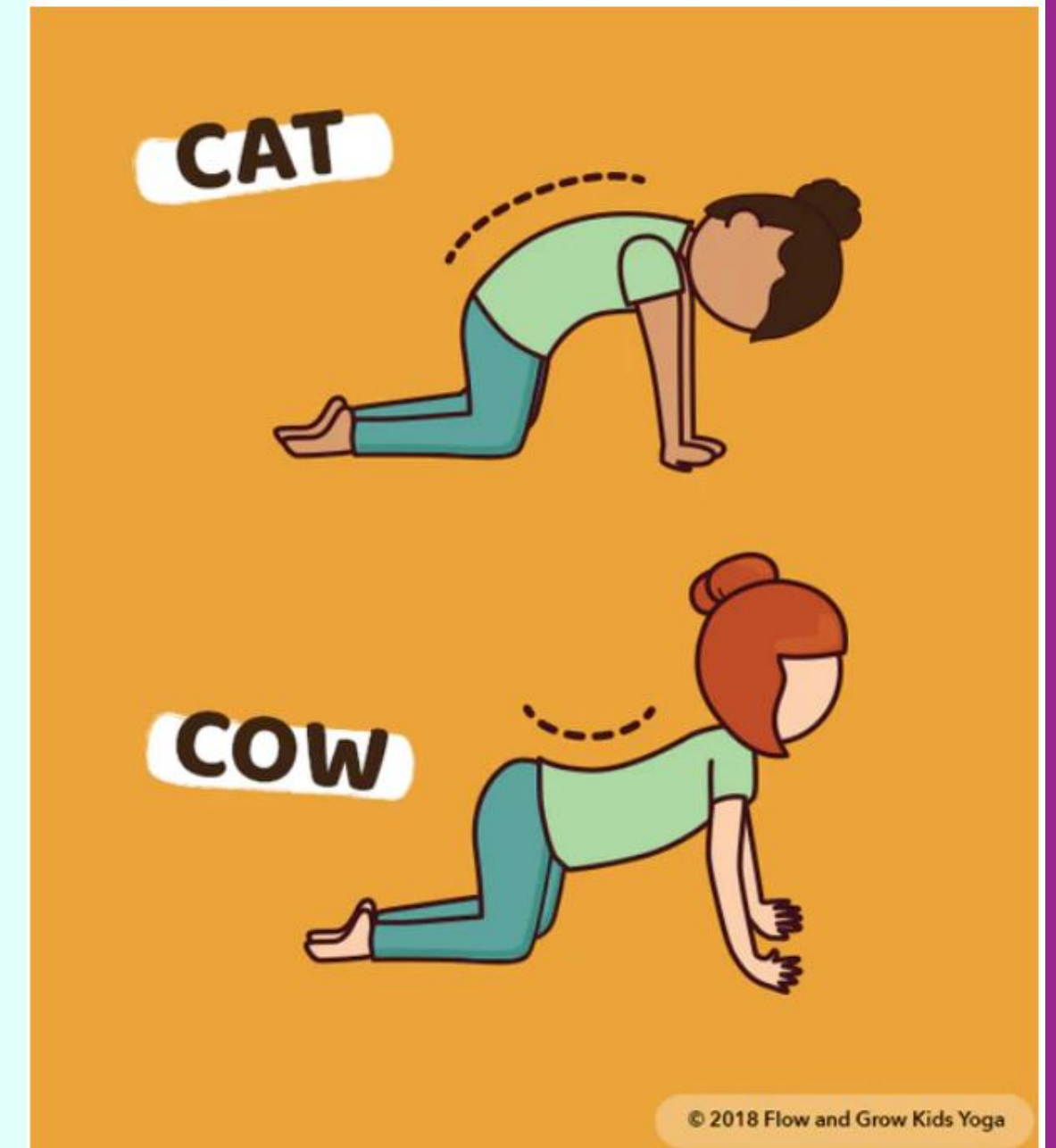


12. Break out the hot hands

This is a good break to practice when you sense a weariness in the air. Have kids rub their hands together vigorously until they warm up. Tell them to close their eyes and place their hands over their eyes. Instruct them to breathe deeply as they clear their minds and refocus.

13. Cat-cow

This spine-flexibility exercise is a good one to do outside or on the carpet. Have kids start on all fours and then give them the following instructions to complete the cat and cow yoga poses: Place your shoulders over your wrists and hips over your knees. Arch your back to the sky and tuck in the tailbone (cat pose). Let your head fall between your arms. From there, sink the belly toward the ground, and lift the chest and chin (cow pose). Gently alternate between the two poses while breathing deeply.



14. Two-minute reset

Never underestimate the power of stillness. When the energy gets a little ramped up, and it's time for the entire class to take a pause, have them drop everything and glue their eyes to the screen as you show this countdown. The gentle lulling of the waves and the sight of the sun sparkling off the water will reset their nervous system in a jiffy.

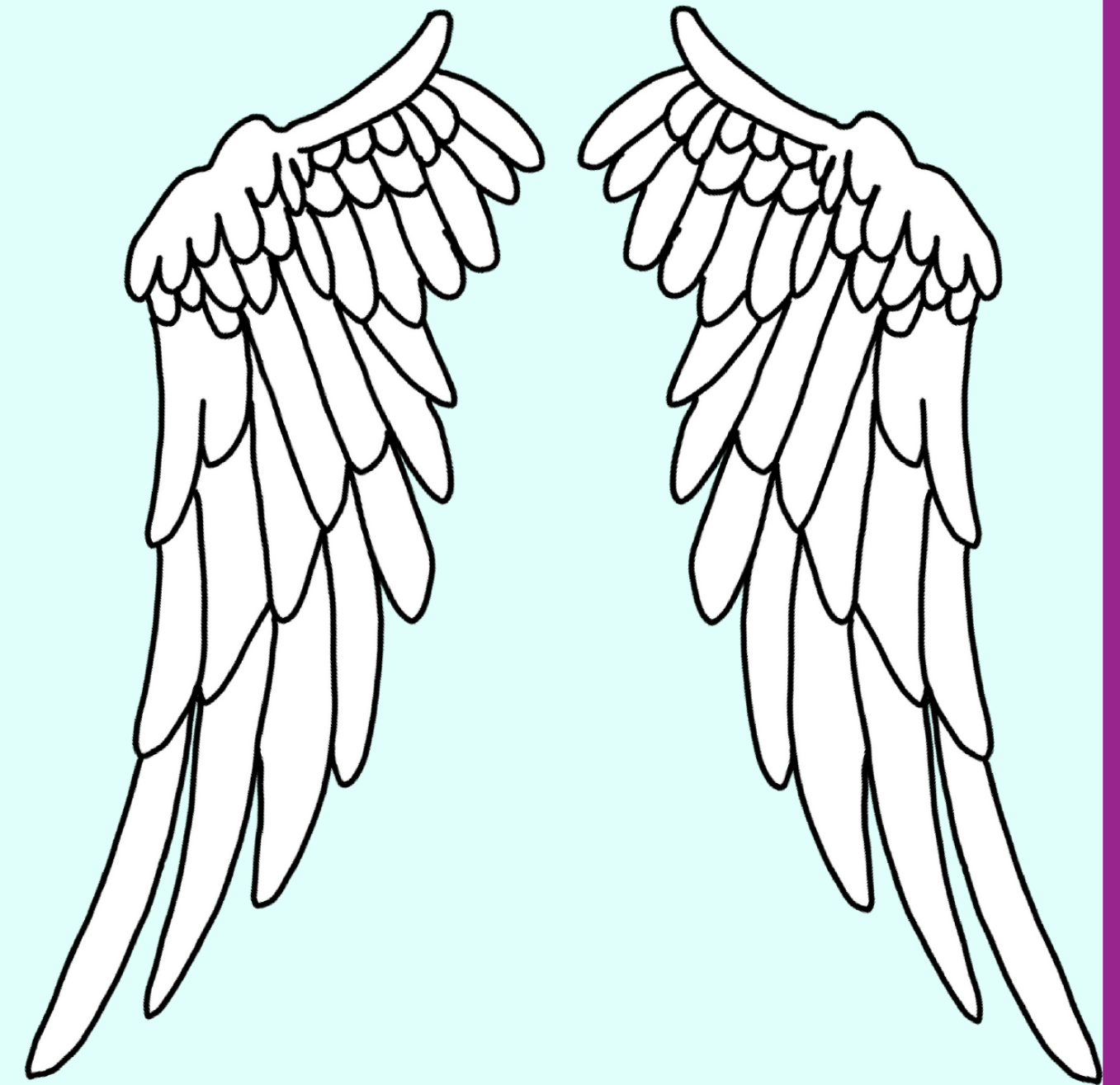


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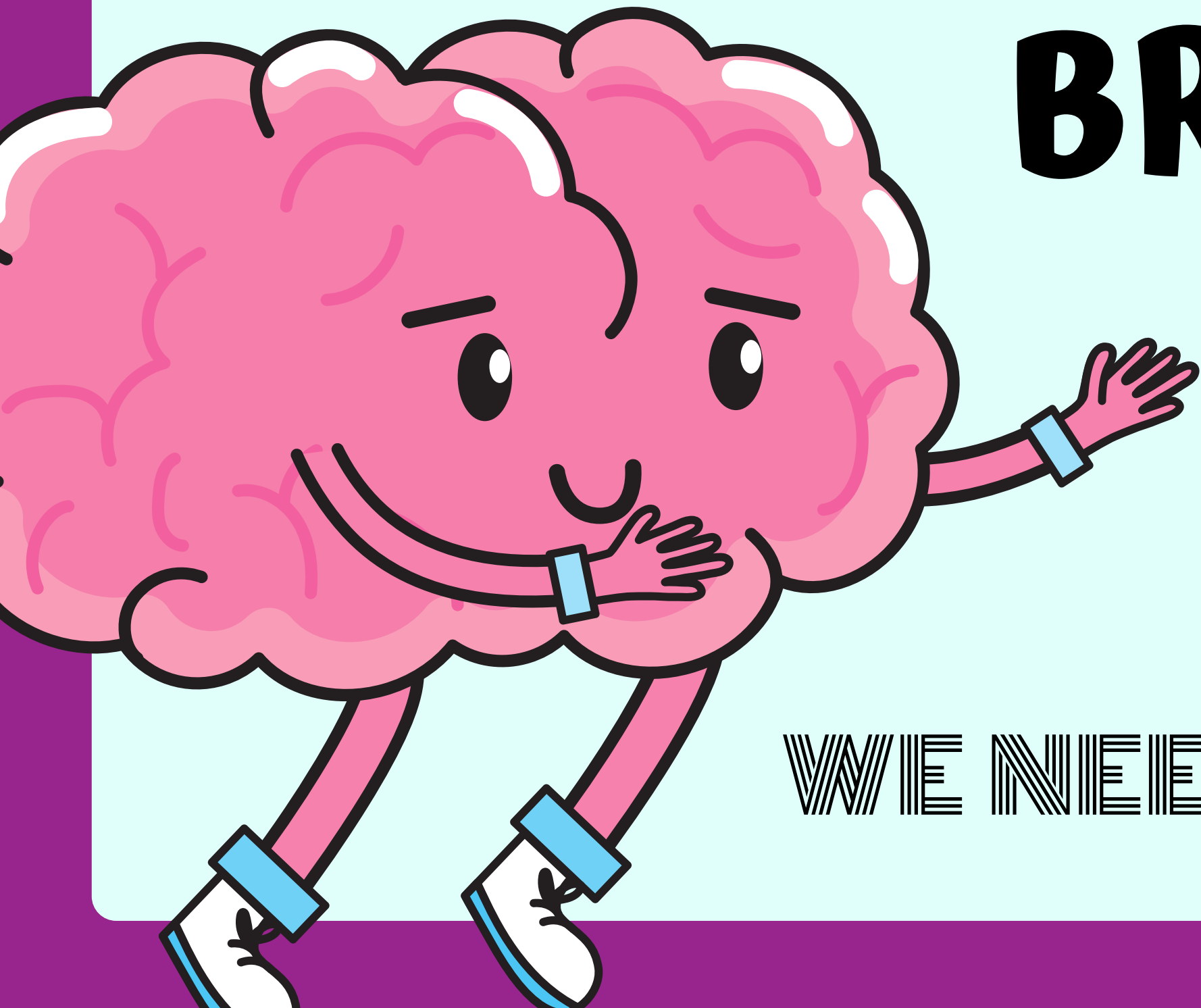
15. Slow-motion wings

Walk your kids through this winged movement: Sit cross-legged on the floor. Stretch your arms down by your sides with your palms facing inward toward your body. Slowly raise both arms while rotating hands forward. When your arms reach shoulder level, your hands should be facing forward. Continue raising arms, slowly rotating palms so that by the time hands are overhead, palms are facing each other. Slowly lower arms, repeating the rotation (palms facing each other, palms facing forward, palms facing sides) until they are once again resting at your sides. As you raise and lower your arms, stretch them as long as you can, as if you are scraping the sides of the room and the ceiling.

Repeat slowly three times, breathing deeply.



PHYSICAL BRAIN BREAKS

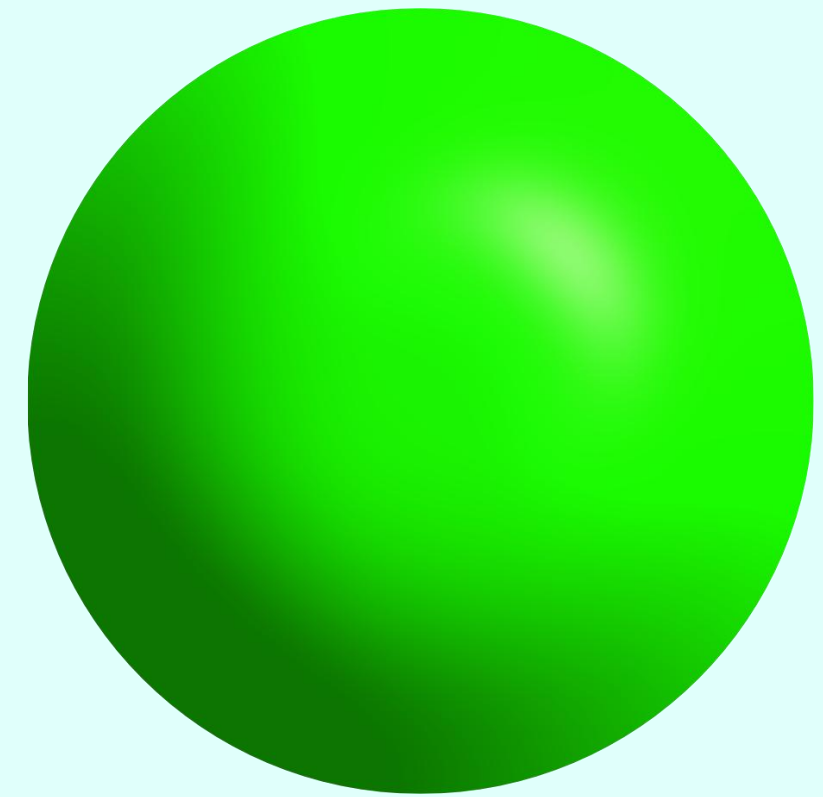


WE NEEDED A BRAIN BREAK



16. Play Silent Ball

You can play a quick game of Silent Ball anytime, anywhere. Play a quick three-minute game right before dismissal or before transitioning to a new activity. All you need is a small squishy ball. The rules are simple: 1) stay quiet and 2) don't drop the ball when passing it around. This activity is one of those educational brain breaks that builds a positive classroom community, fosters friendly competition, and boosts nonverbal communication. Enjoy the silence.



17. LINE UP

Kids are very social and curious beings. Most of them love to chat with one another at any chance they can get. Lining up to leave the room for anything is the perfect chance for them to mix and mingle. Make a more productive use of this time by having students line up in special ways. [Some fun ideas](#) include lining up in alphabetical oRDER BY NAME, BY BIRTH DATE, OR BY HEIGHT ORDER.

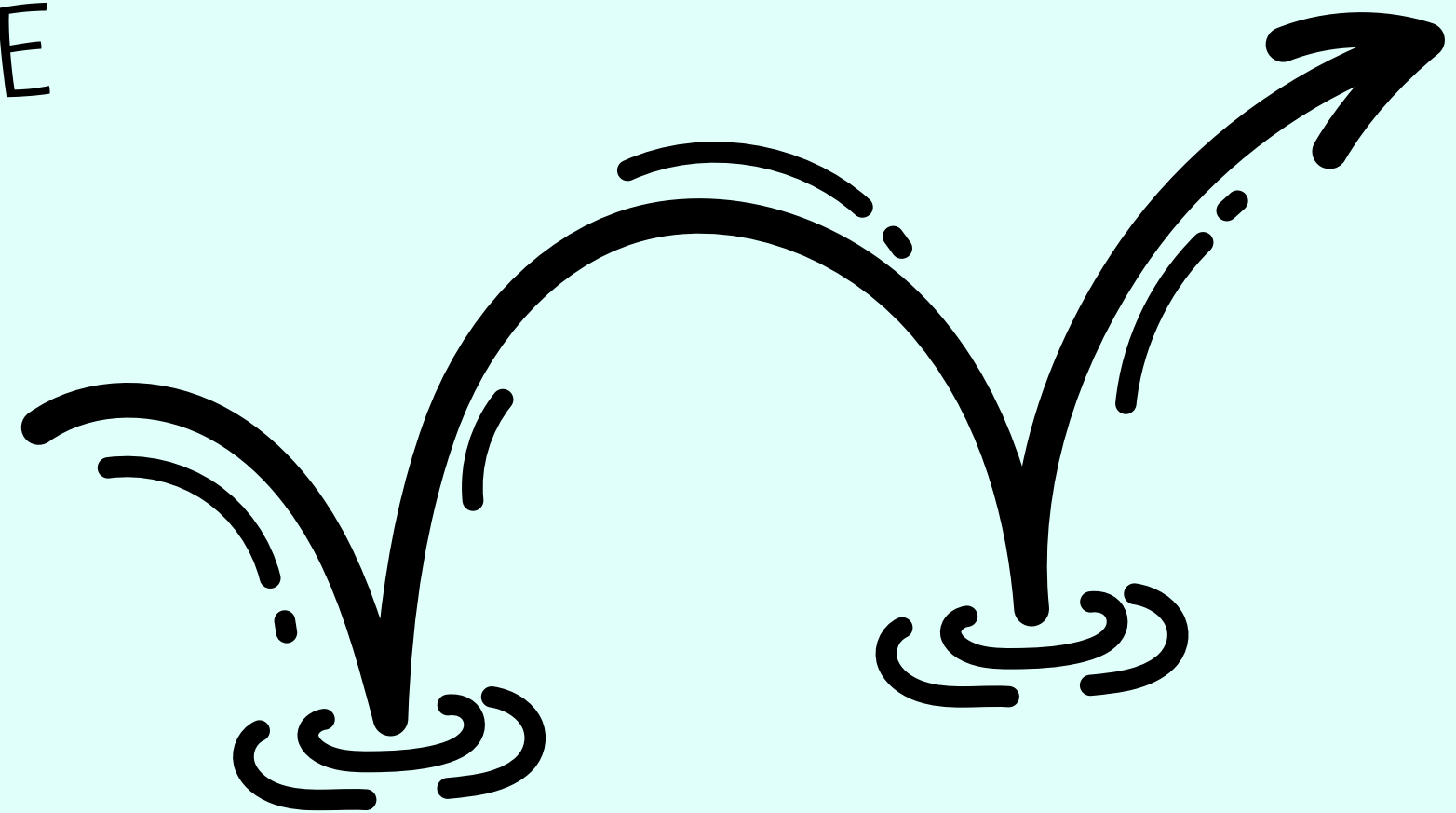
1. LET'S BOUNCE!

ON THE SPOT

IN A CIRCLE

QUICK

SLOW



19. DO THE WAVE

HERE'S ONE FOR A GROUP OF KIDS: START THE WAVE! BEGINNING AT ONE END OF THE ROOM, KIDS STAND UP AND THROW THEIR ARMS OVERHEAD, BRINGING THEM BACK DOWN AS THEY RETURN TO THEIR SEATS. EACH ROW FOLLOWS UNTIL YOU REACH THE OTHER END OF THE ROOM. AMP IT UP BY ENCOURAGING YOUR KIDS TO TAP THEIR FEET OR TAP THEIR HANDS ON THEIR LEGS SO THAT THEY ARE IN CONSTANT MOTION

20. STIR THE POT

HAVE KIDS VISUALIZE THEY ARE STANDING IN FRONT OF AN ENORMOUS CAULDRON. INSIDE THE CAULDRON IS AN OOEY-GOOEY POT OF CARAMEL. TAKE HOLD OF A LARGE STIRRER AND PLUNGE IT TO THE BOTTOM OF THE POT. SLOWLY BEGIN TO STIR IN A CLOCKWISE DIRECTION. HAVE THEM USE THEIR WHOLE BODY TO HELP GET A FULL RANGE OF MOTION IN THEIR WRISTS AND SHOULDERS. INSTRUCT THEM TO THROW THEIR HIPS INTO THE ACTION. AFTER A MINUTE OR TWO, REVERSE THE DIRECTION.



21. MAKE A PIZZA

SIMILAR TO STIR THE POT, SIT ON THE RUG OR IN A CIRCLE OUTSIDE AND HAVE STUDENTS MAKE AN IMAGINARY PIZZA. AS THEY MOVE TO ROLL OUT THE DOUGH, SPREAD SAUCE, AND SPRINKLE ON TOPPINGS AND CHEESE, THEY'RE MOVING AND STRETCHING.



22. MAKE IT RAIN

CONJURE UP A RAINSTORM! SITTING OR STANDING AT A DESK OR TABLE, HAVE KIDS TAP ONE FINGER ON THE DESK, THEN TWO, THEN THREE, THEN FOUR, THEN THEIR WHOLE HAND UNTIL YOU ALL FEEL LIKE YOU'RE IN THE MIDDLE OF A DELUGE. WORK YOUR WAY BACKWARD FROM FIVE DOWN TO ONE AS THE STORM EBBS AWAY.

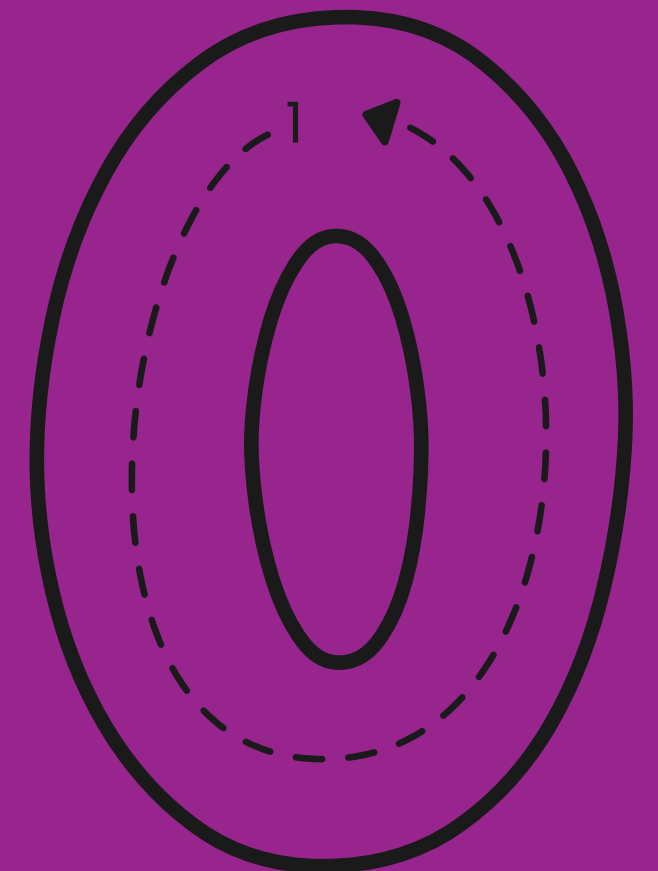
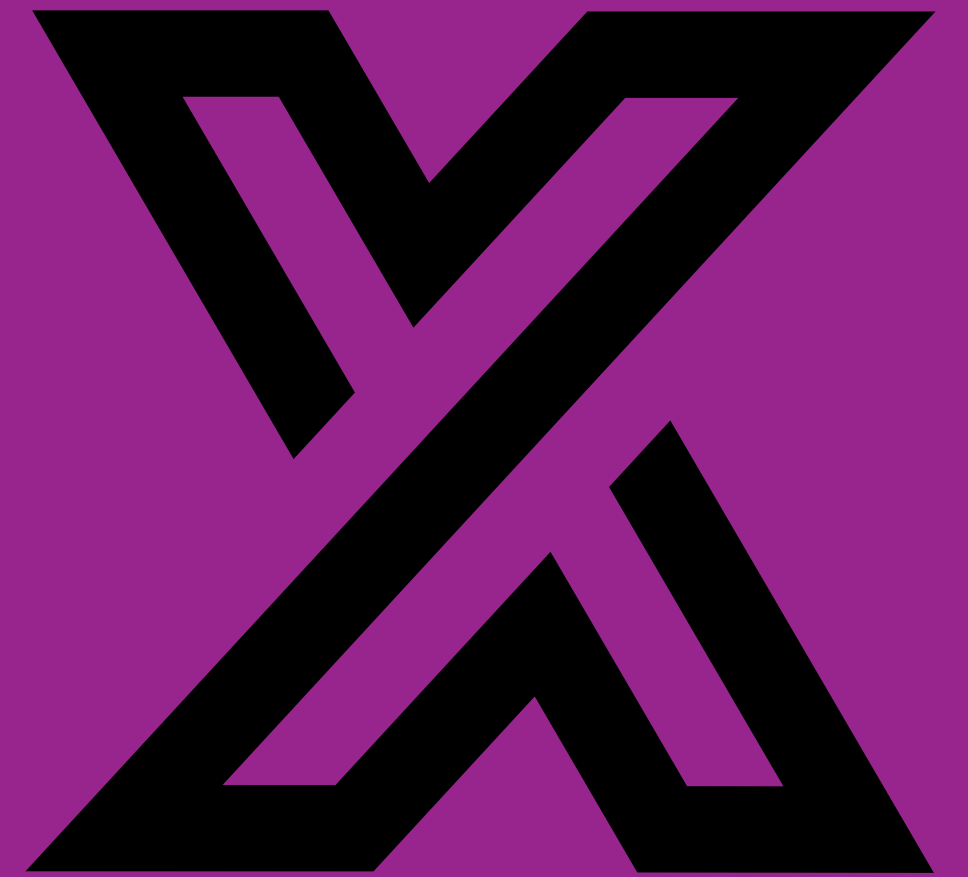


23. KNEE TO ELBOW

FIRST, INSTRUCT KIDS TO TOUCH THEIR LEFT ELBOW TO THEIR RIGHT KNEE, THEN TOUCH THEIR RIGHT ELBOW TO THEIR LEFT KNEE. SWITCH BACK AND FORTH, GOING SLOWLY AT FIRST, BUILDING SPEED UNTIL THEY ARE GOING AT A VIGOROUS PACE. NEXT, DO SOME WINDMILLS BY STANDING TALL WITH THEIR FEET SHOULDER-WIDTH APART AND THEIR ARMS STRETCHED OUT. THEN, THEY BEND AT THE WAIST AND TOUCH THEIR RIGHT HAND TO THEIR LEFT TOES, THEN THEIR LEFT HAND TO THEIR RIGHT TOES. SWITCH BACK AND FORTH.

24. XS AND OS

WALK KIDS THROUGH THE FOLLOWING EXERCISE: SITTING IN A CHAIR WITH YOUR FEET ON THE GROUND AND LEGS TOGETHER, CURL YOUR BODY INTO YOUR LAP, FOLDING YOURSELF INTO AN O SHAPE. NEXT, OPEN YOUR ARMS AND LEGS WIDE, FORMING AN X SHAPE WITH YOUR BODY. PULL BACK INTO AN O SHAPE, THEN BACK OUT TO AN X SHAPE. REPEAT THREE TIMES.



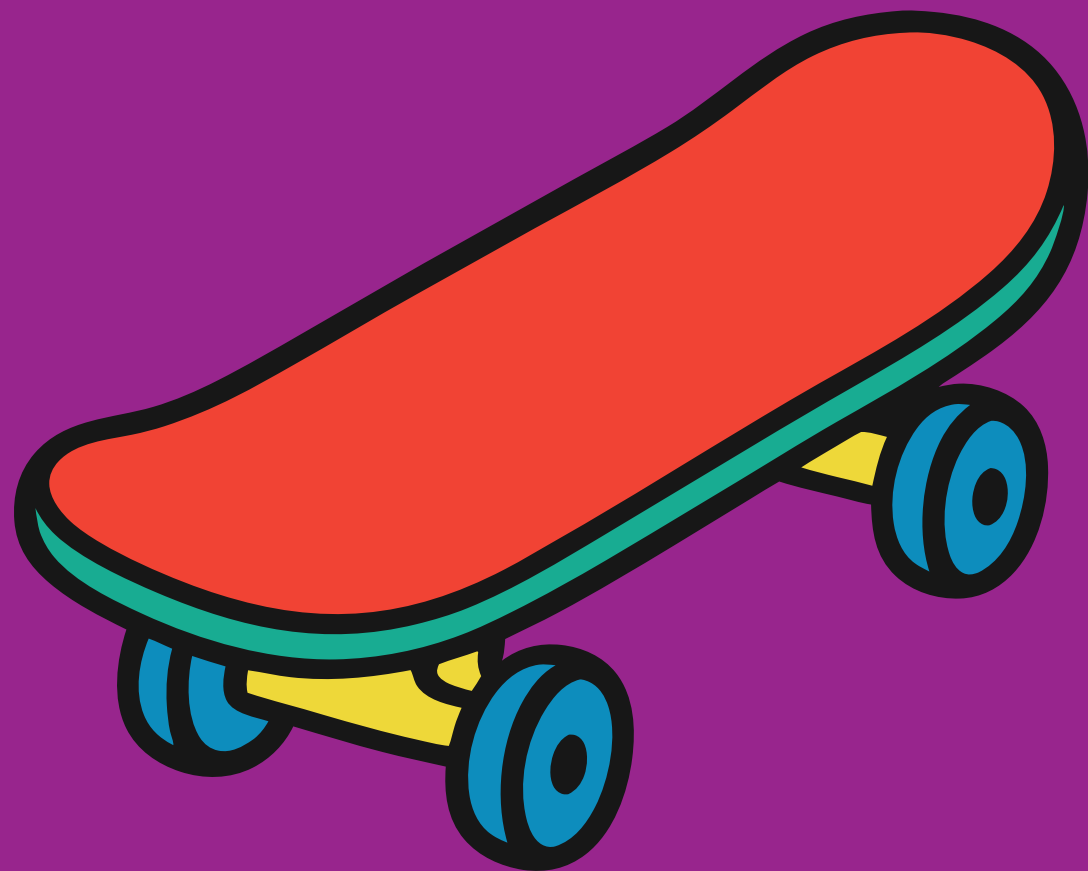
25. ENERGIZE IN 5, 4, 3, 2, 1

GET HEARTS PUMPING WITH A QUICK SEQUENCE OF EXERCISES.

CALL OUT FIVE ACTIONS FOR YOUR STUDENTS TO DO AS QUICKLY AS THEY CAN. FOR INSTANCE, FIVE JUMPING JACKS, FOUR PUSH-UPS, THREE SIT-UPS, TWO SQUAT JUMPS, AND ONE TREE POSE.

26. IMAGINARY SKATEBOARD

HAVE YOUR KIDS LINE UP NEXT TO A WALL AND PLACE ONE HAND ON THE WALL. TELL THEM TO PLANT THE FOOT CLOSEST TO THE WALL AND SWING THE OTHER LEG, AS IF PUSHING OFF THE GROUND ON A SKATEBOARD. START SLOWLY, WITH TINY SWINGS, MOVING UP TO POWER PUSHES. REPEAT ON THE OTHER SIDE.



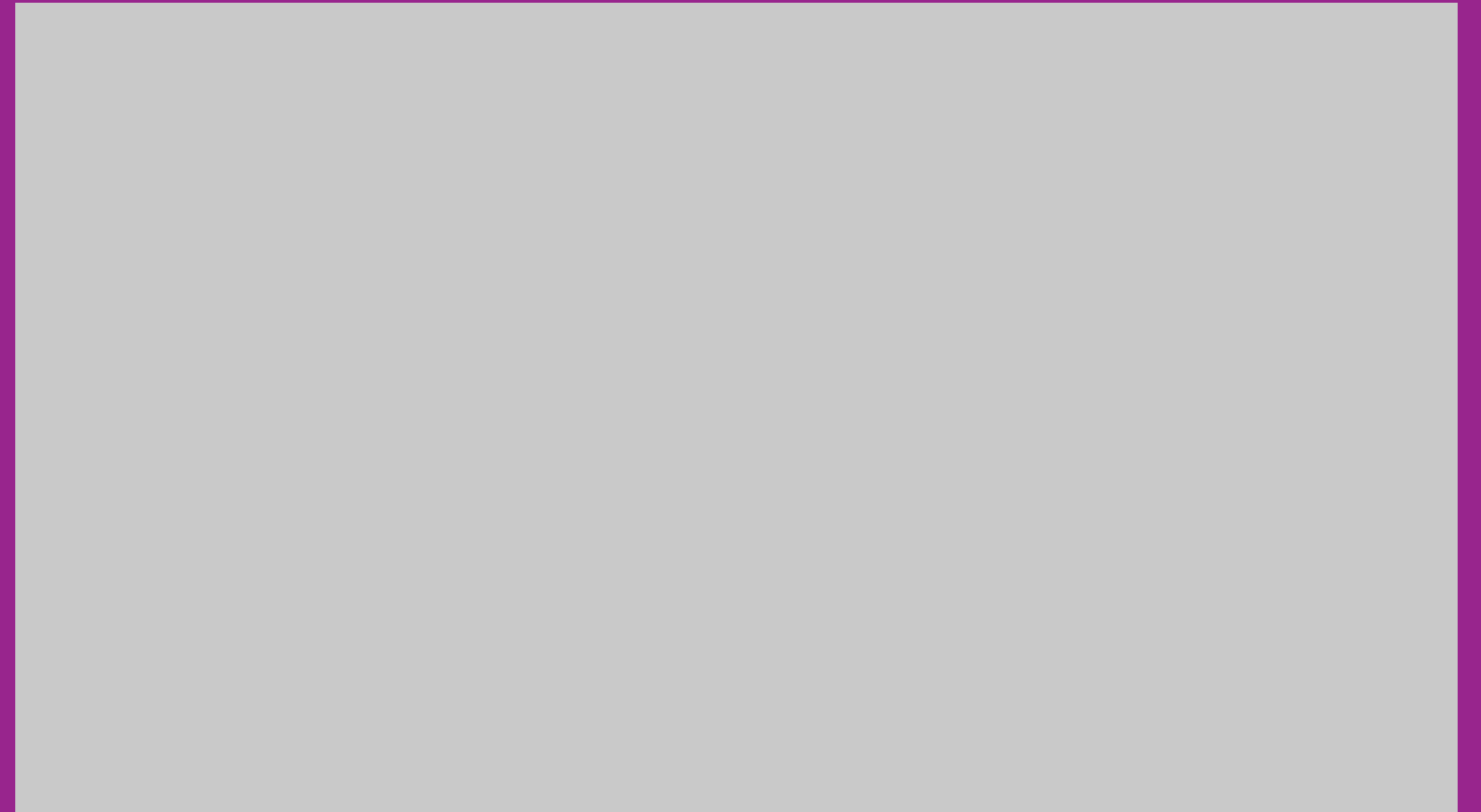
27. DANCE BREAK

MUSIC IS A GREAT WAY TO RESET THE MOOD IN A ROOM AND RAISE THE ENERGY LEVEL. PUT ON A FUN SONG AND HAVE A 30-SECOND TO 1-MINUTE DANCE PARTY.



28. DANCE CLASS

TAKE A DANCE BREAK TO
THE NEXT LEVEL BY
TEACHING KIDS ACTUAL
DANCES. TEACH YOUR KIDS
THE STEPS TO POPULAR
DANCES SUCH AS THE CHA-
CHA SLIDE, THE
MACARENA

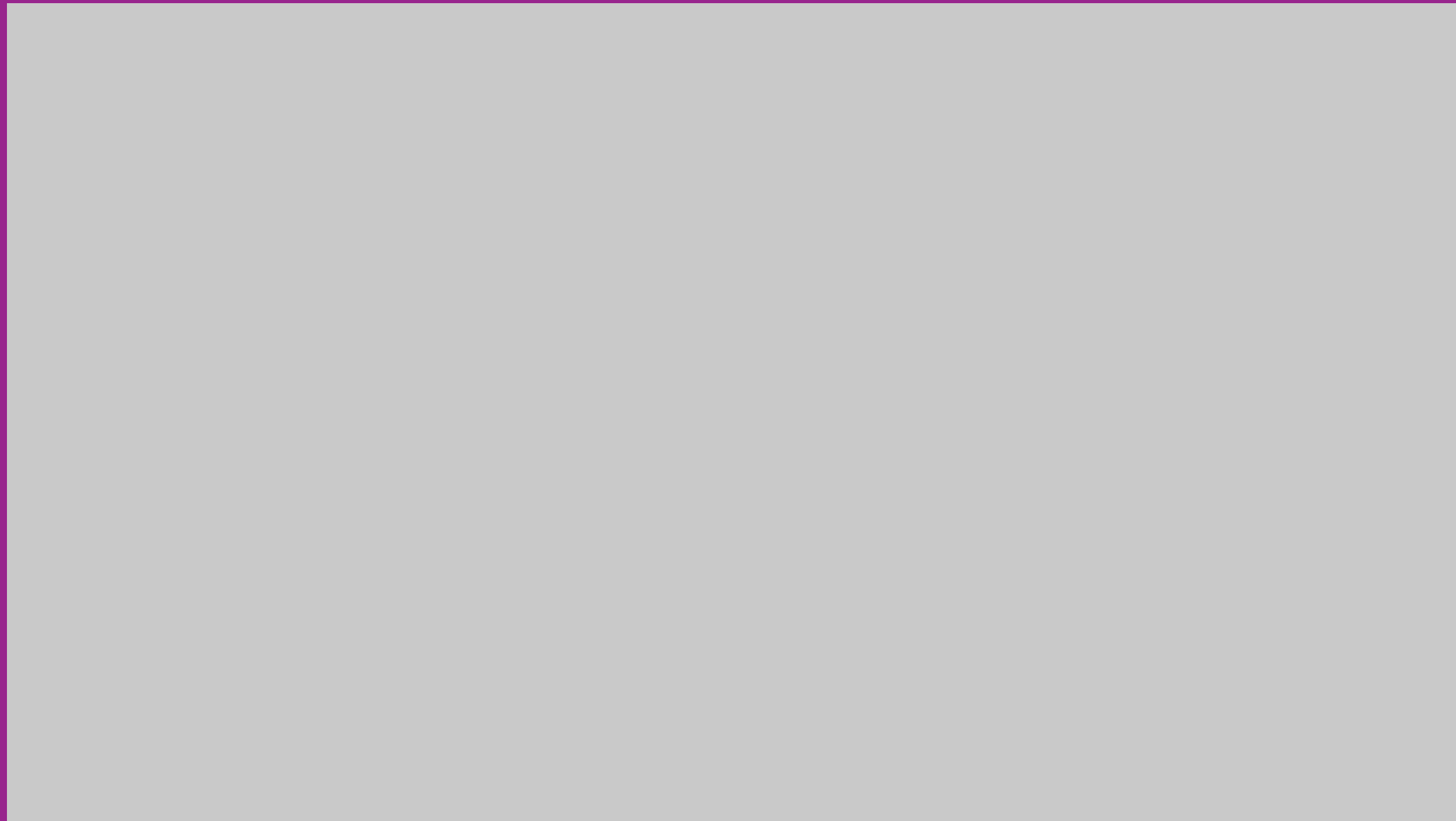


29. Cherry pickers

This easy activity will get your students' hearts pumping and give their brains a boost. Have them jump up off the ground, then down to the floor into a push-up position. From there, instruct them to hop their feet up into a frog position, then pop up to a standing position.

30. Clap on, clap off

When you say "clap on," kids clap their hands vigorously together. When you say "clap off," they stop as quickly as they can and freeze.



31. Skip it out

When the energy is fading and kids need to get their blood flowing, put on a peppy song and pull out the imaginary jump ropes. Have kids skip or jump-rope in place until the song ends.

32. Make like a blender

Tell kids it's time to make fruit smoothies. Ask them to pretend they are in a blender and they are strawberries (or blueberries or bananas, etc.). Dramatically pour orange juice or yogurt into the air in front of you. Tell kids when you flip the switch, they need to wiggle and jiggle (separately, not together) until they are each individually blended up. Start with a slow speed, moving up to medium, fast, and finally turbo speed. And then reverse it! Start at turbo speed and go back to slow speed.



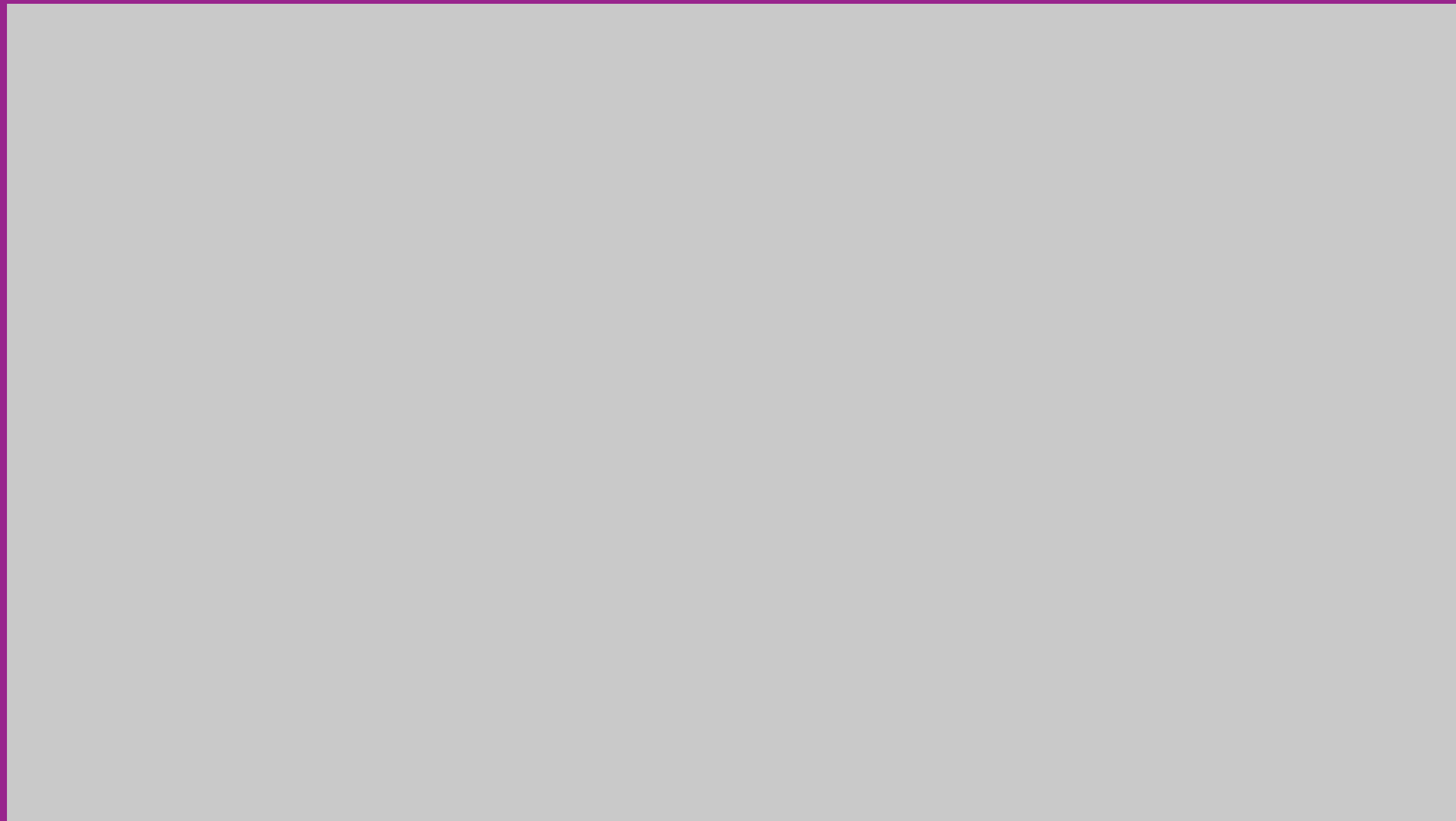
33. Silent cheer

This activity is perfect for the end of a sustained amount of work time—especially for kids who are learning remotely.

Let kids stand up and silently cheer and gesture in celebration. How animated can they get?!

34. Full-body workout

This kid-friendly exercise video is great for their bodies and brains! Kids can follow along through a set of workout moves that will get their blood pumping.



35. Play popcorn

Students will all be sitting in their chairs, and at any time, a student can jump up and say "Pop!" Once they do, that student remains standing. If two students pop up at the same time, everyone takes their seats, and the game starts over. How quickly can the entire class pop without having to start over?



36. HIT THE WALL

PUSHING AGAINST A SOLID OBJECT IS A GOOD WAY TO DISPLACE EXTRA ENERGY FROM YOUR BODY. HAVE KIDS STAND FACING A WALL WITH THEIR ARMS STRETCHED OUT IN FRONT OF THEM, PALMS ON THE SURFACE OF THE WALL. THEY PUSH THE WALL AWAY WITH ALL THEIR STRENGTH FOR A COUNT OF 10. RELAX FOR FIVE SECONDS, THEN PUSH AGAIN. OTHER ACTIVITIES THEY CAN DO AT THE WALL INCLUDE CALF STRETCHES AND WALL PUSH-UPS.

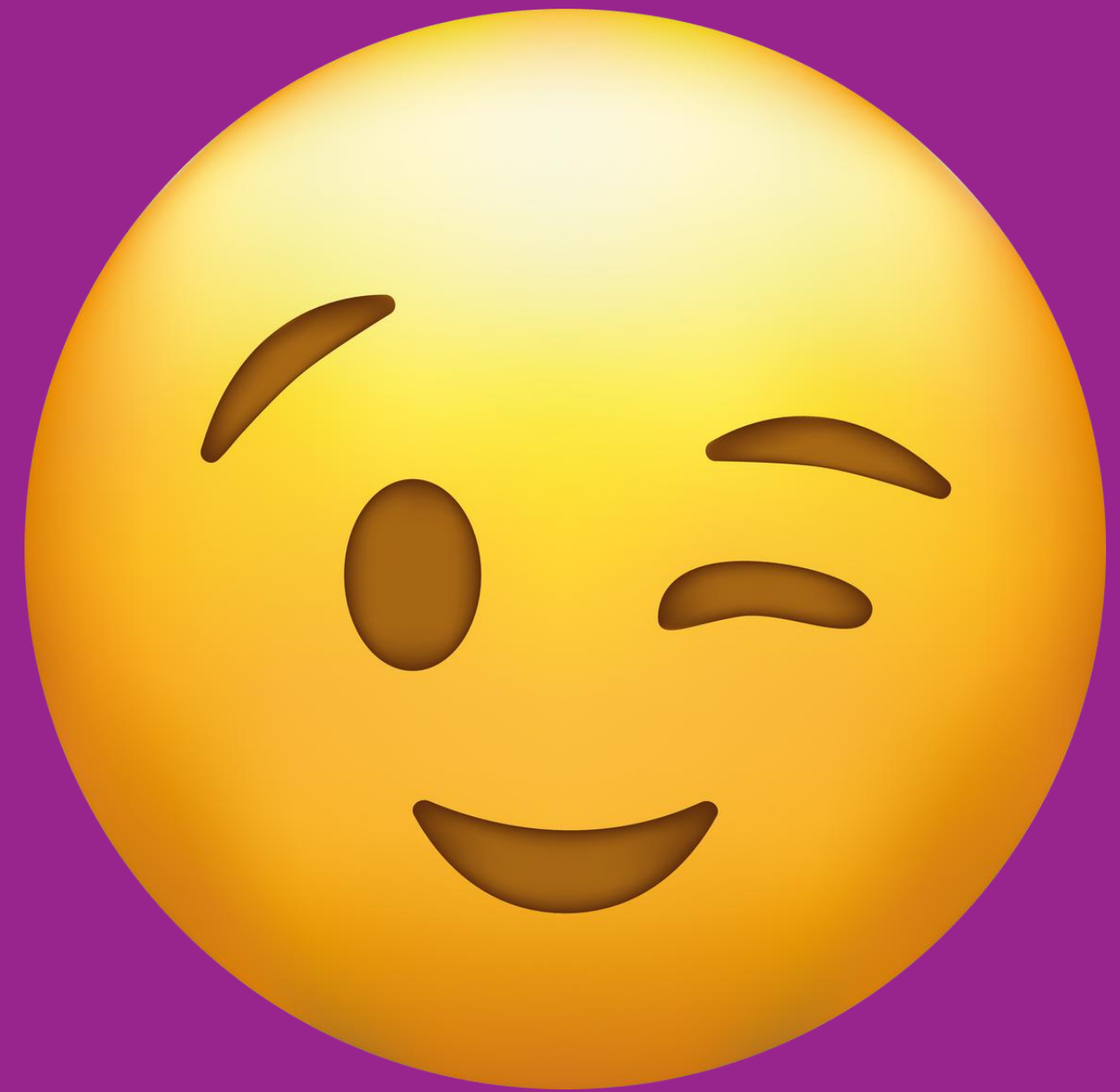
37. 3, 2, 1 blast off!

Instruct kids to stand and then squat down with their hands on the ground in front of them. All together, count down 3, 2, 1. When you get to zero, they should push up like a rocket, jumping as high as they can—letting all of their energy burst from their center.



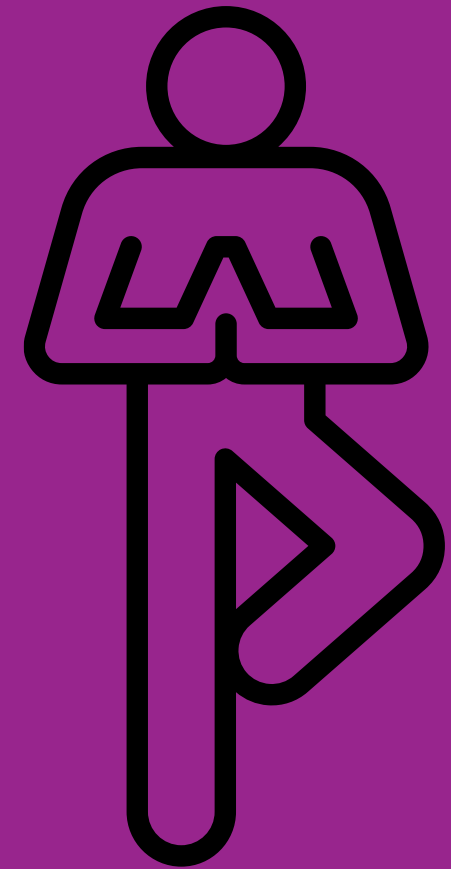
38. Quick as a snap, wink

This is a quick and easy refocusing activity. Tell kids to snap their left fingers while they wink their right eye. Switch to snapping their right fingers while winking their left eye. This activity is particularly effective for younger learners who may find both activities challenging.



39. Balance break

A great way to get kids out of their chairs is to practice balance. Have them hop on one foot. Then up the ante by having them stand on one foot and bend their other knee out in front of them.



40. TABLETOP PUSH-UPS

KIDS CAN USE THEIR DESK, A CHAIR, THE SIDE OF THEIR COUCH—ANYTHING REALLY. HAVE THEM PLACE THEIR HANDS ON THE TABLE AND FOCUS THEIR EYES IN THE CENTER, MOVING DOWN SLOWLY AND PUSHING BACK UP.



41. Shake it out

Using this technique, students pretend to be inside a maraca. After shaking up their bodies, they then settle back for the next activity. Other ideas include pretending to be in a snow globe, tambourine, egg shaker, etc.



42. Face gymnastics

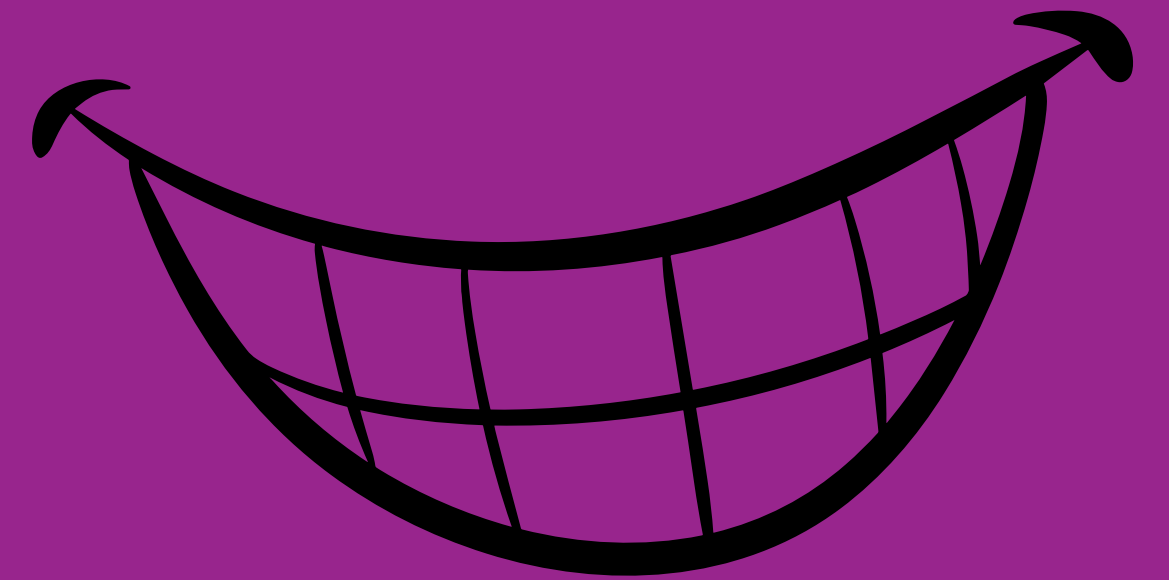
Have kids get their silly on for 30 seconds. Tell them to wiggle their eyebrows up and down as fast as they can. Then try to raise one eyebrow at a time.



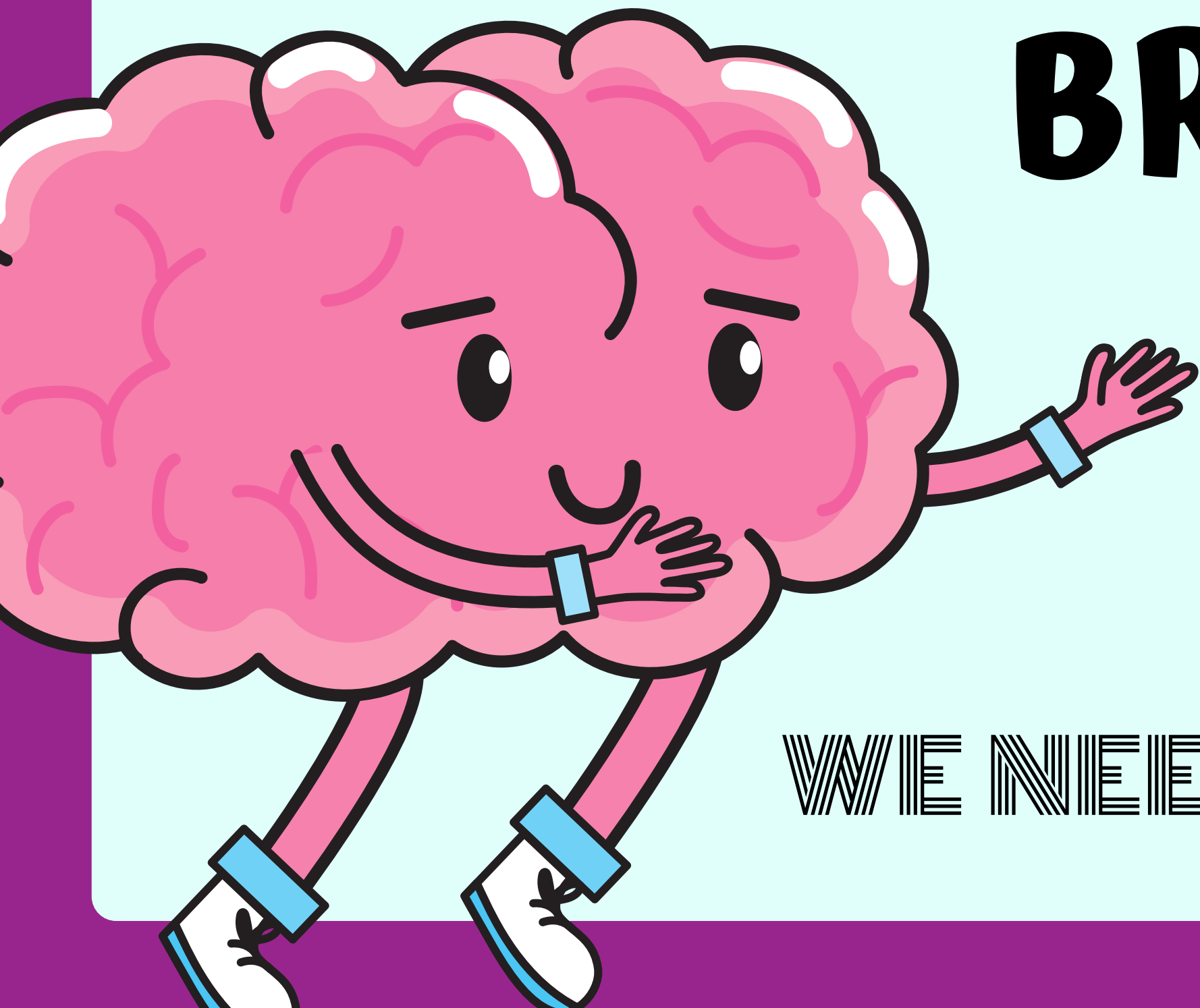
43. Say "cheese!"

This always makes everyone laugh: Make the biggest, cheesiest smile possible. Students automatically get the warm fuzzies, and watching their classmates make funny smiles just adds to the good feelings in the room.

Students can walk around smiling at one another, or just do it at their seats.



EDUCATIONAL BRAIN BREAKS



WE NEEDED A BRAIN BREAK



44. TAKE A COMEDY BREAK

COMEDY IS A GREAT RELEASE WHEN THE ATMOSPHERE IS FEELING A LITTLE INTENSE. SHOW A FUNNY VIDEO CLIP OR HAVE KIDS VOLUNTEER TO TELL A JOKE OR POSE A FEW SILLY RIDDLES. WE HAVE COMPILED A NUMBER OF JOKES BY THEME ON WE ARE TEACHERS FOR KIDS OF ALL AGES FOR GUARANTEED LAUGHS.



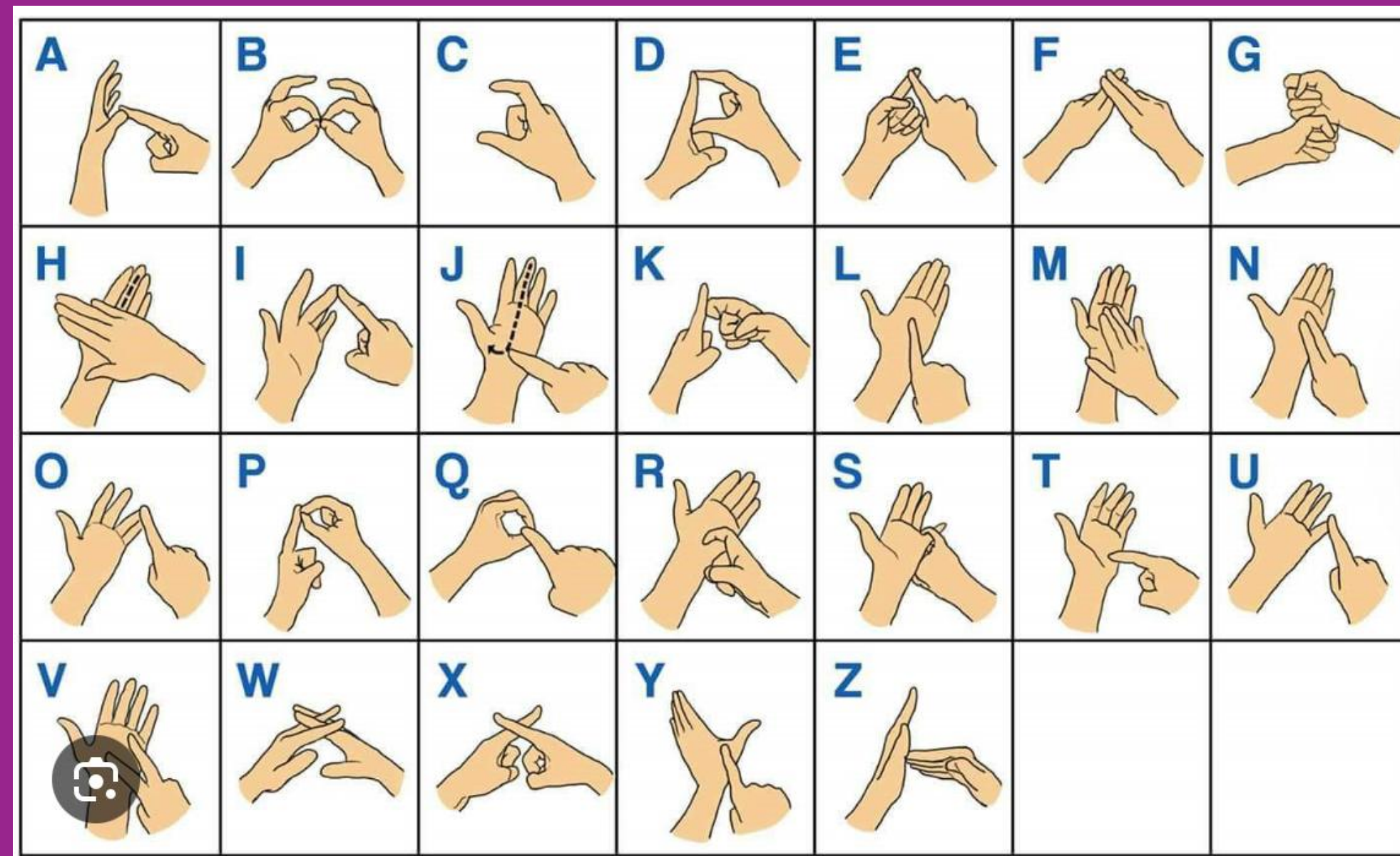
45. SHARE FUN FACTS

IN ADDITION TO JOKE COMPILATIONS, WE HAVE PLENTY OF FUN FACT LISTS ON OUR SITE WITH THEMES THAT WILL THRILL YOUR STUDENTS.

PLUS, THEY'RE AN EDUCATIONAL WAY TO TEACH YOUR STUDENTS NEW INFORMATION DURING BRAIN BREAKS

46. PRACTICE ANOTHER LANGUAGE

TEACH YOUR KIDS THE ALPHABET IN SIGN LANGUAGE. USE BRAIN BREAKS TO PRACTICE BY SINGING THE ABCS WHILE SIGNING THE LETTERS. THEN PRACTICE VOCABULARY WORDS BY SPELLING THEM OUT LOUD WHILE SIGNING THE LETTERS.



47. FIND OUT HOW IT'S MADE

REMEMBER THAT CLASSIC SESAME STREET VIDEO ABOUT HOW CRAYONS ARE MADE? WE WATCHED IN AWE AS CRAYONS ROLLED OFF THE ASSEMBLY LINE, WERE WRAPPED IN PAPER, AND THEN WERE SLIPPED INTO THOSE FAMILIAR CARDBOARD BOXES. KIDS TODAY ARE JUST AS FASCINATED BY HOW THINGS ARE MADE! HERE ARE OUR FAVORITE VIDEOS ABOUT HOW THINGS ARE MADE—FROM FIREWORKS TO LEGO

48. COLORING BREAK

SET A TIMER FOR FIVE MINUTES AND HAVE STUDENTS WORK ON A COLORING SHEET WHILE YOU PLAY CALMING MUSIC. THE CALMING ACTIVITY IS A GREAT WAY TO REFOCUS STUDENTS AS THEY CALM DOWN FROM A HIGH-ENERGY ACTIVITY.



49. TRY DIRECTED DRAWING

DIRECTED-DRAWING ACTIVITIES ARE PERFECT EDUCATIONAL BRAIN BREAKS.



50. GATHER YOUR FAVORITE GIFS

MAKE A SLIDESHOW OF YOUR FAVORITE GIFS AND HAVE YOUR KIDS ACT THEM OUT. FUNNY ANIMALS ARE A GOOD PLACE TO START!

51. FIND THE OBJECT

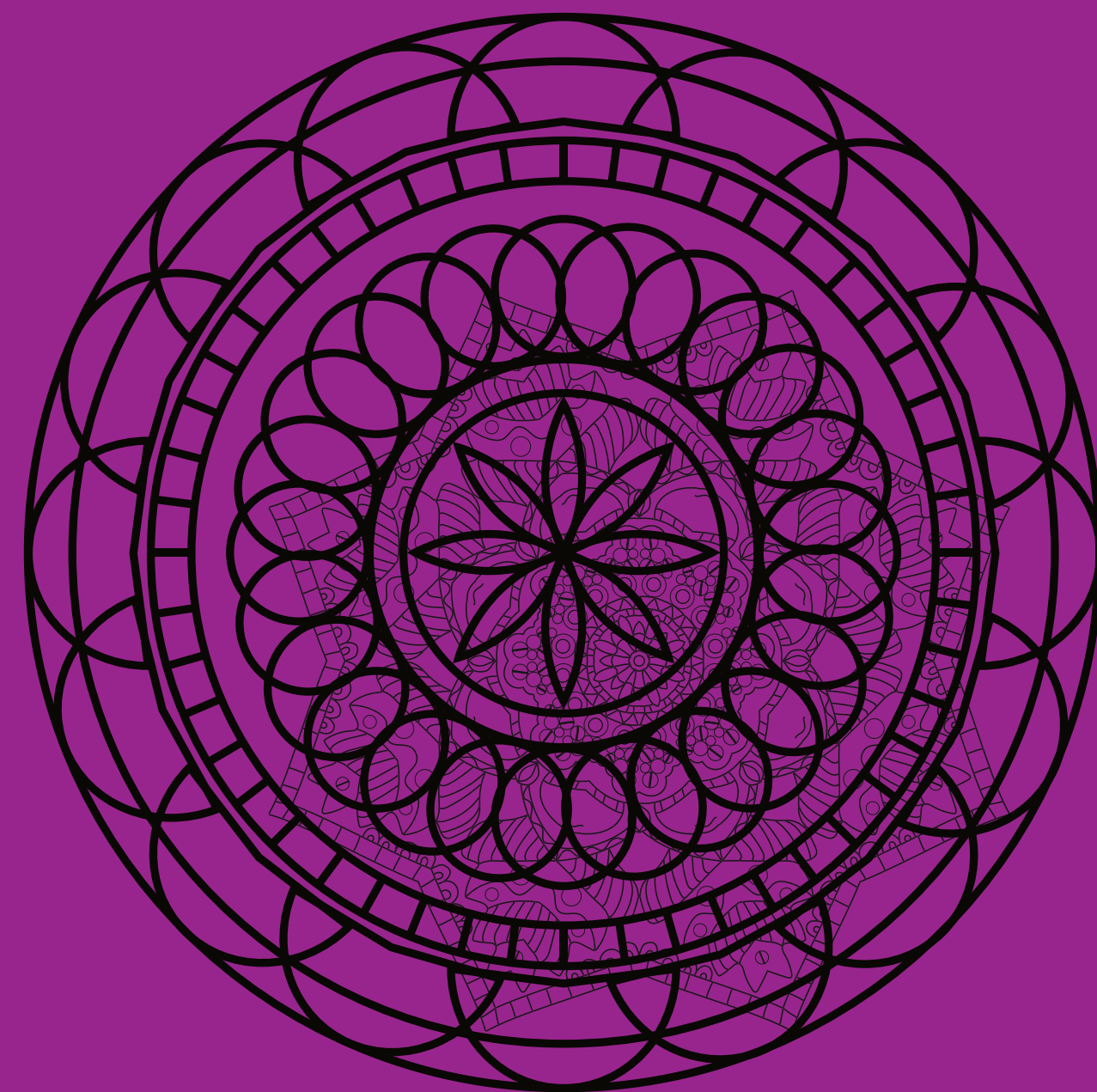
KIDS DON'T EVEN HAVE TO GET OUT OF THEIR SEATS FOR THIS ONE, BUT THEY CAN! HAVE ONE STUDENT START BY FINDING AN OBJECT AND SAYING, "I SEE SOMETHING BEGINNING WITH THE LETTER [FILL IN THE BLANK]." THE FIRST PERSON TO GUESS THE ITEM CORRECTLY GETS TO CHOOSE THE NEXT OBJECT. THIS CAN BE A FUN ONE TO PLAY ON ZOOM TOO! YOU CAN HAVE KIDS ADD IN ADDITIONAL CLUES TO HELP.

52. CLAP FOR CALL-AND-RESPONSE

PEP THINGS UP WITH A LITTLE CALL-AND-RESPONSE CLAPPING. IT'S SIMPLE TO DO AND IS OFTEN USED IN THE CLASSROOM TO GET STUDENTS' ATTENTION. SIMPLY CLAP OUT A PATTERN THAT YOUR KIDS WILL REPEAT BACK TO YOU. SWITCH OUT THE PATTERN A FEW TIMES UNTIL EVERYONE IS FOCUSED AND ENGAGED. ALTERNATIVELY, TRY A VOCAL CALL-AND-RESPONSE. SING OUT A FEW RIFFS AND HAVE KIDS ECHO THE TUNE BACK TO YOU.

53. COLOR MANDALAS

EVEN GROWN-UPS HAVE PICKED UP ON THE COLORING CRAZE AS AN EXCELLENT WAY TO CALM DOWN AND ZONE OUT. PUT ON SOME NICE MELLOW BACKGROUND MUSIC, SET A TIMER, AND PASS OUT MANDALA COLORING PAGES.



54. CONNECTIONS

BY NOW YOU HAVE PROBABLY HEARD (AND MAY BE A DAILY PLAYER) OF THE GAME CONNECTIONS THROUGH THE NEW YORK TIMES. KIDS OF ALL AGES LOVE A CHALLENGE, AND THIS DEFINITELY PROVIDES SOME BRAIN-BENDING EXERCISE! YOU CAN EVEN MAKE YOUR OWN CUSTOM GAME TO TAILOR IT TO YOUR STUDENTS!

55. WORDLE

THE NEW YORK TIMES DAILY WORD GAME THAT STARTED IT ALL IS A GREAT EDUCATIONAL BRAIN BREAK FOR KIDS AND ADULTS OF ALL AGES. PLAY WORDLE DAILY USING THE OFFICIAL GAME ONLINE. OF COURSE, WE HAVE PLENTY OF ALTERNATIVE METHODS, TOO, THAT YOUR KIDS WILL LOVE! YOU CAN PLAY ON GIANT CHART PAPER, USING PRINTABLES, OR EVEN MAKE UP YOUR OWN WORDLE OF THE DAY.

56. WOULD YOU RATHER ...?

STUDENTS OF ALL AGES LOVE PARTICIPATING IN A ROUND OF WOULD YOU RATHER. TALK THEM THROUGH, OR HAVE STUDENTS MOVE TO A SIDE OF THE ROOM TO SHOW WHETHER THEY WOULD RATHER BE A DETECTIVE WHO SOLVES MYSTERIES OR A SCIENTIST WHO MAKES INVENTIONS.

Would You Rather Challenge Cards

Would you rather play a villain or a superhero in a film?



1.1 SPY



58. WRITE IT OUT

DON'T UNDERESTIMATE THE POWER OF JOURNALING OR CREATIVE WRITING. GIVE YOUR KIDS A 5- OR 10-MINUTE BREAK TO OPEN UP THEIR NOTEBOOK AND WRITE ABOUT ANYTHING THEY'D LIKE. THEY DON'T HAVE TO SHARE IT WITH THE CLASS OR DO ANYTHING ELSE WITH IT; JUST USE THE QUIET TIME TO FOCUS ON SOMETHING THEY LOVE AND WANT TO WRITE ABOUT.



59. CATEGORIES

NAME A CATEGORY BY SUBJECT.
STUDENTS THEN TAKE TURNS SAYING A
WORD THAT FITS INTO THE CATEGORY.

FOR AN EXTRA CHALLENGE, FIND
SOMETHING THAT FITS INTO THE
CATEGORY FOR EACH LETTER OF THE
ALPHABET. STUDENTS CAN WRITE THEM

DOWN ON PAPER BEFORE SHARING
ANSWERS, OR JUST PLAY ORALLY AND
WRITE THE ANSWERS ON THE BOARD.

FUN TIMES ALL AROUND!



60. SCATTERGORIES

ANOTHER VARIATION OF THE ABOVE WOULD BE TO PLAY A BOARD GAME LIKE SCATTERGORIES. FIRST, COME UP WITH 10 DIFFERENT CATEGORIES THAT CAN BE USED MULTIPLE TIMES. NEXT, CHOOSE ONE LETTER OF THE ALPHABET FOR THE ROUND. EACH ANSWER MUST START WITH THE SAME LETTER.

61. HEADS UP, 7 UP

REMEMBER THIS GAME FROM ELEMENTARY SCHOOL? SEVEN KIDS ARE CHOSEN TO STAND UP IN FRONT OF THE ROOM, WHILE THE REST OF THE CLASS PUTS THEIR HEADS DOWN WITH A THUMB UP. THE SEVEN STUDENTS GO AROUND AND EACH LIGHTLY TAP THEIR CHOSEN PERSON. THE CHOSEN SEVEN THEN TRY TO GUESS WHO PICKED THEM. THOSE WHO GUESS CORRECTLY GET TO TAKE THE PLACE OF WHOEVER PICKED THEM, AND THE GAME CONTINUES ON.

62. SIMON SAYS

IN THIS CLASSIC GAME, THE CHOSEN LEADER CALLS OUT SIMPLE MOVES FOR THE CLASS TO FOLLOW, SAYING "SIMON SAYS" BEFORE EACH DIRECTIVE. WHEN THE LEADER TRIES TO TRICK THE GROUP WITHOUT SAYING "SIMON SAYS" BEFORE THE DIRECTIVE, THOSE WHO DO THE MOVE SIT OUT. PLAY UNTIL ONLY ONE PERSON IS LEFT STANDING.

63. FOUR CORNERS

THE GAME LEADER PUTS THEIR HEAD DOWN AND COUNTS TO 10. AT THE SAME TIME, THE REST OF THE GROUP SCATTERS INTO ONE OF FOUR DESIGNATED CORNERS. BEFORE PICKING UP THEIR HEAD, THE LEADER CALLS OUT ONE CORNER. ANYONE IN THAT CORNER SITS OUT. THE GAME CONTINUES UNTIL ONLY ONE PERSON IS LEFT, AND THEN THEY LEAD THE NEXT TIME THE GAME IS PLAYED.

64. Minute To Win It

A Minute To Win It challenge can be a great way to get kids up and moving, with a time limit! Check out the Minute To Win It options that teachers love, like cup stacking and the cereal box puzzle.



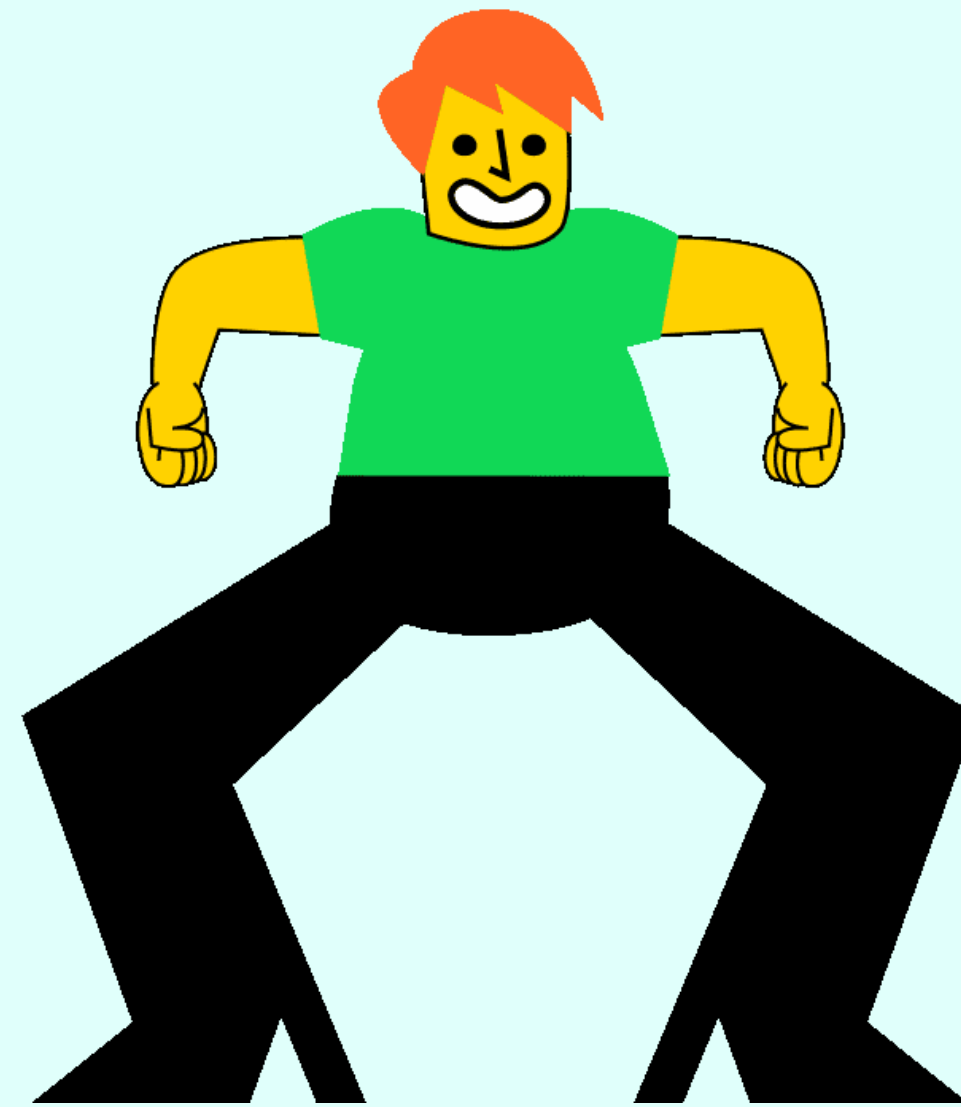
DANCE AND SHAKE YOUR FOOT.



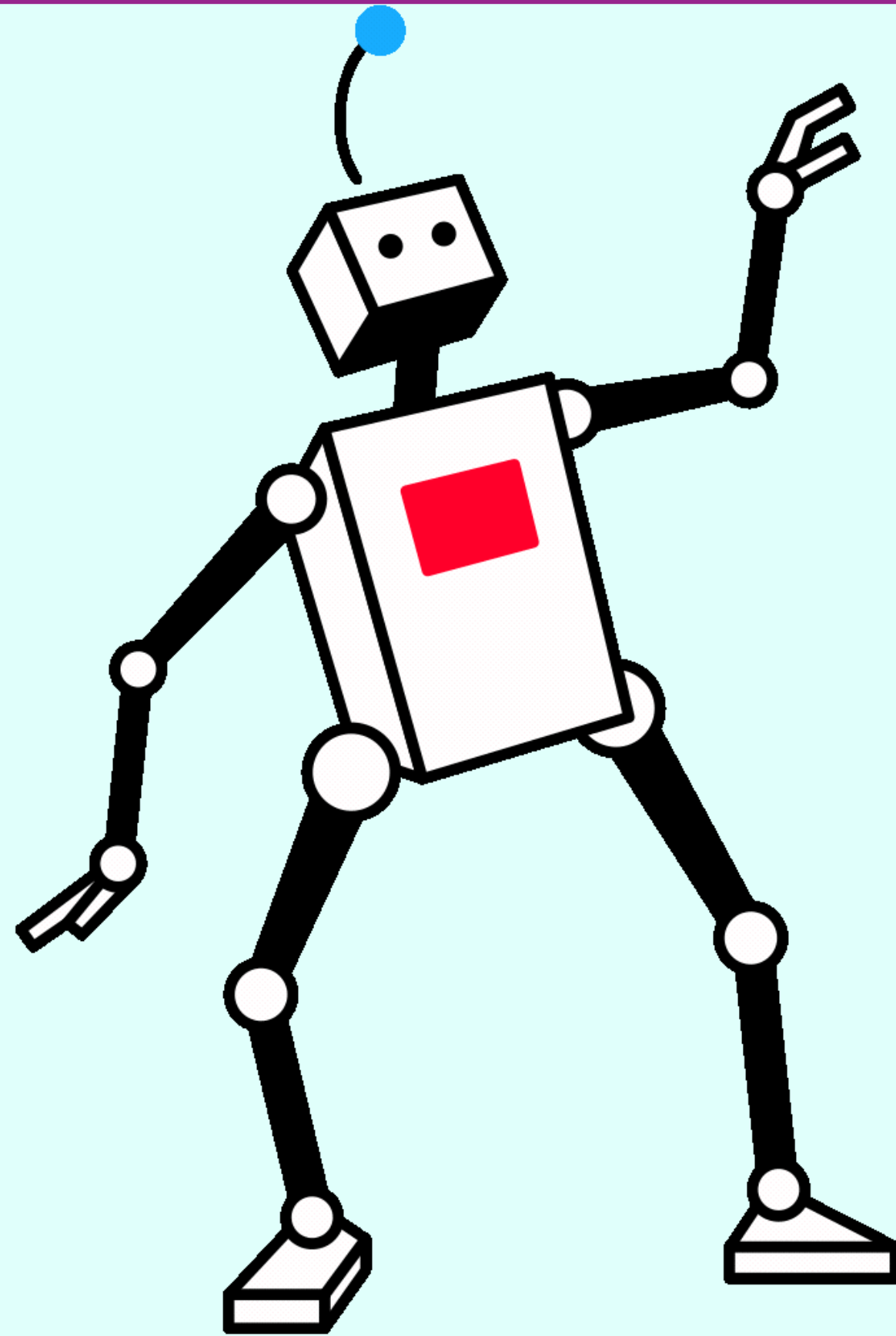
DANCE AND SHAKE YOUR HEAD .



DANCE LIKE YOUR FAVORITE ANIMAL.



DANCE LIKE YOU'RE EXERCISING.



DANCE LIKE YOU'RE A ROBOT.



DANCE LIKE IT'S FRIDAY!



NOW DANCE FREESTYLE!

WASN'T THAT FUN?
NOW IT'S TIME TO PUT OUR



BRAINS BACK TO WORK.