

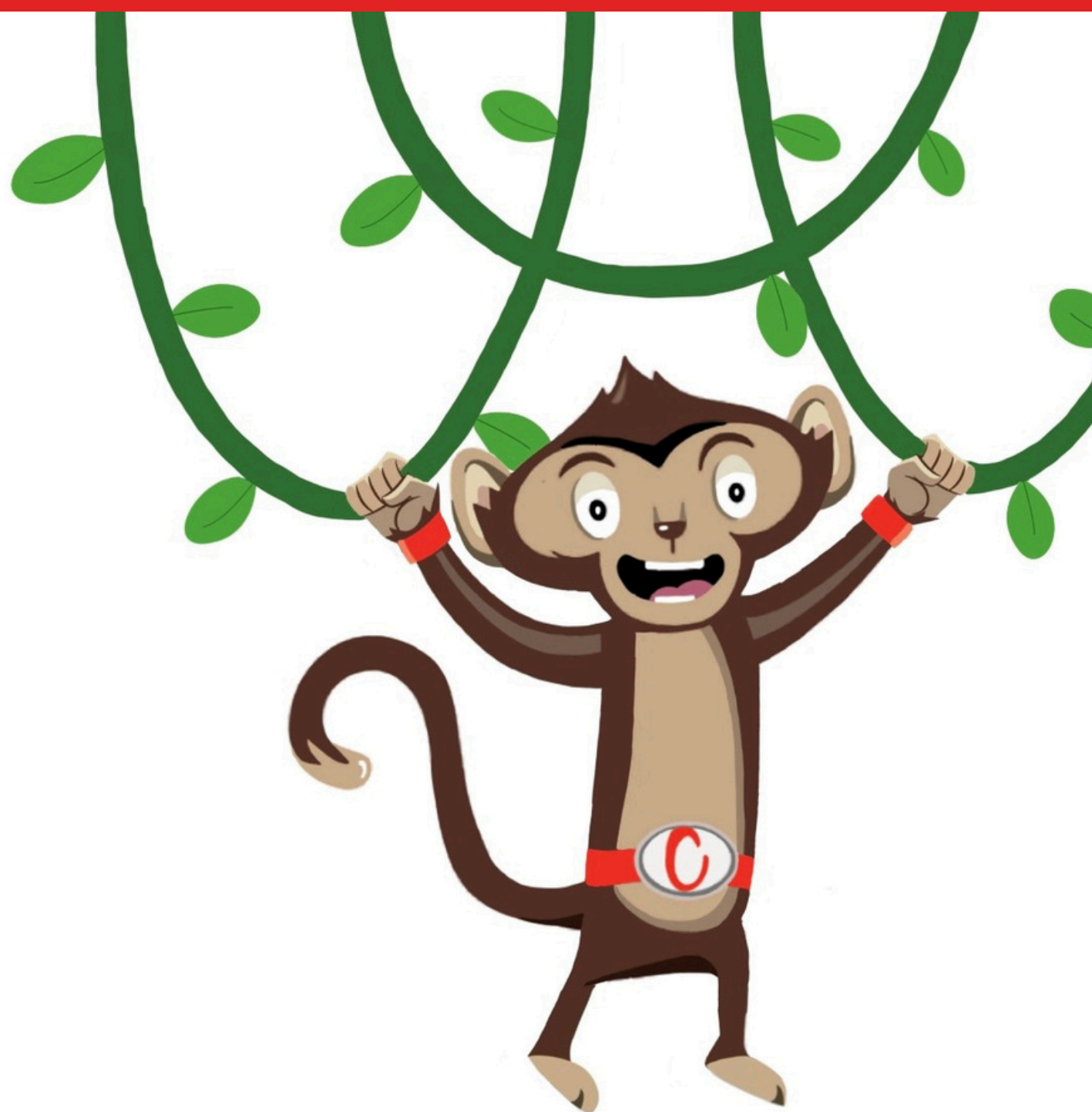
Syllable Stomp



Brain break



2-5 minutes



Instructions

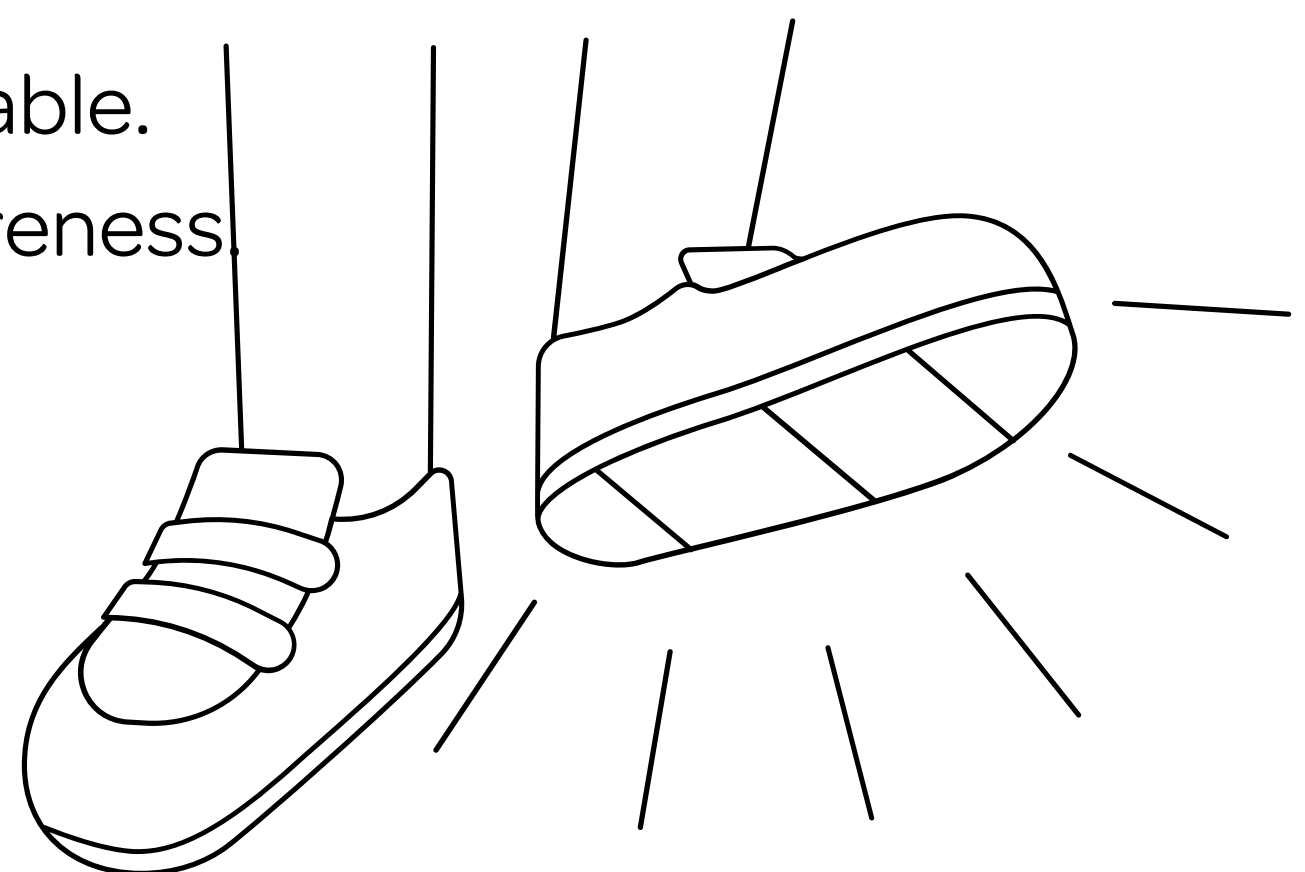
The teacher chooses a theme which can be changed as the break goes on. The pupil must come up with a word related to the selected theme and as they say the word stomp out the syllables at the same time. For eg. Halloween (pupil should stomp 3 times). This activity break can be suited to different term times such as Halloween or Christmas.

Health & Safety

- Ensure floors are clear of trip hazards before taking part in any activity.
- Ensure pupils leave stationary on the table.
- Remind pupils of their own spatial awareness.
- Give clear instructions.

Teacher Tips

This activity is suited to KS1 and KS2



Foundation: The teacher could help the class practice each others names while clapping out syllables and pupils could all follow along at the same time. The same could also be done with a word for the section of the alphabet the class are learning.

**Chest
Heart &
Stroke**