## Brain Break

**I feel...**

| 😞 | 😏 | 😞 | 😞 | 😏 | 😊 | 😄 |

**How many animals do you see?**

![Image of a jungle scene with various animals]

**I Spy...**

- 5 things that are **blue**
- 4 things that **feel smooth**
- 3 things that **make noise**
- 2 things that **have smell**
- 1 thing that has **taste**

**Trace the Rainbow. Breathe in and out.**

![Image of a rainbow and clouds]