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# BRAIN BREAKS: CALM CURRICULUM CUT-OUTS

**Shoulder Lift**  
Have students stand with their hands relaxed at their sides. Next, have students gently lift their shoulders to their ears, hold them there, and then release them. Have them repeat five times.

**Squeeze**  
Have students place their hands together with their palms in and elbows out. Give the signal. Squeeze, and have students squeeze their palms together as hard as they can. Have them hold the pose for 20 seconds before releasing for 20 seconds. Have them repeat three times.

**What's That Smell?**  
Have students close their eyes, wrinkle their noses and foreheads, and then relax their faces. Have them repeat five times.

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