

♥ GOOD TIDINGS
- FOR BRIGHTER DAYS -

Small Moments
Big Learning!
♥

2-Minute BRAIN BOOST CARDS

Quick word, rhyme, movement & imagination challenges for everyday classroom moments!
♥

Calmer
Transitions
Happier
Classrooms
♥

Teach
Inspire
Encourage
Belong
♥

CURIOUS MINDS ♥
KINDER HEARTS ♥
BRIGHTER DAYS ♥
BOLDER IDEAS ♥

Little
Breaks
Brighter
Brains
♥

WORD
CHALLENGES
ABC

RHYME
CHALLENGES

MOVEMENT
CHALLENGES

IMAGINATION
CHALLENGES

Just 2 Minutes
A Brighter Day!
♥

SAME KIDS.
BRIGHTER TOMORROWS. ♥

Small Moments
Make a
Big Difference
♥

Start Here!

Quick Ideas. Big Benefits. ♥

These 2-Minute Brain Boost Cards are quick, easy, and engaging challenges designed to help you make the most of those in-between moments in your day. Each card takes about two minutes and gives students a chance to move, think, create, and have fun—while building important skills.

Better Days
Brighter Brains
♥



Curious Minds ♥

Kind Classrooms ♥

Brighter Tomorrows ♥



WORD CHALLENGES

Build vocabulary, make connections, and play with words!



RHYME CHALLENGES

Get creative with sounds, rhymes, and silly language!



MOVEMENT CHALLENGES

Get up, move, energize, and reset!



IMAGINATION CHALLENGES

Think outside the box and let ideas soar!

Just 2 Minutes can change the energy in your whole room!
♥

★ Why You'll Love Them

- ♥ Keep transitions quick and positive
- ♥ Re-energize students
- ♥ Build important skills
- ♥ No prep or materials needed
- ♥ Work for any grade level
- ♥ Fun, fresh, and easy to use



Perfect For...

- ♥ Morning arrival
- ♥ Transitions between subjects
- ♥ After cleanup
- ♥ Before or after specials
- ♥ Waiting for lunch or dismissal
- ♥ Any time you need a quick, positive reset



How to Use

- 1 Choose a card (or let a student pick).
- 2 Read the challenge out loud.
- 3 Give everyone about 2 minutes.
- 4 Enjoy the energy, smiles, and learning!

Braver Thinkers ♥

Kinder People

Bolder Ideas ♥

Stronger Tomorrows

A Happier Classroom
Can Be Just
2 Minutes Away!
♥

Same Kids.
Brighter Days.
♥

WORD

Quick language play for busy classroom transitions



A B C



Vocabulary • describing • flexible thinking • quick language play

RHYME

Fast sound play that gets words bouncing



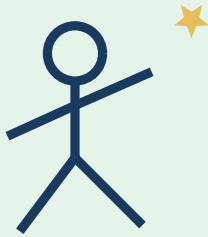
CAT • HAT • BAT



Sound play • word families • listening • playful poetry

MOVE

A quick body reset before the next task



STRETCH • MOVE • FREEZE



Body reset • coordination • focus • ready-to-learn energy

IMAGINE

Tiny prompts that open up big ideas



WHAT IF...?

Invent • wonder • imagine



Creativity • oral language • storytelling • original thinking

WORD CHALLENGE

1

Word Chain

Take turns saying a word. Each new word must start with the last letter of the previous word!

Example:
cat → tree →
elephant → tiger

Small Words
Lead to Big
Conversations!
♥

2
Minutes!

WORD CHALLENGE

2

Category Blast

Pick a category (animals, foods, colors, etc.). See how many words you can think of in two minutes!

Example:
Animals
dog, cat, bear,
giraffe, zebra...

IDEAS
EXPLORE
DISCOVER
BELONG

2
Minutes!

WORD CHALLENGE

3

Word Detectives

Listen to a sentence (you say it). How many nouns, verbs, or adjectives can you find?

Look
Listen
Find
Discover!

2
Minutes!

READ
THINK
INVESTIGATE
SOLVE

WORD CHALLENGE

4

Opposite Day

I'll say a word, you say the opposite as fast as you can!

Example:
up → down
in → out
happy → sad
more → less

2
Minutes!

UP

DOWN

BIG

SMALL

FAST

SLOW

WORD CHALLENGE

5

Silly Sentences

Work together to create the silliest sentence you can in two minutes. The sillier, the better!

Example:

The purple taco danced with a penguin in space!

2

Minutes!

BE SILLY

BE KIND

BE CREATIVE

WORD CHALLENGE

6

Word Builders

How many smaller words can you make from one big word in two minutes?

Example:

RAINBOW

ran win row
rain bow now
bin rib own

2

Minutes!

PLAY

EXPLORE

IMAGINE

LEARN

WORD CHALLENGE

7

Describe It!

Pick an object in the room (or a picture). How many different words can you use to describe it in two minutes? (Use adjectives!)

Words Paint Bigger Pictures!

2

Minutes!

DESCRIBE

EXPLORE

EXPAND

EXPRESS

WORD CHALLENGE

8

Would You Rather?

Give two choices and students must quickly say which one they would choose and why!

Pizza or Ice Cream?

Beach or Mountains?

2

Minutes!

TALK

THINK

SHARE

CONNECT

MOVE YOUR BODY

1 Stretch It Out!

Do 10 arm circles, 10 side stretches, and 10 reaches to the sky!

2
Minutes!

Feel
good
inside
and out!

MOVE YOUR BODY

3 Dance Break

Put on a song and dance like nobody's watching!

Shake
it out!

2
Minutes!

MOVE YOUR BODY

2 Animal Moves

Pick 3 animals and move like them (hop, slither, stomp, crawl, fly, etc.). Can you make up your own?

Get
creative
and move!

2
Minutes!

MOVE YOUR BODY

4 Balance Challenge

Stand on one foot for 30 seconds, then switch. Can you try it with your eyes closed?

Steady
body.
Brave
mind!

2
Minutes!

MINDFUL MOMENTS

1 Breathe & Be Calm

Take 5 slow breaths.
In through your nose...
Out through your mouth.
Feel your body relax.

Breathe
Brighter
Days!

2
Minutes!

MINDFUL MOMENTS

2 5 Senses Check-In

Name 5 things you see,
4 you hear, 3 you feel,
2 you smell, and 1 you taste.

Notice
the
Good!

2
Minutes!

MINDFUL MOMENTS

3 Gratitude Glow

Think of 3 things
that made you smile
today. You can say them,
write them, or draw them.

A happier
you starts
here!

2
Minutes!

MINDFUL MOMENTS

4 Quiet Corner

Find a comfy spot.
Close your eyes or soften
your gaze. Just be still
and listen. What can you hear?

Pause
Breathe
Reset

2
Minutes!

CREATIVE SPARKS

1

Draw It!

Pick something around you and draw it in a new way. Can you make it silly, fancy, or magical?

Big Ideas Start Small!

2 Minutes!

CREATIVE SPARKS

2

Make It Up!

Create something using paper, blocks, LEGOs, or things around you. What will you build?

Use What You Have!

2 Minutes!

CREATIVE SPARKS

3

Story Starter

Look at a picture (or around the room). Write or tell the first sentence of a brand-new story!

Once upon a time...

2 Minutes!

CREATIVE SPARKS

4

Try a New Way

Choose a simple task and do it in a different way. Can you make it more creative or fun?

Same Things, New Ideas!

2 Minutes!

CONNECT & CARE

1 Kindness Note

Write a quick note or draw a picture for someone who makes your day brighter.

You
Matter!

Kind
Words
Brighten
Days!

2
Minutes!

CONNECT & CARE

2 Gratitude Message

Tell someone one thing you're grateful for about them. It can be a family member, friend, teacher, or even a pet!

Thanks
for being
you!

KINDNESS
RICHESS
GRATITUDE
HAPPIER DAYS

2
Minutes!

CONNECT & CARE

3 Compliment Challenge

Give three genuine compliments today. They can be in person or written. Spread some positivity!

Be a
Reason
Someone
Smiles
Today!

2
Minutes!

CONNECT & CARE

4 Friendship Check-In

Ask a friend how they're doing. Really listen. Can you make their day a little brighter?

Good
Friends
Make Life
Brighter!

2
Minutes!