FREE HALLOWEEN BRAIN BREAKS · WITH COACH GINGE

Halloween brain breaks!

Eight follow-along brain breaks with Coach Ginge, Sugar, Fluffy and Boo the friendly ghost kitten. Two to four minutes each, standing up, no equipment. Cosy and friendly, never scary.

For ages 4–9 · EYFS, KS1 and lower KS2 · Pre-K to 3rd grade

Dance-Along — 4 min — OUT NOW

A dance-along in a felt pumpkin patch at dusk, with Boo the friendly ghost kitten!

MARCH · CLAP · STEP OUT & PUNCH · JUMPING JACKS · leaf-pile JUMPS · FLAP · FLOAT

Follow a cat or the paw prints, and watch the pumpkin tower grow.

youtu.be/IRCdzHXyaAc

Freeze Dance — 3 min — OUT NOW

Three spooky-silly songs. When the music stops, FREEZE like a scarecrow, a ghost or a bat!

MARCH · STEP TOUCH · TWIST · STIR the soup · RIDE the broomstick · JUMPING JACKS · FLAP

Watch the cats, then it's your turn while Coach Ginge counts.

youtu.be/o4GvnGlXY4o

Pose Wall — 3 min — OUT NOW

Felt walls come down the pumpkin patch. Copy the shape cut in each one to fit through!

STAR · SCARECROW · BAT WINGS · WITCH'S HAT · PUMPKIN · BOO! · MOON JUMP

24 walls, faster and faster, with paw prints and leaf piles between.

youtu.be/USmUPZv2O_Q

Laser Dot Run — 4 min — OUT NOW

The laser dot is loose in four Halloween worlds. Run on the spot and catch it!

RUN · JUMP · DUCK · DODGE · POSE like a bat · FREEZE for the dino · POUNCE

From the pumpkin patch at sunset to the Moonlit Cat Castle.

youtu.be/QPGNOoJeUvk

Would You Rather? — 4 min — OUT NOW

Twelve questions. Pick a move and do it: copy Coach Ginge for orange, Fluffy for purple!

FLY like a bat or FLOAT like Boo? · STOMP or TIPTOE? · JUMP or HOP?

Then see which one Boo picked. Three rounds, and a calm stretch to end.

youtu.be/vZOEirG3YkU

Boo's Coming! — 3 min — OUT NOW

Dance while Boo has his back to you. When he turns round, FREEZE until he looks away!

MARCH · SWAY · TWIST · JUMPING JACKS · FLAP · the GINGE GROOVE · FREEZE

Four songs, each one faster. Tricky Boo sometimes only half turns!

youtu.be/dx21498XqkQ

Going on a Ghost Hunt! — 3 min — OUT NOW

March and say each line after the cats. Who's hiding at the castle? Find Boo and race him home!

MARCH · TIPTOE · SQUELCH · SWISH · HOP · "Shh... what's that?" · RACE home

Four Halloween places, a friend hiding in each, one continuous march.

youtu.be/PVLM16Z-GQI

Coach Ginge vs Zippy! — 2½ min — OUT NOW

Who is faster? Pick a runner and run on the spot with them. The most fish biscuits wins!

RUN · JUMP · DUCK · SWERVE round the trains, the pumpkins and the dino

Three legs side by side: the toy railway against the pumpkin patch, candy lane and lantern wood.

youtu.be/F_-JYWoFRVc

In the classroom

- Put it on the board. Everyone stands up.
- Copy the cats: every move is called before it comes.
- **FREEZE**: hold the pose. Don't move a whisker!
- One a day for Halloween week, or a few for a party.

Good to know

- Free on YouTube. No comments, no targeted ads.
- Pumpkins, bats and a friendly ghost kitten. Nothing scary.
- Each one ends with a Golden Paw to earn.
- Each code works from its release day, 8am UK time.

the Halloween playlist

Halloween Brain Breaks 🎃 · all eight in one playlist

Scan the code for the playlist. coachginge.com has this card, five more brain breaks and the Golden Paw award.

Coach Ginge, Sugar and Fluffy are made with love, with the help of AI tools, in memory of a real ginger Persian cat.