

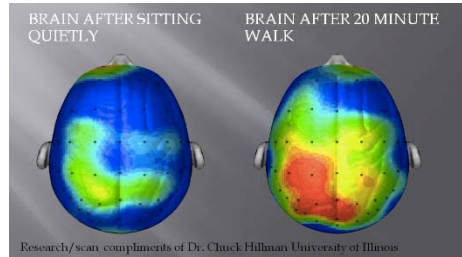


Brain Breaks

**NATIONALLY-RECOMMENDED AMOUNT OF DAILY PHYSICAL ACTIVITY IS 60 MINS.
BEING PHYSICALLY ACTIVE HELPS STUDENTS LEARN BETTER.**

The average attention span of a teenager is about 15-20 minutes long. Class periods are about 44 minutes long. Brain Breaks are short activities that the students can enjoy that will increase their physical activity and improve their concentration. Classroom physical activity breaks improve attention and behavior, but breaks without activity do not. The physical movement increases blood flow bringing more oxygen to the brain and leads to improved concentration.

Students should have a brain brake every 25-30 minutes lasting five minutes or less. Incorporate brain brakes in your class when you feel that your class engagement is lacking.



Examples:

🧠 One- Minute Dance Party:
Play a popular or fun song and have student dance any way they'd like. Works best with younger students.

🧠 Seasonal Movement:
Students move around the classroom as seasonal characters. Example-sail the ocean blue like Columbus, fly on a broom like a witch, gobble like a turkey, carry presents down the chimney like Santa, hide the pot of gold like leprechauns, hide Easter eggs like the Easter bunny.

🧠 More examples can be found online or come up with your own creative fun ideas to get your classroom moving.

Visit www.YourTherapySource.com/rollsomefun for the complete download.

ROLL SOME BRAIN BREAKS

Directions: Roll one die for each of the columns. Perform the quick brain break that matches the number you rolled on the die. For example, if you roll a 1-2-4-3-5 you would perform the following brain breaks: 10 jumping jacks, 5 wall push ups, 10 Twists at the waist, 10 jumps over a pencil on the floor and 10 windmills.

	Column #1	Column #2	Column #3	Column #4	Column #5
1 	10 jumping jacks	Wiggle your whole body for a count of 10.	Bring R elbow to L knee and L elbow to R knee 5 times	Jump in place 10 times.	Rub your entire R arm with your L hand
2 	Squeeze your R hand firmly with your L hand	5 wall push ups	Move the upper half of your body	Spin in a circle 3 times to the right	Touch L hand to bottom of R foot. Repeat 5x.
3 	Move the right side of your body	Spread legs apart and bend at waist looking between knees. Repeat 5x.	Make 10 small circles with your arms	10 jumps over a pencil on floor	Give yourself a big hug for 10 seconds
4 	Rub your entire L arm with your R hand	Touch R hand to bottom of L foot. Repeat 5x.	Twist at the waist 10 times with arms out to the side	Spin in a circle 3 times to the left	Make 10 large circles with your arms
5 	Touch R hand to L shoulder. Touch L hand to R shoulder. Repeat 5x.	March in place with knees high for a count of 10	Squeeze your L hand firmly with your R hand	Move the left side of your body	Touch R hand to L foot and then L hand to R foot 5 times
6 	Run in place for a count of 15	Move the lower half of your body	Touch hands overhead and try to balance on one foot for 5 seconds.	Tap your feet on the floor while making small circles with fingers for 10 sec.	Take 10 deep breaths