

Brain breaks are a great strategy for classroom teachers to incorporate movement into the school day as well as providing these benefits:

- HELP DEVELOP STRENGTH, COORDINATION AND FLEXIBILITY
- RELAX AND CALM STUDENTS BEFORE A TEST
- ACTIVATE BOTH HEMISPHERES OF THE BRAIN
- INCREASE AND IMPROVE FOCUS FOR THE LESSON

Don't forget that choosing a brain break gets students one step closer to reaching the goal of 60 minutes of physical activity per day! Here are some ideas great ideas for your classroom.

Seats Up!

STUDENTS STAND BEHIND THEIR DESKS. ASK A REVIEW QUESTION AND WAIT FOR STUDENTS TO RAISE THEIR HANDS. SELECT A STUDENT TO RESPOND AND IF THEY GIVE THE CORRECT ANSWER THEY GET TO SWITCH SEATS WITH ANOTHER STUDENTS. REPEAT UNTIL ALL STUDENTS HAVE SWITCHED SEATS.

Shoulder to Shoulder

SAY TWO BODY PARTS, "SHOULDER TO ELBOW," ELBOW TO WRIST," ETC. STUDENTS WORK WITH A PARTNER AND PUT THOSE BODY PARTS TOGETHER. STUDENTS CAN WORK WITH THE SAME PARTNER FOR THE ENTIRE GAME OR SWITCH PARTNERS WHEN A NEW SET OF BODY PARTS ARE CALLED.

Be Banana!

SING AND MOVE!
 BE, BANANA! BE, BE, BANANA!
 (HANDS ABOVE HEAD TOUCHING)
 AND YOU PEEL BANANAS! PEEL, PEEL, BANANAS!
 (SLOWLY MOVE ARMS DOWN TO SLOWLY PEEL BANANA)
 AND YOU EAT BANANAS! EAT, EAT, BANANAS!
 (PRETEND TO EAT BANANA)
 AND YOU GO BANANAS! GO, GO, BANANAS!
 (ACT LIKE A MONKEY!)

Walk the Plank

STUDENTS STAND BEHIND THEIR DESKS AND WALK THEIR HANDS OUT UNTIL THEY ARE EXTENDED INTO A PLANK POSITION. HOLD FOR 3 BREATHS AND HAVE THEM WALK THEIR HANDS BACK TO THEIR FEET. REPEAT 3-5 TIMES.

Now We're Moving...

WHENEVER CHILDREN MOVE FROM PLACE TO PLACE THE SHOULD BE ASSIGNED A SPECIFIC METHOD TO MOVE. EITHER YOU COULD CHOOSE OR A STUDENT CAN CHOOSE. FOR EXAMPLE: WALK IN SLOW MOTION, SKIP, HOP, MOVE LOW TO THE GROUND, ETC.

Pattern Lines

SPLIT THE CLASS INTO TWO EQUAL GROUPS. HAVE THE STUDENTS LINE UP IN THEIR GROUP SHOULDER TO SHOULDER IN A STRAIGHT LINE. THE TWO LINES WILL FACE ONE ANOTHER AND ONE TEAM 1 WILL COME UP WITH A PATTERN ORIGIN. THEY WILL ASSIGN IT TO GROUP 2 AND EACH PERSON WILL DO A MOTION. FOR EXAMPLE, JUMP AND HOP, PERSON 1 WILL JUMP, 2 WILL HOP, 3 WILL JUMP, AND SO ON. THIS WILL CONTINUE UNTIL ALL THE STUDENTS IN THAT GROUP GET A TURN. THEN, GROUP 2 WILL GIVE A PATTERN TO THE GROUP 1.

Just for fun... Have students take a commercial break in the middle of a seated activity! Complete 4 different exercises for 30 seconds each. For example: squats, hops, jumping jacks, and arm circles. Then, get back to work!



Cherry Pickers

Students squat down and touch the ground with both hands and jump up to the sky. That is one repetition. Work the class stamina up to 10 total reps.

Up, Down, Touch the Ground

Kids reach high to the sky, down to the ground, spin around and then sit back down.

Robot

Walk like a robot for 30- 60 seconds.

True or False

Tape the words "true" and "false" on opposite sides of the room. The teacher calls out statements and asks students to hop, skip, jump, walk, march, etc. to their response.

Jump the River

Place a pencil on the ground. Jump back and forth over the pencil (aka the river). Hop high across the river so the jumping fish won't catch you!

Raise the Roof

Students choose the heaviest book in their desk and raise it above their head and down to the floor. Complete 15-20 repetitions.

As if...

1. jog in place as if...A scary bear was chasing!
 2. walk forward as if...you were walking through jello!
 3. reach up as if...you were grabbing balloons out of the air.
 4. shake your body as if... you were a wet dog.
- Have the class come up with their own ideas. The possibilities are endless!

Stop and Scribble

1. The teacher calls out an exercise (twist and jump, jog in place, knee lifts, etc.) for the students.
2. Students begin the exercise and continue moving until the teacher calls out a spelling word, number, shape, letter, math problem, etc.
3. Students freeze and write the number, letter, etc.

For more great ideas check out:

- [Teacherspayteachers.com](http://www.teacherspayteachers.com)
- <http://www.backupcare.org/blog/18-blogs-explain-brain-breaks-and-why-they-are-important/>
- <http://www.scholastic.com/teachers/top-teaching/2013/04/brain-breaks-energizing-time-out>

