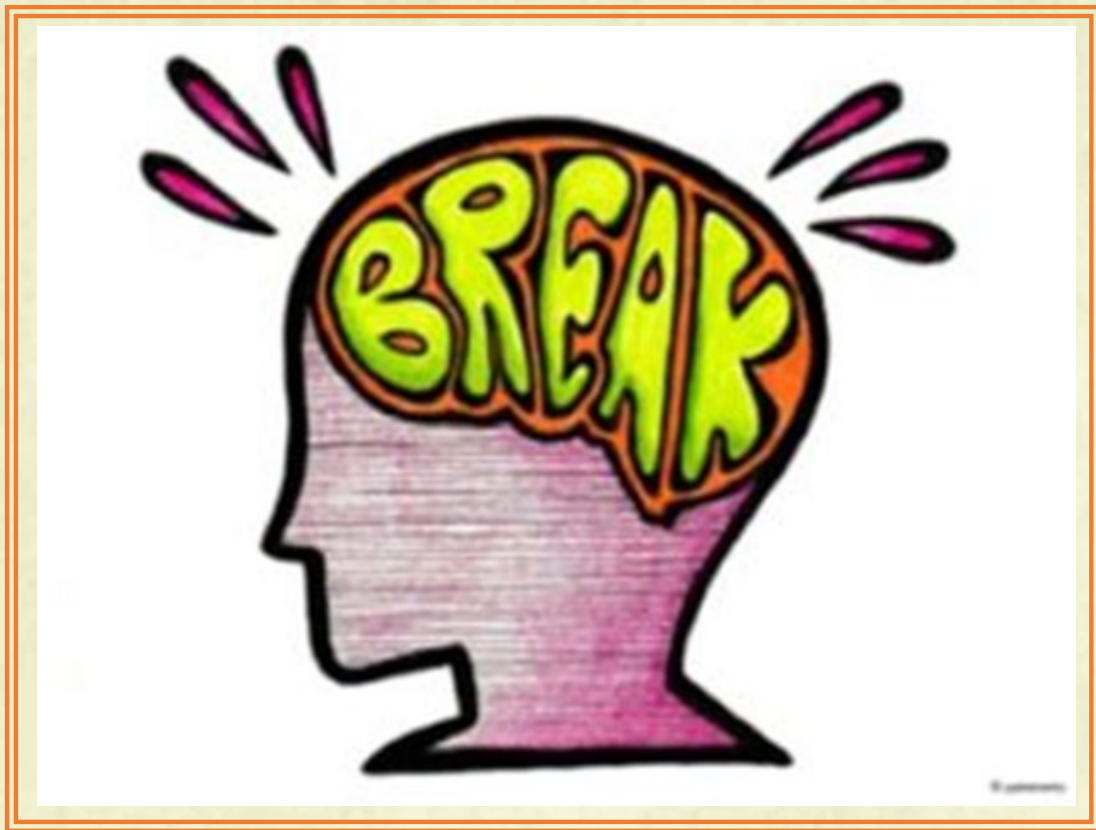




BRAIN BREAKS

Evidence tells us that learners need frequent “brain breaks” in order to re-set their energy level. These breaks enhance learners’ ability to focus, remain on task, and learn more. Below are several “brain breaks” that will promote these benefits.

Ear-Nose Switcheroo

Instruct learners to touch their left ear with their right hand and at the same time touch their nose with their left hand. Then have them switch their hands and touch their right ear with their left hand and their nose with their right hand. Switch back and forth a few times. Then have them close their eyes, take a deep breath, and blow it all out.

Just Jump

Have learners pretend they are bouncing on a mini-trampoline (this will keep their movement on a vertical plane instead of all over the room) and give them a couple of minutes to let loose!

Stir the Pot

Have learners visualize they are standing in front of an enormous cauldron. Inside the cauldron is an ooey-gooey pot of caramel. Take hold of a large stirrer and plunge it to the bottom of the pot. Slowly begin to stir in a clockwise direction. Have them use their whole body to help get a full range of motion in their wrists and shoulders. Instruct them to throw their hips into the action. After a minute or two, reverse the direction.

Make it Rain

Conjure up a rainstorm! Sitting or standing at a desk or table, have learners tap 1 finger on the desk, then 2, then 3, then 4, then their whole hand until you all feel like you're in the middle of a deluge. Work your way backward from 5 down to 1 as the storm ebbs away.

“Focus Ball” Breathing

Bring your palms together in front of your chest. Keep your fingertips touching as you pull your palms apart, forming a ball with your fingers. Press your fingertips together until you feel the muscles in your hands and arms activating. See if you feel your core tighten too. Now close your eyes and as you breathe in, inflate your ball and as you breathe out, flatten the ball by pushing your palms together. (Then repeat these instructions for 60 seconds.)

Access more “brain breaks” at <https://www.weareteachers.com/brain-breaks-for-kids/>.