

# Brain Breaks

Brain breaks have been shown to decrease frustration and increase attention and productivity. They are quick, frequent breaks from whatever the task at hand on in order to help your brain work harder for longer.

1. **How Long?** Brain Breaks should be 3-5 minutes long, after *about* 10-15 minutes of work for elementary schoolers and 20-30 minutes of work for middle- high schoolers.
2. **How Often?** You can choose whether you plan brain breaks strictly off time intervals, after completing a set task/ number of problems, or before you notice signs of frustration/ distraction.
3. **Pre Planning-** Explain the purpose and the plan ahead of time. The important thing is to remember this is to help you continue working, not stop you from working. Timers can help!



## Freeze Dance

Turn some fun music on, and freeze every time you pause the music. If you don't freeze, you're out!



## HIIT Exercises

30 seconds of jumping squats, 30 seconds of push ups, 30 seconds of jumping jacks, repeat!



## Animal Yoga

Stretch break: Cow, Cat, Downward Facing Dog, Cobra, Flamingo, and Butterfly.



## Red Light, Green Light

Red Light = Stop, Green Light = Go, Yellow Light = Slow. Running outside, in place, on bikes/ scooters, you choose!



## Cross Crawls

March around the house touching alternating hand to opposite knee, then try to opposite toe, elbow to knee, hand to heel, etc.



## Animal Crawls

Pick an animal and crawl like that animal. (ex: bear, crab, frog, kangaroo, seal) You can turn this into a guessing game of charades.

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## Creation Break

Take a few minutes to doodle, make something out of play-dough, or build something with legos.



## Water Break

Go get a sip of water. Pay attention while you drink it. The temperature, the feeling, the taste. Ahh refreshing!



## Listen

Close your eyes and listen... to a favorite song, to the noises in your home, sounds outside (list everything you hear).



## Scavenger Hunt

Go on a scavenger hunt in your own home. Looking for objects that begin with each letter of your name, 5 things the color purple, etc.



## Help Out

Ask an adult what one thing you could do to help out that takes 5 minutes or less. Get the mail, feed the pets, collect the trash, etc.



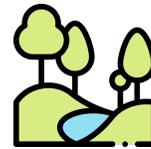
## Go Noodle

Go to [gonoodle.com](http://gonoodle.com) and choose one dance/song/or activity to do.



## Sensory Feels

Explore a fun texture. It could be doing snow angels on the carpet, digging in a sensory bin, writing in the dirt outside, etc.



## Fresh Air

One outside activity (5 min or less). Pick a bouquet of weeds, shoot a couple of baskets, do hopscotch/ hula hoop, look at the clouds.