

Brain Breaks

Make it Routine!



Ideas for adding movement to your current routines and classroom activities.

Movement Can...



Energize students in the morning.



Focus a group before an assessment.



Calm a class after recess.

Movement in the classroom can be divided into two categories; short transition activities (aka Brain Breaks), and movement during academic lessons.

Great times to add a three to five minute Brain Break:

- Make it routine.
- Ensure everyone is involved. Develop variations for students with special needs.
- Provide verbal positive reinforcement to students on task.
- Create posters as reminders of key moves.
- As students get to know the activities, appoint student activity leaders.
- Invite guest activity leaders – principal, guidance counselor, parents, community members.
- Balance transition activities and movement in academic content.
- Empower students to design their own Brain Break activities.
- Encourage reflection on why movement is beneficial.

Routines during academic learning:

- Take a walk outside while discussing a concept.
- Take a walk in place while taking an imaginary journey through a book or science concept.
- Jumping jacks rather than raising their hand to answer questions.
- Hopscotch math and spelling.
- Counting, graphing, and patterning with fitness moves.
- True / False questions with different movements.
- Frozen Vocabulary with movement.