

# 74 Brain Breaks

Brain breaks provide a physical, emotional, or cognitive shift for learners. This allows them to reset and refocus so they can continue with focused instruction. Here are some brain break ideas for in-person or virtual instruction:

- 1 **Music** - Play or sing a short song.
- 2 **Dance** - Have a 30 second dance break where students stand and get their wiggles out.
- 3 **Stretching or short exercise** - Reach for the ceiling, touch your toes, twist side to side, jumping jacks, march in place, high knees, toe raises, squats, jump, etc.
- 4 **Breathing exercises** - Deep breath, hold for five seconds, release.
- 5 **Emoji check-in** - How are you feeling? If virtual, have students share an emoji that represents how they feel.
- 6 **Gratitude** - Have students share one thing for which they are thankful.
- 7 **Wave** - Start the wave and have it ripple through the class. (This will need to be taught ahead of time so they know what to expect when you start it.)
- 8 **Sign language** - Teach your students the alphabet in sign language and have them stand and sign the ABC's as a cognitive and kinesthetic shift.
- 9 **Doodle** - Play music for 1-2 minutes and give students an opportunity to doodle on a sheet of paper.
- 10 **Jokes** - Provide an chance for students to laugh! They can share jokes of their own or you may choose to read from a joke book.
- 11 **Mirror** - Have students mirror the body actions or facial expressions of the leader.
- 12 **Emotion** - Give students an emotion and 15 seconds of think time. Then, have them finish the sentence that goes with an emotion. Example: I am (happy, nervous, sad, excited, quiet, etc.) when ....
- 13 **Class promise or mantra** - Create together at another time and add actions. Say (and perform) the mantra as a brain break during the day.
- 14 **Find a \_\_\_\_\_** - In a virtual setting, name an object or descriptive word and give students one minute to locate that object and show it in their camera. For example - something round, square, that makes them happy, a book, a picture, a shoe, etc.