

Brain Breaks in the classroom

Why is it important?



Brain Breaks are short, energizing bursts of activity that boost blood flow, send oxygen to the brain, and help learners to better retain information. ... Research has shown that Brain Breaks increase students' on-task behaviour AND the amount of physical activity they get every day

Signs of learners who need a brain break:

- Sliding down in chair/poor posture
- Distracted
- Yawning
- Fidgeting or moving around
- Disruptive behaviour
- Slow working speed
- Excessive blinking

Some ideas:

1- The Wave	<ul style="list-style-type: none">- Mexican wave throughout the class moving both arms across the body.- Reverse wave again
2- Arm Wrap	<ul style="list-style-type: none">- Put one hand behind your back and open your fingers- Close your eyes- Take other hand (index finger) and touch the pinky of the other hand, and return to the front.- Do the same to the thumb and middle fingers- Now swop hands
3- Twisted	<ul style="list-style-type: none">- Hands out in front. Cross them and lift arms straight above head. Stretch backwards.- Return hands to the front and invert them onto your chest.- Cross feet- Maintain position and spell your name backwards- Roll your head around and then to the other side- Reverse sequence to untwist self

<p>4- Guns & Roses</p>	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>Guns</p> </div> <div style="text-align: center;">  <p>Roses</p> </div> </div> <ul style="list-style-type: none"> - Swop them - See how fast you can do it - Close your eyes and try swopping again
<p>5- Infinity</p>	<ul style="list-style-type: none"> - Make an infinity sign with your one hand, across your midline - Do the same with the other hand, at the same time, in the opposite direction - Reverse
<p>6- Paper passing</p>	<ul style="list-style-type: none"> - Hold book or paper flat on palm of hand - Pass around your back, catch with other hand and bring to front again - Repeat as fast as possible
<p>7- The Waiter</p>	<ul style="list-style-type: none"> - Paper in one hand, holding it flat on palm - Go under arm, around and finish up above head - Repeat with other hand, speed up
<p>8- Hand Circling</p>	<ul style="list-style-type: none"> - Cup hand and circle it towards your body - Do the same thing with the other hand in the opposite direction - Switch
<p>9- Blink and click</p>	<ul style="list-style-type: none"> - <u>L</u> eye blinks while <u>R</u> hand clicks - Swop sides - Speed up
<p>10- Elbow-knee stretch</p>	<ul style="list-style-type: none"> - Hands on ears - Connect <u>R</u> elbow to <u>L</u> knee and vice versa - Now do in a 112 pattern, and repeat over and over
<p>11- Finger Tips</p>	<ul style="list-style-type: none"> - Cross arms in front of face, turn hands towards each other, hook thumbs - Index finger of one hand touches each fingertip of other hand while maintaining this position - Do the same with middle, ring and pinkie fingers
<p>12- Figure eight</p>	<ul style="list-style-type: none"> - Do a figure eight with a school book, through your legs - Change directions
<p>13- ABC, 123</p>	<ul style="list-style-type: none"> - Outline each letter of the alphabet with your finger, while counting out loud

14- Toe Tapping	<ul style="list-style-type: none"> - Tap right foot once, tap left foot three times, tap right foot two times - Repeat sequence over and over, see how fast you can do it
15- Number Spots	<ol style="list-style-type: none"> 1- Right shoulder 2- Right ear 3- Nose 4- Left ear 5- Left shoulder <ul style="list-style-type: none"> - Give the class one number and they must copy the action - Give the class two, or three numbers, and they must copy the action in the correct sequence <p><u>Example:</u> 2, 4 right ear, left ear 3,5 nose, left shoulder</p>
16- Ear- nose swop	<ul style="list-style-type: none"> - Cross your hands and touch your left ear with your right hand, and your nose with your left hand - Switch. Your left hand is on your right ear, and your right hand is on your nose - See how fast you can do this