



Brain Breaks



ROCK-PAPER-SCISSOR

Partner up for a few quick rounds or get the class involved in a tournament.

SIMON SAYS

Learners must pay attention as they attempt to do what Simon says.

Brain breaks are short activities that give the mind a rest to improve focus and reduce stress.

CATEGORIES

Name a category, and each learner has to name a word that fits in that category. For example, if the category is "beach," they could say words like sand, ocean, umbrella.

AIR SPELLING

"Air write" spelling or sight words with a partner. Their partner will need to guess which word they're writing.

FREEZE DANCE

Turn on the music and have learners dance around the room. When you turn the music off, learners must freeze in whatever dance move they are doing.



More Brain Breaks



PAPER PASSING

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.

Shifting focus to a simple rhythmic activity, can help reset attention, reduce fatigue, and refresh the brain.

SYLLABLE STOMP

Have learners stomp out syllables as they speak. Stomping while speaking activates multiple parts of the brain and makes this a really energizing activity.

EAR-NOSE SWOP

Cross your hands and touch your left ear with your right hand, and your nose with your left hand. Switch! So that your left hand is on your right ear, and your right hand is on your nose.

ABC, 123

Outline each letter of the alphabet with your finger, while counting out loud.

BLINK & SNAP

Blink your left eye while simultaneously snapping your fingers with your right hand. Then, blink your right eye while snapping with your left hand.