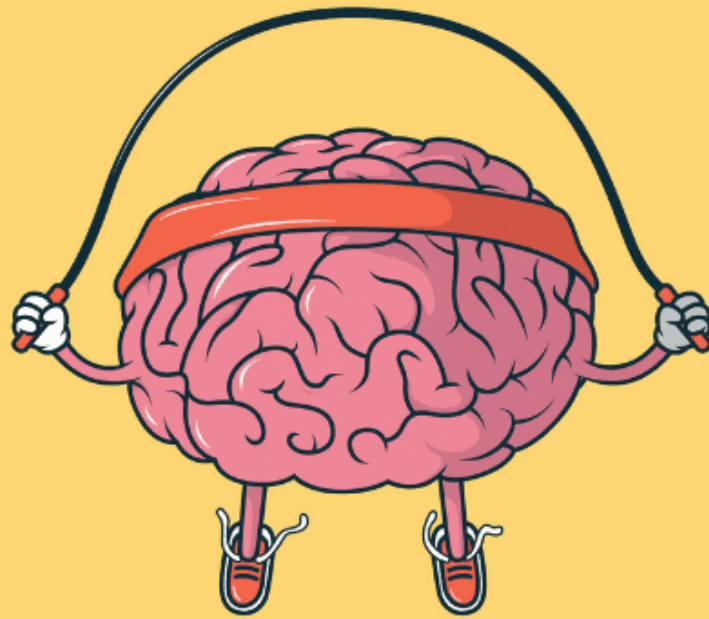


BRAIN BREAKS

Live Life Well @ School



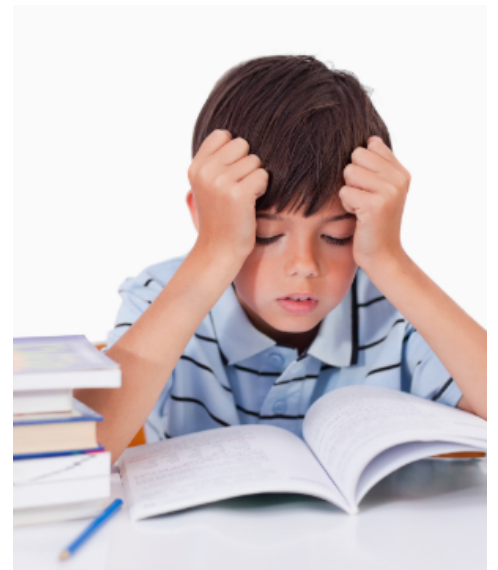
WHAT ARE BRAIN BREAKS AND WHY DO KIDS NEED THEM

Learning can be very tiring for kids, and they need to take short breaks to be able to regulate their emotions, remain focused and learn.

Traditionally, brain breaks are short (3-4 minute) movement breaks taken either as a break during one activity or as a transition between one activity and another.

A short movement break which gets the whole body moving and increases a child's heart rate is best.

There are 3 main types of brain breaks - physical, breathing (mindfulness) and mental



PHYSICAL BRAIN BREAKS

Includes physical and sometimes vigorous activity e.g. yoga, star jumps, running on the spot or dancing

BREATHING BRAIN BREAKS

Also known mindfulness brain breaks. Includes deep breathing and visualisation e.g. gentle stretches in a chair, raising arms above the head, shaking out the hands when standing

MENTAL BRAIN BREAKS

Involves breaking from a task requiring a lot of concentration to a task requiring less concentration e.g. playing a game, answering trivia questions or telling jokes



PHYSICAL BRAIN BREAKS

5-4-3-2-1. In this simple game, kids stand up and the leader has them do 5 different movements in descending order e.g. do 5 star jumps, spin around 4 times, hop on one foot 3 times, do 2 push ups, walk around the desk 1 time.

Dance Party! Put on some rockin' music and dance! If you can make the room semi-dark and have some special light effects (e.g. use the torch on your phone), your kids will love it even more.

Keep It Up. Kids must keep a balloon from hitting the ground. Add two or three balloons to make it even more fun.

Simon Says. An oldie but a goody!

Movement Songs. Sing / play a song with whole body movements, such as 'Heads Shoulders Knees and Toes' or 'Shake your Sillies Out' for younger kids, or a simple recorded Zumba routine, 'YMCA' or 'Nutbush' for older kids.

Adapted from: <https://minds-in-bloom.com/20-three-minute-brain-breaks/>

TRY YOGA

There are lots of good Yoga videos for kids on YouTube to check out

For a Frozen themed yoga session, try: www.youtube.com/watch?v=xlg052EKMTk&feature=youtu.be

Or check out the book reading of Good Morning Yoga by Mariam gates on YouTube at: www.youtube.com/watch?v=u-a4iOERMRS

MENTAL BRAIN BREAKS

Go on a Nature Walk. Go outside (stay local) and go on a scavenger hunt. Try collecting items such as leaves, twigs, pebbles, gumnuts etc. and then come back and try to make designs with them (funny faces, or a maze made out of sticks).

Go for a Bike Ride with a family member around your local area

Outdoor Chalk Drawing. Get outside with some sidewalk chalk and get drawing. Incorporate the ground around you e.g. use a tuft of grass growing out of the pavement as the hair on your drawing of a troll doll. Or try drawing a hopscotch, or draw and number some parallel lines and see who can jump the furthest.

BREATHING BRAIN BREAKS

Wave Breathing. Covering your ears with your hands, take long and slow breaths in and out as you imagine waves rolling back and forth. Listen to the sound your slow breathing makes.

Starfish Breathing. Slowly trace your left hand with your right finger, starting where your hand and wrist meet. As you trace each finger, breathe in as your finger climbs up and breathe out as your finger slides down. Then switch hands.

Hot Chocolate Breathing. Cup your hands together like you are holding a hot chocolate. Imagine smelling the hot chocolate as you breathe in, and you are cooling it down as your breathe out.

Try the book 'Alphabreaths' written by C. Willard and D. Rechtschaffen. A visual of this book can be found on YouTube as well: www.youtube.com/watch?v=Dnvn6t51TyQ

