

- ★ Facilitate Personal Coping Skills & Strategies



Day 187

Take A Break

Engage your learners by integrating brain breaks into daily instruction. A brain break is an energizing activity that lasts less than five minutes, but helps students wake up, focus, and have a little fun. Breaks can be connected to content, but don't necessarily have to be.

Examples of brain breaks include:

- ★ jumping jacks,
- ★ toe touches,
- ★ Simon Says,
- ★ Rock-Paper-Scissors,
- ★ three-step-handshake,
- ★ charades,
- ★ beach ball toss,
- ★ hot potato,
- ★ YMCA dance,
- ★ conga line,
- ★ stretching,
- ★ one-song dance party,
- ★ air spelling or air drawing,
- ★ thumb wrestling,
- ★ arm circles,
- ★ running in place
- ★ yoga poses,
- ★ pattern claps,
- ★ the wave,
- ★ freeze dancing, and
- ★ one-minute walk and talk.

To learn more about brain breaks in the classroom and to find many examples, visit Energizing Brain Breaks (www.brainbreaks.blogspot.com) and GoNoodle (www.gonoodle.com).