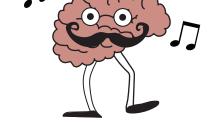Name: _____   Date: _____

Brain Breaks

What are brain breaks? Young learners often struggle to stay focused for long periods of time. Brain breaks are short periods of time when we take a step away from the routine work we are doing. They are quick and effective ways to energize and refresh our thinking.

Research indicates that brain breaks improve concentration and relieve stress. They increase productivity and provide children with opportunities to develop their social skills and creativity through kinesthetic activities. They also boost brain function! Use these short brain breaks to help refocus before getting back to work.

1. **Dance Party** - Put on some fun music and dance!

2. **Keep It Up** - Get a beach ball and keep it from hitting the ground. Add an additional ball to make it even more fun!

3. **Jump Counting** - Have your child count while jumping with each count. Challenge them by counting by twos, fives, or tens!

4. **Head, Shoulders, Knees, and Toes** - Use a movement song like this one to get your child moving. For added fun, see how fast you can go!

5. **Would You Rather** - Have your child answer a "would you rather" question and have them move to a specific part of the room to demonstrate their answer. Ask them to explain why they chose their answer.

6. **Freeze Dance** - Similar to the Dance Party brain break, this one incorporates listening skills. When the music stops, your child must freeze and hold their position until the music begins again.

7. **Physical Challenges** - Engage your child in the classic challenge of rubbing their belly, and patting their head. Another version to try is to grab your nose with your left hand, and grab your left ear with your right hand.

8. **Race in Place** - Have your child stand up and run in place. On your signal, your child will get back to work.

9. **Simon Says** - Play this oldie but goodie to see how well your child can follow specific directions…but only if Simon Says!

10. **Rock, Paper, Scissors** - Teach your child to play this fun, quick game and see who wins! Best out of three.