



Brain Breaks

Purpose: To help students learn that our brain needs physical and mental breaks throughout the day.

Steps for getting it done:

- Hold a conversation with students, letting them know that in your classroom it is okay to take short mental breaks to reenergize the brain for continuous learning.
- As a class, generate a list of **Brain Break** suggestions and create a classroom sign-up chart. Use the next page as a template for your sign-up and activity chart.
- Invite students to sign up to lead the class in a Brain Break activity. Try to engage as many students as possible to become break leaders.
- Keep the focus on sharing and helping to get reenergized, rather than just free time.



Sign Up for Brain Breaks

Week Of:	Brain Break Activity	Leader(s)
	Tell a Joke	
	Lead a Stretch	
	Read a Poem	
	Lead or Teach a Cheer	
	Sign or Lead a Song	
	Follow the Leader	
	Lead a Dance Move	
	Other	