BRAIN BREAKS

In this unit there are 60 different brain break cards ready to cut out and place on a ring to be used over and over again! These cards are broken into 5 different categories:

1. Calming movement (yoga moves)
2. Active movement
3. Mindfulness activities
4. Social Emotional Learning Questions
5. Partner/Team Breaks

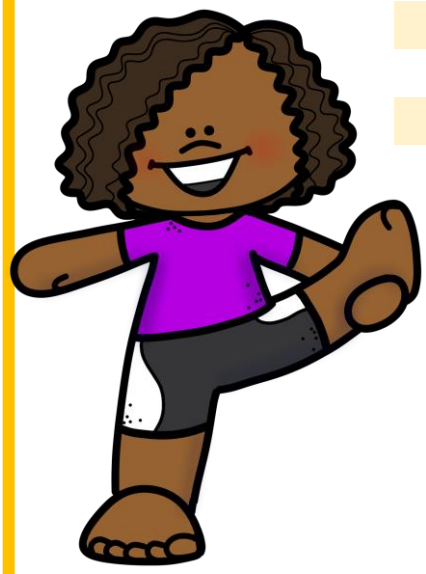
The cards are all color-coded so based on your students needs at any moment, you can go to that color/type of activity and get your students in the right mindset to learn!

Along with each card, there is a reference sheet for each of the categories with other tips, ideas, etc. so you have a full understanding of each brain break and when we would use it!

SEATED twist

Sit on the ground nice and tall with your legs straight out in front of you. Put both arms out to the side and twist to face one side. Take a deep breath and count to 20. Then twist to the other side

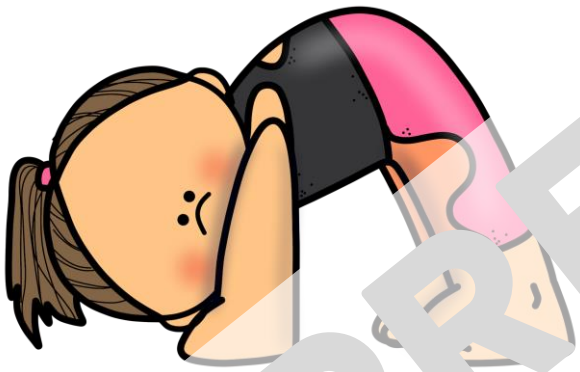
1 LEG stretch



While standing, balance on one leg and lift the other to the side. As a challenge, see if you can grab the lifted leg with your hand and hold for 3 seconds.

DOWN dog

Start on your hands and knees with a straight back. Then push your hips up and straighten your knees. Hold for 5 deep breaths. CHALLENGE: try to lift 1 leg up behind you!



PLANK pose

Lay flat on the ground, stomach down. Push your body up on your arms and legs and make a straight line with your back.

TREE pose

Balance on one foot and bring your hands together in front of your chest. See if you can bring your foot to the inside of your standing leg.

BOAT pose

Sit on the ground nice and tall. Raise your legs out front and put your arms straight by the side of your legs.

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MINDFULNESS:

These mindfulness activities are calming ones to get students attention focused on them and bring them back to themselves. When students are feeling stressed or anxious, these can help calm their nerves, remind them they're safe at school, and get their mind ready to learn.

Safari Time	Have students pretend they're sitting in a safari truck. Feel free to guide them so they can visualize their space and identify different animals they see/hear around them.
Imagine This	Using their 5 senses, students will imagine they're somewhere else. Examples: mountaintop, woods, desert, birthday party, playground, iceberg
Pinwheel Breathing	You can grab packs of inexpensive pinwheels at craft stores, but if you want to extend this activity, students can make their own here: PINWHEEL
Frog Breaths	Students will really try to match their breaths to the movements in this activity. Deep breaths in as they move up and out as they move down.
Blowing Bubbles	You can grab inexpensive bubbles made for kids to use! When doing this I like to challenge them to make a big bubble, lots of little bubbles, etc.
Leg Hugs	This is a great tense and release activity to help students release stress. They will squeeze and hold their legs then try to release all tension when breathing out.
Color Time	Coloring is a great calming activity! Try to find out what students' interests are and make a bucket of coloring pages for students to grab during this time.
Muscle Flexing	Like leg hugs, this is about tensing and releasing to relieve stress. Have students start at the top of their bodies and move downwards as you guide them (raise eyebrows, open jaw, raise shoulders, flex biceps, make fists, etc)
Orange Peel	Grab some clementines! Not only is this a healthy snack, but the act of peeling an orange can be relaxing to students as well as practice fine motor skills.
Positive Talk	Here is a big list of positive affirmations for kids: AFFIRMATIONS
Line Breathing	Encourage students to draw all sorts of lines: swirly, dotted, straight, jagged, etc. and have them match their breathing to the lines they draw
5,4,3,2,1	Students can say these in their head, aloud to a partner, or draw them on a blank piece of paper to help ground them and focus their attention.

PREVIEW

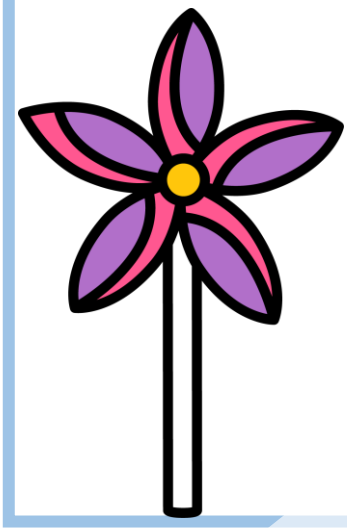
>> More Focused Attention Activities <<

SAFARI time

Close your eyes while sitting at your desk and pretend you're in a safari jeep. You will need to really focus and use your senses to spot different bugs, birds, and animals. As you see different animals, say them aloud and explain where they are.

IMAGINE this

Close your eyes and pretend you are _____ (on a boat, swimming, at the beach, etc). What do you see? Feel? Hear? Taste? Smell?

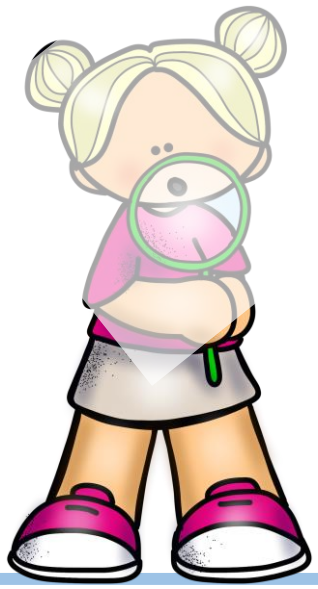


PINWHEEL breathing

Take a deep breath in, then slowly blow out onto the pinwheel. See how it spins. Can you make it spin fast? Slow?

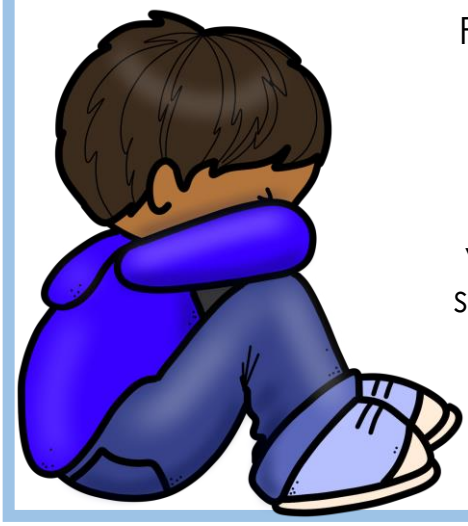
FROG breaths

Stand up tall with your heels touching and toes out. Squat down and touch the floor with your fingertips. Breath in deep on the way up and breath out on the way down.



BLOWING bubbles

Take a deep breath in, then slowly blow out your bubbles. See how big you can make a bubble!



LEG hugs

Find a spot to sit and bring your legs into your chest. Put your arms around your knees and squeeze tight for 10 seconds. Release & repeat.

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THINK & say

Are you a good friend? Why do you think that?

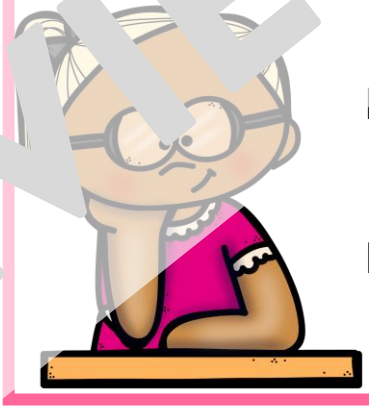
THINK & say

What is your favorite thing about school? What about your least favorite thing?

THINK & say

What is something difficult about being a girl?

THINK & say



Imagine you are on a sports team, but you are on the sidelines watching your teammates. How can you be a good teammate?

THINK & say

What is one of your biggest strengths?

THINK & say

Think of 2 responsible people in your life. Why did you choose them?

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