



**STARR**  
COMMONWEALTH

**TOOLS YOU CAN USE**  
*Brain Break Calendar*



dance FUN!  
GAMES  
TALK play  
STRETCH

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## About Brain Breaks

If you haven't heard of brain breaks, they are short mental breaks (which include physical activity) that normally last less than five minutes, and are used to refocus and wake up your students. A few ideas to use are listed below.

### Dance Break

Put on some music, turn off the lights, and DANCE! These websites provide great access to brain break music and activities:

- <https://www.youtube.com/user/TheLearningStation>
- <http://blog.reallygoodstuff.com/67-kid-friendly-brain-break-songs-and-musicians-for-the-classroom/>
- <https://howywood.com/brain-breaks/fun-kids-songs-brain-breaks/>

### Social Time

This game allows students to do the one thing they always want to do: talk! Set the timer for one minute and let the students mingle with a partner. When the timer goes off, everyone has to find a new partner to mingle with, and so on, for as many times as you think is necessary.

### Simon Says

You can be Simon, or switch it up and let one of the students. Students are not quite sure how to play "Simon Says", so you may need a refresher course for the kids.



## **ACTIVITY:** *Create a Brain Break Calendar*

Use the calendar template on the next page and write at least one brain break for every day on the calendar.

### **Ideas to include:**

- Give your class a riddle or tell a joke
- Play Simon Says
- Doodle for 5 minutes
- Do 25 jumping jacks
- Play Rock Paper Scissors
- Dance to a top 40 hit

# Brain Break Calendar

SUN					
MON					
TUE					
WED					
THU					
FRI					
SAT					